

Lisa Nicole Bell's

# Vision Board Blueprint

## VISION BOARD MECHANICS

Dream Boards, Treasure Maps, Vision Boards – you may have heard any of these names given to a board like you see in the photo below.



This handy guide will explain the mechanics and purpose of vision boards and help you understand why you need one and how to craft one.

What is a vision board?

A vision board is a visual representation of your goals. I often discuss the importance of writing your goals down – there's a process to the progress of realization of the life of your dreams that begins with setting goals. In past pieces, I've shared how to craft effective goals. You may have heard me or other experts advise you to review your goals daily – vision boards are a tool for reviewing your goals in pictures.

Why is a vision board different from a list of goals?

Words are powerful but pictures are like tattoos on the brain! Think about some of the most important moments in your life or things that you've longed for – they usually have some image attached to them in your mind, even if you aren't a visual learner. Images held in the mind activate the subconscious mind to work in tandem with your conscious mind and the invisible forces in the universe to create the reality in your mind.

Why do I need a vision board if I have my goals written?

Your brain responds to both words and images. The beauty of a vision board that contains photos and words is that it activates both sides of your brain, thereby engaging your conscious and subconscious minds in the process of visualization.

Your right brain is fluid and spontaneous. It prefers uncertain, elusive information. Images on your vision board engage your right brain and imprint the powerful images of your goals onto your subconscious mind.

Your left brain is logical and sequential and responds to verbal instructions. Words and written instructions appeal to this side of your brain so written goals and words on your vision board active the left side of your brain to organize information you currently have that will assist you in achieving your goal.

Your personal vision board is only limited by the extent of your own creativity. In working with people on their vision boards, I've seen all shapes, sizes, styles, and types. Some people mistakenly believe that you have to be artistically inclined to create an effective vision board, but this is not so. Remember, the point of your vision board is to help you keep the life of your dreams in front of you and program your subconscious mind to move you forward.

Let's review some of the essential elements to a functional vision board:

**Visual.** Your subconscious mind operates using images so your vision

board should be full of pictures. These pictures represent the life you're creating and the way you choose to evolve. They can come from anywhere – magazines, brochures, clip art, or stock photography. The key is to be sure the images accurately represent what you want in your life. Many people report having experiences that look *identical* to the ones on their vision boards so choose carefully. You can supplement your pictures with words and phrases to increase the emotional response you get from it.

**Emotional.** Each picture on your vision board should evoke a positive emotional response from you. Be sure to supplement the pictures with words. One excellent benefit of a vision board is engaging your entire brain in the process of manifesting your goals. Use both words and images that both stretch you, excite you, and spur your creativity. The mere sight of your vision board should make you happy and inspire you to take action.

**Strategically-placed.** Your vision board should be strategically placed in a location that gives you maximum exposure to it. Unless you have people in your home who are unsupportive of your goals, your vision board should always be in a place where you can see it. Never put it behind a door or furniture. The vision board is not a magic genie, and it will do you no good if you don't put it to good use. The power is not in merely creating it but also in the daily repetition of meditation. You need to constantly bath your subconscious mind with the positive energy in order to manifest your desires.

**Personal.** Avoid using generalizations on your vision board. This board is all about you and what you want to see happen in your life. It's not about what you think you should want. Be very specific about why you want the things you want – make a list of solid reasons that you want to invite these things into your life. When you have a strong enough why, the how will reveal itself. Remain aware of your why by reviewing your lists often.

List 12 important goals, 2 in each of the 6 key areas of Inspired Living. One should be for the next 3-6 months and the other should be long term.

### Personal Development

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### Spirituality

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### Career & Education Achievement

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### Relationships

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### Financial Wealth

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## Color Psychology

Colors have an effect on your brain and your subconscious mind. Be strategic about the colors you use on your board. Use the chart below to help you determine which colors would best serve you.

