

Constructing a Vision Board

I constructed my first vision board in 2010. I was visiting my oldest daughter Anna in Oman, which meant several weeks free of the responsibilities of caring for my large family back home. Anna had vision boards all over her house. They contained photos of family, and images of places she wanted to visit and experiences she wanted to have. Dollar signs and other symbols. Meaningful words and phrases. She told me the vision boards helped her to dream, to think through what she truly wanted, and to hang on to hope when results were slow in coming. My daughter's heart opened to me as I contemplated her boards with wonder.

Anna's vision boards were simple rectangles covered with words and images. But that trip, I was feeling a good deal of spiritual homesickness. So although I included the same sorts of bits and pieces as did Anna, I constructed them in the shape of a house. Since then, my annual boards have many small images, quotes, and words pieced together to form a central images: wings, sunrise, burning bush. It's lots more work and entirely unnecessary. But it makes me happy, so I do it.

I've constructed a vision board every year since. I begin putting my board together late in December, finishing as the new year begins. Most years, I have a clear theme in advance, along with one or more quotes that draw me into the future. Some of my boards have had lots of quotes and words; others have consisted mostly of symbols and images. I listen to music or spiritually focused audio books while I work on my boards. I also listen to my heart. Sometimes I'm surprised by the directions the process takes me.

Some practical considerations. I use foam board to back my boards, generally 16 x 20, but any size will do. My boards have all been rectangular so far, but another shape might appeal to you. I purchase ten to fifteen magazines from a used book store such as Half Price. I also print internet images and quotes formatted in a variety of shapes and colors. I spend a few hours thumbing through magazines, cutting out anything that catches my eye. I like having more images than I will likely need. Since making a vision board has become an annual practice, I now save magazines, calendars, and greeting cards with appropriate images year round. Also consider using fabric, wrapping paper, ribbon, glitter, feathers, and other small objects on your board.

I believe there is power in asking for what we truly want. Constructing a vision board requires that we think about and creatively communicate our dreams and desires. A vision board is prayer, dedication, and hope.

*"Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you."
Matthew 7:7*

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