



Freestyle Careers

CREATING YOUR FREESTYLE VISION BOARD

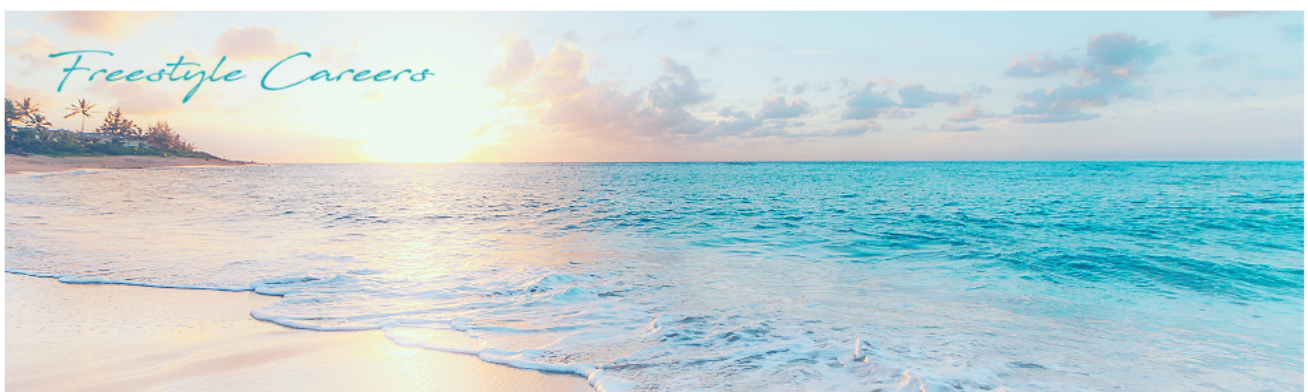


Looking for inspiration for your future?

Want to get in touch with what you most want to create in your life?

Are you wondering how you can gain clarity and intention around important aspects of your life or career?

Welcome to the Freestyle Guide to creating your very own Vision Board!



Follow these simple instructions and spend time getting to know what you most desire. When you create a vision board, you'll start attracting and strengthening important facets of what a more fulfilled life means to you.

And you'll also have created a visual reminder to inspire you daily!

Creating Your Inspiring Future with a Vision Board

‘What you pay attention to grows. If you place your attention on negative thoughts, situations and emotions, they will grow in your awareness.’ – Deepak Chopra

Why not place your awareness of what you want to attract more of in your life?

Step 1 – Attraction

Flip through magazines or pictures you’ve downloaded or taken yourself, searching for images that attract, inspire or excite you. Have fun! No filters allowed – simply cut out anything that lights you up, including words that resonate.

Step 2 – Chemistry

Now sort through your lovely pile of images. Use your intuition to select those that really resonate most. Trust yourself and leave behind any that don't feel quite right. Choose only your favourites, those that hint at alchemy.

Step 3 – Curate your Vision

Next, lay out your pictures on your poster paper or board. Experiment with how you want to arrange them – by theme, colour, impact, or randomly. What works for you? What gives you aesthetic pleasure and feels right? When you're happy with your design, take your time and paste everything in place. (Read step 4 before you start pasting)

Step 4 – Wholeheartedly You

If you'd like to, find a picture of yourself looking radiant, happy and full of life. Add this to the centre of your vision board. You are the beating heart of your vision.

Step 5 – Display your Vision

Hang your vision board where you will see it daily and where it can continue to inspire and drive you forward. When the going gets tough, you'll have a constant source of motivation to fuel your vision.

Step 6 – Act it Out

Act on these dreams – what can you do each day to make this vision a reality? Let me know what's inspiring you and what's keeping you stuck:

becky@freestyle-careers.com or join the [Freestyle Career Lounge](#)

What you need to create your vision board: inspiring images and words, scissors, glue, poster paper or board in a colour that attracts you, and an open heart. You might also like to frame it ready to hang for daily inspiration.