



# 6 Tips to Use when creating your Vision Board

A Life of  
*wellness*

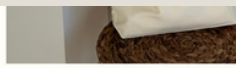
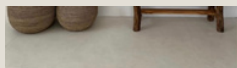
est. 2021  
for high vibe living

#1

# Choose your Platform

Pinterest, Canva, Word, Google images, plain old paper and magazines, poster paper and a printer... there's so many different resources to make a vision board. Choose what you like to use most and go with it.

Personally I'm a Pinterest fan. I've also been using the INCHARGE app to plan my days, it's super aesthetic and it has the perfect spot to design a vision board. See below for a link to the app.



#2

## Set the Scene

Pour yourself your favourite kind of beverage, light a candle or turn on the diffuser.

Do a visualization meditation if you'd like to. Set the scene to visualize exactly what you want to manifest.





#3

## Choose your timeline

5 years, 3 years, 6 months or 3 months.

It's your vision board so you get to choose the timeline.

If 6 months seems way to soon to visualize anything, go with something farther down the road.

Once you choose your timeline, write down the date you wish to manifest your visions by.



#4

## Don't hold back

We're manifesting our dreams here, and no one else has to see this but you.

So **DON'T HOLD BACK.**

When you're finished, look at it and see if you subconsciously pushed something aside because you're afraid it won't happen.

You can manifest anything you want so put **EVERYTHING** you want down, you don't have to be realistic.

You can use a mix of pictures and text/keywords or pick one or the other. Do whatever makes you feel good!

## #5 Put it away or Look at it Everyday?

This is honestly up to you.

Some people like to put their vision board away until the date they set at the beginning, some like to look at it occasionally and some like to look at it every day.

My suggestion to you is to try all 3 and see what works best for you.

I personally have found that I am most inspired and motivated to work when I look at it every day. For me, looking at my vision board daily, reminds me of what I want and keeps me excited for the future. Others however might find that looking at what they want all the time makes them feel defeated and like they'll never get there.

This is why I would definitely suggest trying all 3 ways and figuring out what works best for you.



#6

# Update Whenever Necessary

Listen to me.  
**YOU ARE ALLOWED  
TO CHANGE YOUR  
DREAMS.**  
For a long time I felt like if my dreams changed, I must have failed at the ones I had before.

This couldn't be further from the truth. We are constantly evolving and your dreams and desires are allowed (and should) evolve and change with us.

So keep your vision board updated. Add to it or take away if you need to. Remember, this is for YOU.





# Was This Helpful?

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