

## “See it. Believe it. Achieve it.”

- Anonymous -

### Create a Vision Board to Create Greater Success

Vision boards are also known as treasure maps, success boards, and life maps. Regardless of the name, it is a collection of pictures, slogans and words which represent what you want to see happen in your future and what would make you feel successful. It would be months, one year, five years or ten years from now. I think of a vision board as a visual representation of your goals and dreams which helps you stay focused on what you want to achieve in life.



The boards can be created online and installed as a screen saver or wallpaper on your desktop or laptop computer. However, the more popular form is created on poster board, cardboard or canvas board. On the surface you paste inspiring pictures, motivating words, and encouraging quotes taken from magazines, newspapers and other print medium. You can also use photos of yourself and others. To enhance your board, you can add decorative lettering and various ornaments (shells, stars, etc.).



Let's suppose, you want to have a prosperous career as a well-known writer. Your board could have pictures of people reading books, lots of money, a fancy sports car, a beautiful house by a lake, a person writing while drinking a cup of coffee or typing on a computer. You may want to include slogans saying "Write Your Way To Success" and "Write Now - Your Future Depends On It". You would want to include pictures of yourself and some of your favorite words, such as Dream, Dare, Achieve as well as your favorite quotes. You could add photos of your favorite best-selling authors. If you have a business card (for your writing business) you can include that as well as a mock-up cover of your book.

Once your board is completed, you should frame and hang it in a place where you will see it several times each day (like your office, bedroom or exercise room). Some people prefer to place their boards in a private place where others cannot easily see it. They do not want people asking them questions and then giving their not-so-positive comments, like "Why would you want to do that?" or "You don't have enough money (or experience) to pursue such a goal" or other disparaging comments. If you would find such questions or remarks discouraging, you should find a secluded place for your board. Wherever you choose, you need to look at your board on a regular basis, so you can stay focused on what you want to accomplish.



It is important to understand that just looking at your board is not enough. You must do the work required to make your dream a reality. The board keeps you enthused and energized to act. And through your actions you make things happen as well as attract the people, opportunities, and/or the things you need or desire.

Over the years, I have experienced a lot of success that came from creating vision boards and taking action, including recording a CD with the world-renowned motivational speaker, Mr. Les Brown; forming relationships with other well-know speakers and trainers; relocating to the great city of Atlanta, just to name a few. I have also heard remarkable stories of the success that others have achieved, including getting married, adopting a child, winning awards, purchasing beautiful a home, buying a luxury car, getting a masters degree, etc.

For the past nine years, every January a colleague, Lynda Shorter, and I host a vision board making event for friends and colleagues. In 2001 around 20 women attended, the following year it was about 30. By January 2008 the number of women who came to my home had increased to over 50! Last January (2009) Lynda and I decided the event had outgrew my house, so we held it at the APEX Museum and 80 women attended! Such an event, whether large or small, is a great way to bring people together to talk about and focus on their goals and dreams in a creative way. I suggest that you consider having one. If you want details on how to plan and host such an event, please email me at [Donna@JustGetSerious.com](mailto:Donna@JustGetSerious.com)

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