

## **What is a Vision Board?**

A vision board, treasure map, or vision book is an actual physical picture of our desired reality. It forms a clear sharp image which can then attract and focus energy into our goals or Vision of Success. These tools can help organizations and individuals clarify and achieve their Vision, Mission, Purpose and goals. A vision book, which is geared more toward the individual is essentially a book in which each page is a mini-vision board. This article offers some frequently asked questions and answers about the purpose and how to behind vision boards.

### **1) How can a Vision Board help an organization or individual be more successful?**

Creating and using a vision board helps one be successful by activating the principles of Creative Visualization to include what Shakti Gawain, author of Creative Visualization, calls “the law of radiation & attraction” and what Deepak Chopra calls the “law of intention & desire.” These laws basically state that whatever energy we put out into the Universe will be reflected back to us. On a practical level this means we attract into our lives what we think about or imagine the most, expect and believe in most strongly. We can manifest our Visions and goals by visualizing things just as we want them to be. A vision board helps us to think about and visualize our success in a very concrete way. It provides a sort of blue print for our success.

For example, if your vision is to produce an award winning show you might create a picture of yourself and your show ideas with a few Emmys. The vision board does not need to show the process by which you will win these awards but rather the goal in its fully realized state.

### **2) What should I put on my Vision Board?**

Put only that which you want to manifest. Put your Visions or goals on the board in their finished state, as if they already exist. Only positive images should populate your board. You can paint draw and collage using images and words from [magazines](#), cards or pictures.

**Although there are no rules there are a few simple guidelines people may find helpful:**

1. Do a Vision board for one goal or area or your life or organization at a time. This allows you to focus and keep it simple.
2. Size does not matter-make it any size that is convenient for you. You may wish to create a poster or a book using a 3 ring binder and plastic sleeves or make it small to carry around with you.
3. Put a picture of yourself in the scene. A photo is preferable but a drawing will suffice.
4. Show your vision in its ideal state as if it already exists. Don't worry how your vision or goal is going to come to be, just make it look believable to you.
5. DON'T show anything negative or unwanted.
6. Use lots of color to increase the impact on your consciousness and to excite your [imagination](#).

7. Put positive [affirmations](#) on your vision board such as “we are number one in [customer service](#) in our industry”

### **3) Why is it important to have something like a Vision Board?**

A Vision Board, treasure map, or vision book helps you to clarify exactly what your Vision, Mission, Purpose and goals are. When done as a group such as in a business organization it can help your team collectively determine and focus on what these things are. It can also help your organization get on the same page. It helps to affirm what you are about and where you are headed. For example vision boarding can be used [strategic planning](#) sessions or on a yearly basis to help organizations chart their course for the coming year.