



Using vision boards to re-energize your goals

Reaching your goals can sometimes be difficult, but visualizing what the end result of your goal looks like can help. Visualization is used by elite athletes, top professionals and successful entrepreneurs as a way to focus on their goals and help inspire them as they work toward their goals.

Vision boards are a way for anyone to see the goals they've created. When we can envision ourselves successful and happy in the future, our actions tend to follow suit. It helps us work toward our goals by helping us focus, address barriers and prioritize actions. Vision boards are:

- Tools to help you set and visualize your goals
- Collages of pictures and words you select to represent those goals



For example, if your goal is to go to Paris someday, you might have a picture of the Eiffel Tower on your vision board. Then each day as you see that picture, you're reminded that someday you're going to Paris. It may inspire you to curb extra spending to save for the trip, or take a language class so you can speak French when you go.

Here are some tips to consider when you're creating goals for your vision board:

- Follow Jack Canfield's Rule of 5 — Make a daily list of five attainable goals to move toward the overall goal.
- Consider using the SMART goal method.
- Evaluate your life's direction — your current state and five years from now, and what you want to change.
- Try not to overcrowd your vision board. It can be overwhelming to see everything at once.

Have fun and be creative with your vision board. There are no right or wrong things to put on your board.

- Be as detailed as you want.
- Choose the type of board. Consider cork board, white board, a notebook, poster board or a digital board.
- When you're creating your board, gather your supplies, including magazines, craft material, glue, scissors, photos, trinkets, mementos and positive quotes.
- Use key words and photos that appeal to you.
- Use categories to organize your board, including personal, health and well-being, characteristics, work, accomplishments, travel, financial and spiritual.
- Take as much time as you need to create your vision board. This shouldn't be a stressful project.

Sources: psychologytoday.com*, huffpost.com*, louisebartlett.com*, blog.mindvalley.com*, lifehack.org*, wishbeads.com*, jackcanfield.com*

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