



Create Your Vision Board

What is a Vision Board?

A vision board is a collage of images, pictures, quotes, and affirmations of one's dreams and desires, designed to serve as a source of inspiration and motivation.“The purpose of your vision board is to bring everything on it to life. Your vision board should focus on how you want to feel” and how you want to see yourself in the future.

You can find more information on vision boards at:
www.huffpost.com/entry/the-scientific-reason-why_b_6392274
amp

Let's Get Started!

Think about what you want to put on your vision board. Next, collect the following materials:



- A large poster board
- Markers, crayons, color pencils
- Magazines for cutting
- Tape
- Glue/ glue stick
- Stickers
- And lastly, things you want to see on a daily basis: family photos, quotes, affirmations, fitness goals, new recipes, daily family bonding activities

Vision Board Ideas!

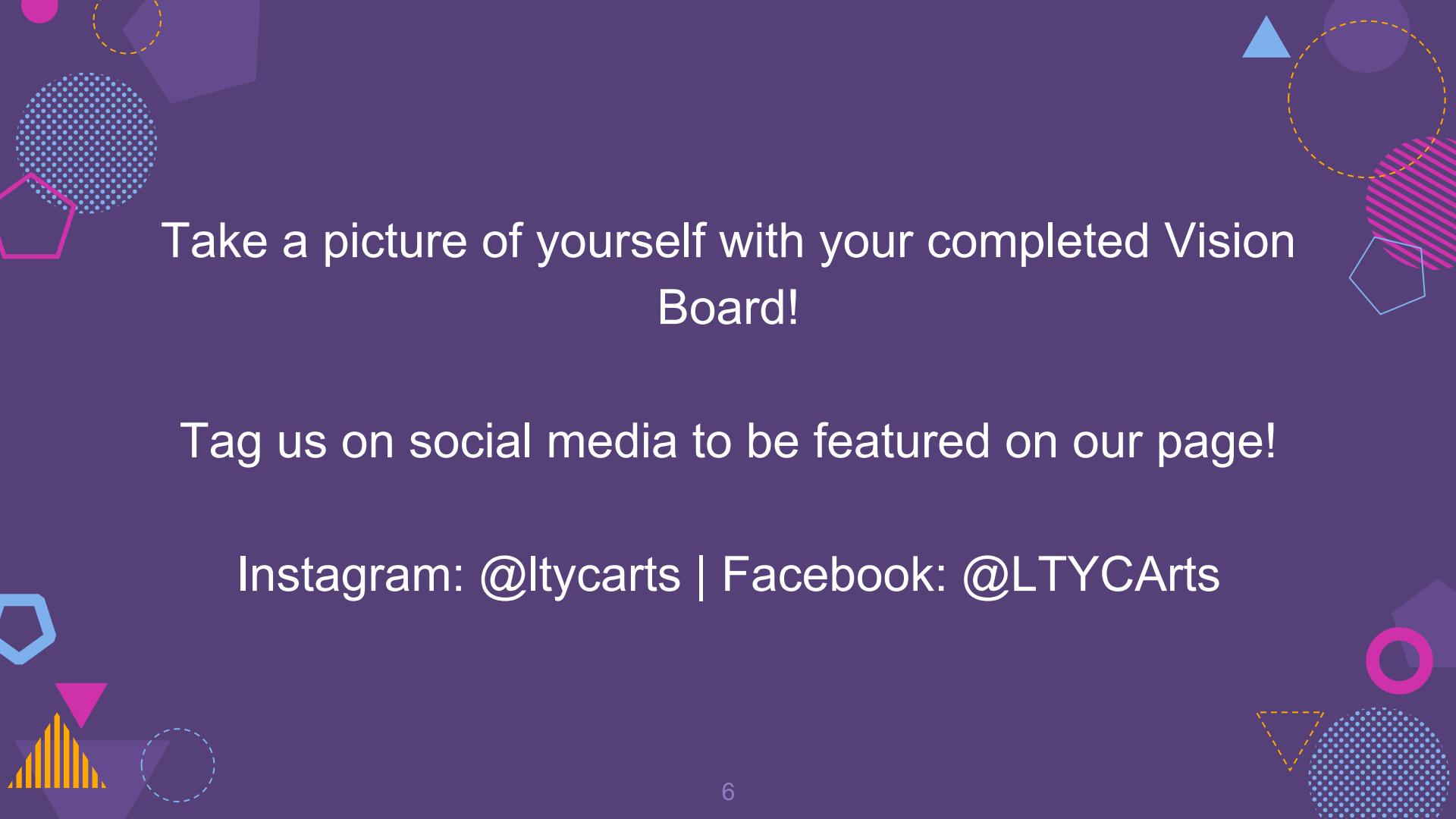


More Ideas!

Watch this
video for more
inspiration

[https://
youtu.be/
QkpIQ2iSjPE](https://youtu.be/QkpIQ2iSjPE)





Take a picture of yourself with your completed Vision Board!

Tag us on social media to be featured on our page!

Instagram: @ltycarts | Facebook: @LTYCArts



Thanks!

Any questions?

Email us at info@ltyc.net