

Vision Board Exercise

Finding a sense of purpose



Having a well-defined purpose in life can not only lead to superior cognitive functioning, it can also make you more likely to roll with the punches. People with a purpose or mission in life tend to be more resilient. How can you harness this? Start developing a positive outlook for your future.

Try creating a vision board to help you achieve your goals. Living with purpose will afford you a better understanding of why certain things happen and you'll be better equipped to handle what comes your way.

How to create a vision board

This sort of exercise taps into the creative right-brain thinking part of your mind which is why it can be very powerful.

The inspirational collages represented in a vision board serve as your image of the future – a tangible example, idea or representation of where you are going. They should represent your dreams, your goals, and your ideal life.

1. Find pictures that represent or symbolize the experiences, feelings, and possessions you want in your life, and place them in your board. Have fun with the process! Use photographs, magazine cut-outs, pictures from the Internet—whatever inspires you. Be creative. Include not only pictures, but anything that speaks to you.
2. Use only the words and images that best represent your purpose, your ideal future, and words that inspire positive emotions in you. There is beauty in simplicity and clarity. Too many images and too much information will be distracting and harder to focus on.
3. Once you are done, take a good look at what you have created and work out where these things are manifest in your life now and where perhaps they are not. What are some steps you can take towards making some of the areas on your vision board a reality? Your vision board will give you vital clues about your life purpose. It may flag up a need to move in a different direction or make some changes. It can prompt you to move forward with focus, passion and tangible actions.