### RED

Red is the warmest of all colors. Red is the color most chosen by extroverts and one of the top picks of males. On the negative side red can mean temper or anger. In China, red is the color of prosperity and joy. Brides wear red and front doors are often painted red. Red is Tuesday's color. Red roses symbolize passionate love. Ruby rings should be worn on the left hand. Red is associated with fiery heat and warmth. It can also mean danger (burning).

Red is the color of blood, and as such has strong symbolism as life and vitality. It brings focus to the essence of life and living with emphasis on survival. Red is also the color of passion and lust.

#### **Put some red in your life when you want:**

- **increased enthusiasm and interest**
- **more energy**
- **action and confidence to go after your dreams**
- **protection from fears and anxieties**

### PINK

Pink is the color of universal love. Pink is a quiet color. Lovers of beauty favor pink. A pink carnation means "I will never forget you". Pink is a combination of red and white. The quality of energy in pink is determined by how much red is present. White is the potential for fullness, while red helps you to achieve that potential. Pink combines these energies. Shades of deep pink, such as magenta, are effective in neutralizing disorder and violence. Some prisons use limited deep pink tones to diffuse aggressive behavior. Pink provides feelings of caring, tenderness, self-worth and love, acceptance.

## **Put some pink in your life when you want:**

- **calm feelings**
- **to neutralize disorder**
- **relaxation**
- **acceptance, contentment**

## **BROWN**

People who prefer brown are often conventional and orderly. The negative meaning of brown can be a repressed personality or a lazy person. Brown is the color of the earth and is associated with the material side of life. Brown can mix into many surroundings. It is a mixture of red, blue and yellow and has many shades and tones - each producing a different effect. Brown can be a stabilizing color. The red in brown gives it practical energy while the yellow and blue add mental focus energies. Too much brown can make a dull effect. Brown gives a feeling of solidity, and allows one to stay in the background, unnoticed. Some shades of brown create a warm, comfortable feeling of wholesomeness, naturalness and dependability.

## **Put some brown in your life when you want:**

- **a solid wholesome feeling**
- **to blend with the background**
- **a connection with natural earth and the stability this brings**
- **orderliness and convention**

## **ORANGE**

Orange is a power color. It is one of the healing colors. It is said to increase the craving for food. It also stimulates enthusiasm and creativity. Orange means vitality with endurance. People who like orange are usually thoughtful and sincere. While red is associated with fiery heat, orange is associated with the benign warmth of the sun. A dynamic color to be sure, orange offers a more thoughtful

control than explosive red. Curiosity is a driving characteristic of orange, and with it comes exploration of new things.

### **Put some orange in your life when you want:**

- **to spice things up when you feel time is dragging**
- **to become more involved in something**
- **to increase creativity**
- **relief from things becoming too serious**

## **GOLD**

It is no surprise that gold symbolizes wealth used wisely, but it is also the symbol of good health. People who favor the color gold are optimistic. Gold is intimately linked with Divinity and the Sun. It symbolizes wealth and success.

### **Put some gold in your life when you want:**

- **increased personal power**
- **relaxation and enjoyment of life**
- **good health**
- **success**

## **YELLOW**

The shade of yellow determines the meaning. Pure, bright and sunny yellow is the easiest color to see. People who are blind to other colors can usually see yellow. Yellow is full of creative and intellectual energy. Yellow symbolizes wisdom. Yellow means joy and happiness. People of high intellect favor yellow. Yellow daffodils are a symbol of unrequited love. Sunday's color is yellow-gold. Like the energy of a bright sunny day, yellow brings clarity and awareness. The shade of yellow determines its effect: Yellow-green can mean deceit, and creates a disoriented feeling. Orange-yellow imparts a sense of establishment. Clean light yellow clears the mind, making it active and alert.

