

You have to see yourself in a better place if you expect to get there. The sharper the image is of what you seek, the easier it will be to recognize it when it shows up.

I don't like to give a lot of rules or guidance for this activity because this is about creating a picture that moves, inspires, and motivates you.

You can include whatever you want on your Vision Board. Here's what you'll need for this activity:

- A piece of poster board (even the top of a pizza box will work as long as it's clean!)
- Scissors
- Magazines
- Markers
- Glue
- A little imagination

My wife likes to print pictures off Google. Of course that's fine also. The key is to just get started!

If you were fully expressing yourself and being authentic to your voice, what would your life look like?

- Where would you travel?
- Where would you live and in what kind of house?
- What kind of work or business would you be involved in?
- How would you serve and add value to others?
- How would you look and feel physically and emotionally?
- What would your strongest values be?

Don't allow yourself to be held back by what you don't see; work with what you do see.

Consider your answers to the thought-starter questions I presented above. For each one, ask yourself:

- How can I represent that visually?
- Is it a word?
- Could it be a picture?
- Is it a color?

Include shapes, designs, symbols, or phrases that are important to you as it relates to:

- Serving and helping others
- Your lifestyle
- Your values and guiding principles
- Your spiritual understanding

Let your inner second grader loose and make a big mess!  
Take a picture and share with us – we are never tired of  
collecting them!

<http://www.findingyourvoiceradio.com/visionboard/#>

