

Create Your Own Vision Board



New Haven , CT

Did anyone else find it hard to set goals in 2020? There was no where to go, restaurants weren't open, gyms were closed, borders were hard to cross; basically planning felt hard or even impossible.

But now with a vaccine plan in place, planning & goal setting seem possible again! Which is why it's time for you to create your very own [Vision Board](#) [1]. What exactly is a Vision Board you ask? In the simplest terms, it is a way to visually represent your goals. Creating a Vision Board allows you to organize your thoughts around specific goals and inspires you to achieve them by visualizing them.

Vision Boards come in all shapes and sizes. Most people **create physical Vision Boards** with images and text from magazines or newspapers or printouts. However you can also create a **digital Vision Board on platforms like [Pinterest](#) [2], [Canva](#) [3] (like the example above), or [VisuApp](#) [4].**

Once you decide which style of Vision Board you would like to create, the next step is **deciding the theme** of your Vision Board. Here are some popular examples:

1. Health
2. Travel
3. Family
4. Lifestyle
5. Finances
6. Hobbies
7. Knowledge
8. Love
9. Home
10. Cooking

Once you've decided your theme the fun part begins! **Find pictures, images, graphics, words, and phrases that speak to you and start arranging them on your board as you see fit.** You want to create a board that inspires you, so have fun with it! Once you feel like your board is complete, hang it or bookmark it so you can see it often. By having your vision board in your line of vision it will continue to inspire you to work towards your goals.

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You can find some additional ideas on our [Pinterest board](#) [5] to help get you started! Now, go start creating.

We would love to see the Vision Boards you create so please [email](#) [6] us or tag us on [Instagram](#) [7].

[Register Here](#) [8]

Visibility: 0.00

On Demand?: On Demand

Sort Date: Saturday, August 21, 2021

End date: Monday, August 16, 2021

Audience: Students

Scholars

Families

Departments

Source URL:<https://oiss.yale.edu/calendar/events/create-your-own-vision-board>

Links

[1] <https://www.oprahmag.com/life/a29959841/how-to-make-a-vision-board/> [2] <https://www.pinterest.com/> [3] <https://www.canva.com/> [4] <https://visuapp.github.io/> [5] <https://pin.it/4YMhpmP> [6] [%109;%#97;%#105;%#108;%#116;%#111;%#58;%#109;%#111;%#108;%#108;%#121;%#46;%#104;%#97;%#109;%#112;%#116;%#111;%#110;%#64;%#121;%#97;%#108;%#101;%#46;%#101;%#100;%#117;?subject=Vision%20Boards](#) [7] <https://www.instagram.com/yaleoiss/> [8] <https://yaleconnect.yale.edu/OISS/rsvp?id=1054933>