### **Put some yellow in your life when you want:**



- **clarity for decision-making**
- **relief from 'burnout', panic, nervousness, exhaustion**
- **sharper memory and concentration skills**
- **protection from lethargy and depression during dull weather**

## GREEN

Green is the color of nature, fertility, life. Grass green is the most restful color. Green symbolizes self-respect and well being. Green is the color of balance. It also means learning, growth and harmony. Green is a safe color, if you don't know what color to use anywhere use green. Green is favored by well balanced people. Friday is the day of green. Green contains the powerful energies of nature, growth, desire to expand or increase. Balance and a sense of order are found in the color green. Change and transformation is necessary for growth, and so this ability to sustain changes is also a part of the energy of green.

### **Put some green in your life when you want:**

- **a new state of balance**
- **feel a need for change or growth**
- **freedom to pursue new ideas**
- **protection from fears and anxieties connected with the demands of others**

## BLUE

Blue is the coolest color - the color of the sky, ocean, sleep, twilight. A pure blue is the color of inspiration, sincerity and spirituality. Blue is often the chosen color by conservative people. Blue is the calming color. That makes it a wonderful color to use in the home, especially for babies. Blue is so soothing that is a good choice for pajamas. Dark blue is the color of truth and moderation. A blue iris means your friendship is very important to me. Wednesday's color is blue.

**Turquoise** is the symbol of youth, both the color and the gemstone. This color has a soothing affect. Turquoise is the color of communication. It contains the growth quality of green with the blue quality of communication. Turquoise has long been used in amulets to provide protection, health, confidence and strength.

**Aqua** is the color of high ideals.

Blue gives a feeling of distance. Artists use it to show perspective. This is a good way to understand the energy of the color blue - it allows us to look beyond and increase our perspective outward. It contains a cool vibration that is helpful to communication. The vibration if blue can be used to open energy flow where it is blocked. Using blue to relax will encourage feelings of communication and peace.

**Put some blue in your life when you want:**

- **calm and relaxation to counteract chaos or agitation**
- **to open the flow of communication**
- **to broaden your perspective in learning new information**
- **solitude and peace**

## PURPLE

Purple is the color of good judgment. It is the color of people seeking spiritual fulfillment. It is said if you surround yourself with purple you will have peace of mind. Purple is a good color to use in meditation. Purple has been used to symbolize mystery as well as royalty. Being the combination of red and blue, the warmest and coolest colors, purple is believed to be the ideal color. Most children love the color purple. Purple is the color most favored by artists. Thursday's color is purple.

**Violet** is the color of purpose.

Violet is a combination of blue and red. Red is a focusing, dynamic and active energy while blue is cooling, calming and expansive. Violet brings a new dynamic to the expansion of blue and the activity of red. Red brings practicality to the undirected expansiveness of the blue, and allows more creative energy to emerge. For this reason, violet is associated with imagination and inspiration.

**Put some violet in your life when you want:**

- **to use your imagination to its fullest**
- **to re-balance your life**
- **to remove obstacles**
- **to calm overactivity or to energize from depression**

## INDIGO

Indigo is the color of the deep midnight sky. It can have a negative effect when used during a depressed state, because it will deepen the mood. Indigo symbolizes a mystical borderland of wisdom, self-mastery and spiritual realization. While blue is the color of communication with others, indigo turns the blue inward, to increase personal thought, profound insights, and instant understandings. While blue can be fast, Indigo is almost instantaneous. Inventors use indigo skills for inspirations that seem to 'come out of the blue'.

**Put some indigo in your life when you want:**

- **to focus on personal issues**
- **to develop intuition**
- **to step outside of everyday life for a new and interesting way of viewing a problem**
- **solitude and inner communication**

## WHITE

White is the color of purity. Brides wear white in many countries, because white symbolizes a virgin. White means kindness. In some cultures white is worn at funerals. White is Monday's color. White

daisies are a symbol of loyal love. Strictly speaking, white is not a color, but the manifestation of the presence of all color - the complete energy of light. It stands for wholeness and completion. In many cultures it represents openness and truth. White has a cold quality. It can provide clarity as its energy is complete.

