

# Vision Board 2022

Greetings and salutations to you, and take an inner bow to yourself ~ thank yourself as I do, with deep honoring for claiming this opportunity ~ carving out time and space to create a vision board for you have made a **conscious intention**...

YOU are ready, and YOU deserve it!

The coming year has the potential for all that you love, and your choice in this moment is a step in receiving that which you desire!

## Here is what you'll need:

- Paper and an envelope
- Pen
- Scissors
- Old magazines/calendars/and paper ephemera for clipping
- Glue stick
- Card stock or other sturdy surface for attaching imagery; 11" x 17" works well
- Markers, colored pencils (optional)
- Time

## The Set-up:

Collect the items that help you create a sacred space from which to work. Myself, I enjoy a cup of tea, lighting a candle, playing inspiring music, a crystal or two, maybe a little aromatherapy journey with a fragrance like frankincense...and a comfortable place to sit while I play. Gather all these together, grab a piece of paper and a pen or pencil, then sit yourself down, shut the door, and begin to settle in. We'll be here in this space for a while.

## To Begin ~ Identifying Goals:

Settle into your space, wherever you are seated and close your eyes for a moment. Allow yourself to breathe and notice the experience of your own breath. Observe the sounds in your environment, the sensations in your body, smells that are now more noticeable...then consider three aspects, one at a time:

- **Your Self:** Consider what it is that you want to create for yourself...maybe it's more time, or a deeper connection with your spirituality. Or maybe there's a garden you've been wanting to plant, a topic you've wanted to learn, a habit you'd like to develop... Give yourself enough time to imagine, reach for, and feel into what is in your body, mind, heart, and soul... what are you longing for?

On your sheet of paper give this section the title, **My Self**, and write these things down.

- **Your relationships:** Now consider what it is that you'd like to cultivate in your relationships. Who and what do you want to attract into your sphere? What kinds of connections are you seeking? One intimate partnership? A group of likeminded fellows? A community with similar interests? Maybe you want a deepening of one friendly relationship and can feel into the way that might be. Allow yourself enough time to explore all aspects of your relations with other living beings, whether they be two-legged, four, or winged. On the same sheet of paper, create a section **My Relations**, and write these things down.
- **Your Profession/Vocation:** Now consider what it is you do for your work or your calling. What wants to evolve in this area? Are you finding nourishment in what you "do" on a regular basis? Is there a sense of fulfillment, and you want to make minor tweaks, or are you wanting to move toward something new? And if so, what does new or different feel like? Can you imagine it? This might be related to your job or profession, or it might relate to other directions in your life. If you are retired, what is next in your evolution on this earth? What legacy are you wanting to create for future generations? Open yourself to receive your inner guidance, in whatever form it takes. You may see an image, or feel a sense of something...start a new heading on your paper titled: **My Purpose**, and write down any sensations, words, ideas that come to you.

### Next:

Using a clear sheet of paper, write a letter to your future self, that Future You that has achieved everything you are dreaming of, everything you desire, all the things you wrote about. Write only positive affirmations, confirmation of having achieved these things. Write in the present tense, for example, if a new hairstyle is on your list, you might write, *"Your new hairstyle is mahvolous, so fabulously You!"* This is an important step, so don't skip it!

Then, put it in an envelope, address it to yourself, put a stamp on it, and then put it somewhere out of sight but where you will find it in one year. I tend to paperclip my letter to a calendar so it's right there when I turn the page. You could also stash it in a drawer and set a calendar reminder on your phone to mail it to yourself one year from today. Be sure to add the location of where the letter is stashed so you don't forget!

When you arrive at the time one year from now, mail that letter to yourself. When it arrives, read it with loving receptive heart and eyes, and experience the warmth and glow that flowed from you, today.

## Collage:

Select something that you really want to achieve from your goals. You could pick a couple of things from your goals, see what feels right, but choose at least one thing. Start scanning through your stack of magazines for imagery and words that stand out to you.

I honestly believe it's best to not think about it as you are doing it, but rather flip through pages and see what jumps out at you. The subconscious mind relates to imagery more than words, words that you just spent time writing down. The subconscious mind will naturally sift through the magazines and be drawn to things that resonate with the words, feelings, imaginings of the previous activity.

Cut or tear those items out and set them aside. Go with the flow, sip your tea, listen to music, and at some point in time, you will know that you are complete with the collecting and cutting portion.

When you have collected all the images and words for your collage, start by laying them out on the card stock. Again, this part of the process will occur naturally. Just start anywhere with any image that jumps out at you from the clippings and lay it down.

Once you have a pretty good sense of the layout and where things will go, start gluing at any time. I have seen many people do this without planning it out first, but rather just by taking one image at a time and gluing it down intuitively. Either style works well, pick whatever feels right to you. You can't do this wrong.

When all the pieces are assembled, step back and admire your work. You are a magnificent creator! Make any adjustments, final additions, maybe use your colored markers or pencils to add details somewhere. This usually isn't necessary, but you have it as an option.

## The Final Piece:

Now that your vision board is complete, find a place where it can hang. A place that is in your direct line of vision frequently. Since I spend a lot of time at my computer, I hang mine right on the wall in front of my desk. My Vision Board tends to become "invisible" after a while, and on certain days, for some reason, I happen to notice it anew and it's fascinating to observe the way it has started to unfold in my life. Sometimes, it's a good check-in for me, to see if I'm on track.

And whenever things seem out of sorts, take a good deep look at your vision board, and reconnect with what it was that you created on this day. Then return it to its hanging spot ~ letting its energy infuse your space and connect you with its creative potential.

**Congratulations! Woohoo! You did it!**

Now, there's one more thing you can do. I've created an online community forum, like Facebook, but more organized and online for our community. It's located at [light-waves.circle.so](http://light-waves.circle.so)

Navigate to this website on your browser, find the Vision Board 2022 folder, join the free community space, and post a photo of your Vision Board!

I would love, love, LOVE to see what you are creating this year ~ and posting helps anchor your dreams and we all participate energetically in co-creating this future You!

Peace, love, and light to you,

Namasté, Linda Lee

The Fine Print: Many people have created vision boards and I really don't know when or where they were first introduced. But I'd like to credit some of the creative ideas in this particular activity to Cat Wilson of *Apositiva*, in Portland, OR, who shared her version of it with me while I was training in her Hypnotherapy and Neuro-Linguistic Programming certification a few years ago...thanks, Cat! 🙏

And for more fun, here's a link to an article in the Huffington Post, [The Reason Vision Boards Work and How to Make One](#).