

## **Exercise – Vision Board**

Create your own inspiring vision board! A board you can look at every day to be reminded of where you want to go and what your dream scenario looks like.

Use whatever materials you want – colours, pens, paints, scissors, glue, tape, magazine clippings, photos and a large sheet of paper or whatever else you want on your vision board. Write, draw, paint and stick to your heart's content. Why not put on your favourite music and switch off your phone while you do it?

Try not to think too much – instead allow yourself to be guided by whatever speaks to you and draws you in. Let things unfold naturally. You can set a time limit for the exercise if you want, but you don't have to. The important thing is to stop when you feel you are losing drive and energy, or when you start searching too much for the next thing to put on your board. The process should feel light and joyful, not forced.

Take your vision board along with you to your next coaching session and/or show it to a close friend and tell them all about it.