White has purification vibrations and can be used to clear blocks from your path.

It holds the potential to move toward every other color and this makes it a good choice for new beginnings, and development in any direction.

### **Put some white in your life when you want:**

- **to clear clutter and obstacles away**
- **to start a fresh beginning**
- **to bring about mental clarity**
- **purification of thoughts or actions**

### BLACK

Black is the most misunderstood color. A black tie dinner is very formal and elegant. Women can wear that "must have little black dress" to the black tie dinner. Yet the bad guys wear black hats. Black symbolizes death in some cultures. Native Americans thought black was good because it was the color of soil, which gives life. Saturday's color is black.

Black is not a color, strictly speaking. It is the absence of all color. When people speak of opposites, it is usually in terms of black and white. Black, and its opposite white, represent polarities. Black absorbs all aspects of light. While white reveals, black conceals. It has come to mean hidden, fearful or bad experience. It is linked to the unknown or the unseen.

In times of fear and uncertainty black contains the energy of the threatening unknown. In a positive state, black is seen as a restful emptiness into which anything may emerge and disappear once

again. It is also mysterious, providing a sense of potential and possibility.

### **Put some black in your life when you want:**

- **to become inconspicuous**
- **to open the door to mystery**
- **to prepare for the unknown**
- **a restful emptiness**

### GRAY

Gray is the color of sorrow. People who favor gray can be the lone wolf type or narrow-minded. Gray with more silver in it can be a very active color. Gray is the symbol for security, maturity and dependability. It connotes responsibility and conservative practicality.

Gray is the true neutral color. Its energy imparts void, emptiness, lack of movement, emotion, warmth and identifying characteristics. Because of this, gray can be restful. It has a detached and isolated feeling. Gray can have a cooling effect when placed next to other more vibrant colors. It has a stabilizing effect, making vibrant colors stand out while muting their vibration.

### **Put some gray in your life when you want:**

- **to emphasize your willingness to comply**
- **a neutral, non-invasive feeling**
- **to reduce the intense energy of another color**
- **to feel detached or isolated**

### Filling in The Details

What will your ideal life look like? In the exercise above, you set specific goals for each key area of your life. Now it's time to examine the details and fit each piece together.

Ask yourself these questions to be sure you're allowing for contingencies:

What will you do differently when you realize your goal?

Where will you travel?

Where will you live?

What will you wear?

What things will you own?

Who will be in your life?

What kind of vehicle will you drive?

What will you do for work? Or would you work at all?

Who will you help?

What will a typical day in your life be like?

## Creating Your Board

### Supplies Needed

- Foam core board (recommended, available at Michaels and other craft stores for less than \$5) or poster board (cork board works too)
- Images and photos. Some people like cutting photos from magazines, but you may not always find an image that you're looking for. I prefer to use Yahoo Images or a free stock photo provider to get images that match my intended desire. If you're printing images from a computer, be sure that they are in color.
- Glue. I like using a glue stick since it dries clean and is easy to apply. However, tape, Elmer's glue, or any other kind of adhesive will work just as well.
- Scissors for cutting pictures
- (Optional) Color inkjet or laser printer if printing from a computer
- (Optional) 3 1/3" x 4" or larger printer labels. Avery #5164 mailing labels work great for this purpose, but you can also just print the words or sentences or Bible verses, trim them and paste them.
- (Optional) Internet access

**Step 1—List your goals.** Your vision for your life and your clearly stated goals are the first component of your vision board. If you haven't created this list, review the e-zines from the beginning of the year for techniques on how to get crystal clear on your vision and your goals. Use your goal list to decide which images will match the stated goal. For instance, if one of your goals is to lose weight, you may choose an image of a fit person who is happy or exercising and add the words "Healthy and fit" near the image. I'll warn you against trying to create a vision board without clearly stated goals – it's much less powerful and your results will leave something to be desired because you haven't taken the time to be clear about what's important to you and why. Remember to pray over your goals and intended desires to be sure they are in alignment with God's will for your life.

**Step 2 - Compile your pictures.** Start by going through your pictures and compiling all the pictures that you can find that are relevant to your goal. Don't evaluate the pictures or start pasting them onto your board. Just stack them into a pile. If you are internet saavy, then a much quicker method that I do myself is to use an internet search engine to find great images for my board. You can either print the pictures out on paper and then glue it to the board, or print the pictures out onto a large self-adhesive label so that it becomes a sticker. Remember to be sure that each image that you put on your board resonates with your heart and makes you excited at the mere sight of it. It's also important when selecting pictures to include anything that is congruent with your goal, such as any changes in your life that might result from obtaining your goal. So if your goal is to have a six figure income, then select pictures of a lifestyle that is congruent with your six figure income.

Ask yourself these questions be sure you're allowing for contingencies:

- What will you do differently when you realize your goal?
- Where will you travel?
- Where will you live?
- What will you wear?
- What things will you own?

Who will be in your life?

What kind of vehicle will you drive?

What will you do for work? Or would you work at all?

Who will you help?

What will a typical day in your life be like?

**Step 2—Sort and Cut.** Go through your pile of pictures and select the ones that impact you the most emotionally. Cut the extraneous material away from the image and place it on the board without gluing it.

**Step 3—Arrange and glue.** Start arranging your pictures creatively on your board. Don't worry about being artistic—remember this is about function, not fashion. I like to create sections on my board – travel, relationships, career, etc, but I've seen great boards that have images randomly placed throughout the board. The point is that your board should resonate with your emotions. Arrange your pictures in a way that gives you an emotional connection to your vision board. After you are satisfied with the arrangement, glue all your pictures in place.

**Step 4—Strategic positioning.** The most important part of having a vision board is having it in a strategic location that gives you as much visual exposure to it throughout the day. I've seen vision boards mounted on the ceiling above the bed so that it is the first and last vision of the day. If you are sensitive to what others might say of your vision board, then be sure to keep it in a safe area where only you will see it. Negative criticism or justification of your dreams can kill the energy that your vision board releases. Regardless of what area you choose, be sure to access your vision board at least twice a day, preferably upon waking and just before drifting off at night. These are key times that your subconscious mind is most relaxed and able to receive images and ideas from your vision board and meditation.

**Step 5— Update your vision board.** Your vision board has to inspire you. Over time, you will manifest things from your board. You then



have options – you can place the date of the manifestation on the board or you can simply remove the image and replace it with a new one. If at any point an image or phrase on your vision board no longer resonates with you, remove it right away! You're a dynamic, changing being and your board should change with you. Be sure to periodically observe the results of your vision board. I forgot to do this one year and didn't realize that I had manifested almost everything in my board until the year was over! Don't let this happen to you. Be grateful for all that you have and everything that is coming to you. Remember that you are the subcreator of your life, and that God wants abundance for you.

Tips for getting the most from your vision board:

- Create a virtual board to use when you're on the go or on vacation. I have a version of my vision board on my computer that I created using Oprah's Dream Board software that you can download here. I also have a version on my Blackberry that I can view any time. I've also added images from my vision board to my MP3 player (you can also do this with iPods) and I can view it while I'm at the gym or on an airplane.

- Create a playlist of songs that inspire you and get you going. Play the list while you view your board and see yourself manifesting every image on your board.

- Create a list of affirmations to say aloud as you view your board. Next week I'll give you step by step instructions for creating affirmations that work.

- Once a week, write about one of your images. Write about what it will feel like to manifest that desire and what you will do after you manifest it.

Vision boards are an excellent tool for creating powerful results in your life. Use this inexpensive yet effective technique for living the life of your dreams.