SOUND ADVICE CAREERS

Vision Board Action Guide
What They Are and How to Make One

What is a Vision Board?

A vision board is a tool used to help you visualize your goals; it's a tangible representation of where you want to go in life, what you want to have, do and be. It's essentially any sort of physical or digital board where you can display images, quotes, daily affirmations, or other things that inspire you to move forward/to the next level. A vision board reminds you of your goals, and reinforces your thoughts, dreams and aspirations.

Vision boards are a cheap and fun project that can be very helpful to help you stay focused on what matters to you. They help you establish what your vision is, motivate you daily, and help you stay focused on your goals. Vision boards can be used if you're in transition between jobs or relationships, if you're feeling "stuck" or if you want to start all over again!

How to Make a Vision Board:

There are many ways you can make a vision board and none of them are wrong. Whether you choose to make a digital or a physical vision board, make sure it is in a place you will see it often. I recommend making a physical copy you can hang on a wall and/or make the background on your computer, phone or favorite mobile device.
If you choose to create your vision board digitally you can use MS PowerPoint or Google Slides by cutting and pasting images that represent what you want to have on your vision board. If you choose to go this route, remember it is very important to print a full-size copy of your vision board and put it in a place where you can see it EVERY DAY.

Use images and phrases that closely portray your dreams and are easy on the eyes to view. The more effort you put into your vision board and the more accurately the images represent what is near and dear to you and the outcomes that you are aspiring towards, the more likely you are to stay concentrated on your goals and help to keep them in reach.

Getting Started
Physical Vision Board

➔ Piece of paper, cardboard, or poster board
➔ Glue, tape, or thumb tacks
➔ Scissors
➔ Paint, markers, or pens if you choose
➔ Magazines/books that can be cut up or any images printed off the Internet

Digital Vision Board

Feel free to use whatever digital software you would like to create your collage.

➔ PowerPoint and/or Google Slides

Once you have your materials, turn some music on and make it a fun experience! When you have completed your board, place it somewhere where you will see it multiple times a day. Your vision board will serve as a daily reminder to work towards your life goals and stay focused. *They say, "a picture is worth a thousand words," so get started today!*

A Vision Board Example:

Jason Hill, Founder of Sound Advice Careers, chose to make his vision board digitally. He included all of the things that are important in his life: his family, his faith, his physical health, yoga, great cars, amazing vacations, his political position, eating clean organic food, having a great home that he loves, making money to provide for his family, dressing well, and reaching his goals.
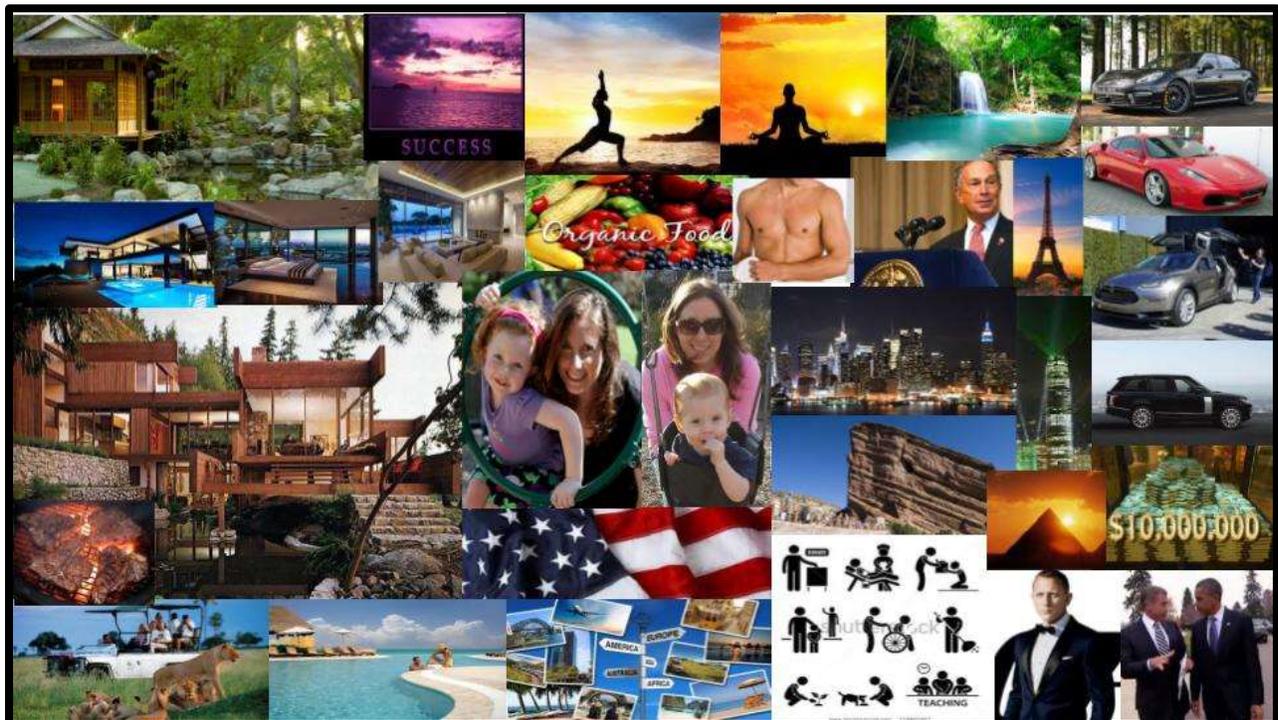
Feel free to email our team to share your vision board.
We would love to see what you've come up with!