

How to Create A Vision Board/ Dream Journal

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For I dipped in the future, far as eye could see, saw the vision of the world and all the wonder that would be. – *Alfred Lord Tennyson*



The concept of Dream Journals/Vision Boards has been around for a long time. The basic concept is to create a visual representation of your vision so as to move in the direction of those dreams. However, I have found that very few people actually create them, or use them. I have watched the miracle of vision boards happen in my life over, and over!!

To help you get going on yours I wanted to share the basic steps of how to create a truly effective vision board. A dream journal is the same concept only using a blank journal as opposed to something you can hang on your wall.

Supplies:

1. A poster board, foam board, or cork board as big or as small as you would like it to be or a blank journal. I started out using poster board but moved to a cork bulletin board so that it was easier to move around my visuals as I reached my dreams and created new visions.
2. Magazines, magazines, magazines. The best place to get these is at the local second hand shop like the Goodwill or the Friends of the Library. You can get magazines in lots of different genres that you may not usually purchase. Don't just focus in on those you usually read, get ones that you may never have picked up before. This will create more ideas for you.
3. Scissors. I like both a regulars size pair that is easy to cut out the bigger pictures and a pair of embroidery scissors that make it easy to get into tight corners.
3. Glue sticks. I find this is much easier than using liquid glue as liquid glue takes too much time to dry and can leave a bumpy surface. I use a stapler on a cork board.
4. A little bit of time – it doesn't take hours and hours just a couple of hours to create this powerful tool.



Steps:

1. Gather your supplies
2. Take some time to think about what you really want. Not necessarily the material object like a trip to the beach. But rather, the feeling that material object brings. For me, a trip to the beach brings a body feeling of peace and contentment. Therefore I know that I want to be looking for other pictures that create this same feeling of peace and contentment.

(Skip this step if you are pretty certain you know what you want.)

If you are not sure what feeling you want take a few moments to answer these questions.

1. What do I not want in my life?
 2. What are ten highlights in my life. Ten times that I really felt the feeling of having what I wanted. This might include – your first kiss, having kids, climbing a mountain, or clean and shiny hardwood floors (my favorite).
 3. Take a moment to reflect on those top ten highlights. Now feel in your body how those situations made you feel. Write those words down.
 4. Look through the pictures and magazines and think about which pictures appeal to that emotion in your body.
3. Start going through the magazines to find pictures, words and phrases that appeal to you. Sometimes it is helpful to look through the magazines upside down. Tear out the pages and set them aside as you go through the magazines.
 4. Now go back through your pictures and trim them up so that you isolate the particular piece of the page that you will use on your vision board. Sometimes when you go back through the pictures you might think, “why did I pull that out?”. Don’t second-guess, if it still appeals to you in some way use it, if not set it aside for your next session.
 5. Now you can start placing these pictures on your vision board. Again, just place them where it feels right for them to go. When you feel content about the way it looks, it’s time to start gluing.
 6. Your vision board is complete!!

Ways to utilize your Vision Board

1. Hang it in a prominent place in your life; a place that you pass on a frequent basis. I finally ended up putting mine on the wall at the end of my bed. I go to sleep thinking about what is on the board and wake up with it still on my mind and in front of me.
2. Take a picture of it and use it as your screen saver on your computer and/or your smart phone.
3. Download the picture and make multiple copies to post around your work and home space.



4. Find your own creative ways to use it and let me know at www.askjilldavis.com.

Why Does a Vision Board/Dream Journal make a difference?

I have been asked this question so many times during the 15 years I have been utilizing and teaching on them. I started using them long before “The Secret” became a best selling book and a way of life for many, long before I had heard about the “law of attraction”. I just knew I had seen them work for others and wanted to try them out. The results have been powerful in my life and in others.

The easiest way I can explain it is that the process is similar to using google. Our brain is like google. If I enter the words negative nightly news – I will only get that concept to show up in my brain (just like in google). If I “google” my brain to find “positive, exciting life and vision”, that is what shows up and what I get.

Try it and see. I’d love to hear how it works for you.

What to be aware of based on your DISC personality style*:

If your primary personality style is “D”:

Create the vision board as a true helping tool not just to check it off your “to do” list. Make sure to take the time to really pay attention to your feelings and take the time to find the visuals that really connect to your heart.

If your primary personality style is “I”:

Remember to include visuals of deeper thoughts. It’s wonderful to have lots of visuals of having fun but include some growth or journey visuals as well.

If your primary personality style is “S”:

Go ahead and just get started, once you start the vision board. Once you do you will find that it comes together quite easily. The getting started might be the harder piece for you.

If your primary personality style is “C”:

The Vision Board will not be perfect, but neither is life. In this situation good enough truly is good enough. Have some fun with it.

***Complete your personalized DISC personality evaluation at [www. askjilldavis.com](http://www.askjilldavis.com)**



Notes, Ideas and Action Items:

