

What Is a Vision Board and Why Make One?

Need a more creative way to think through your goals? Vision boards may help.

A vision board is usually a collage of images that represent goals and dreams. It can include cut-out pictures from magazines and words that help inspire you to manifest your dreams and get where you want to go.

Although vision boarding is a commonly used tool, there is not a lot of research on its effectiveness. Initial research suggests it can help us more easily reach our goals. This may be due to how vision boards help us gain self-awareness and self-reflect on what is important to us.

Vision boards may also help us imagine what a positive future could look like for us. Imagining a positive future is a helpful way to increase positive emotions and optimism. And positive emotions often create opportunities and increase the chances of success.

Even though this research doesn't directly assess the benefits of making a vision board, it suggests that many of the components of vision boarding have potential benefits for our well-being and success. It's just key to remember

that vision boards are not magic. Rather, they can help you better understand what it is you'd like to manifest.

Start a vision board by exploring your values. If your goals are not aligned with your personal values, achieving these goals won't provide the sense of satisfaction and well-being that you're seeking. Ask yourself, what really matters to you? What gives you meaning? Who do you want to be? Who do you want to help? And how do you want to spend your time? When making a vision board and thinking through your goals, keep these values-focused questions in mind.