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Counseling services are available for children and families.

Please contact me for zoom, in person, and phone sessions.

VISION BOARDS FOR THE NEW YEAR

What is a vision board? A VISION BOARD is defined by oxford dictionary as “a collage of images and words representing a person’s wishes or goals, intended to serve as inspiration or motivation.”

How does it work? Vision boards are a way of creating a space to visually bring to life goals, affirmations, feelings, dreams, values, inspiration, and motivation. The visual reminder is a way to consciously and deliberately manifest your aspirations of what you want. It is also a reminder of the WHY you do what you do every day!

Neuroscience explains that our brains are bombarded with 11 million to 200 million bits of information every second. In order to protect us from sensory overload, our brains have filters that automatically determine what is important and what is not. The selective attention involved during visualization (looking at a vision board) imprints important things on the part of the brain that filters out unnecessary information and focuses on information that’s relevant. Your brain laser-focuses on your vision and introduces you to the things you need to make them happen. Visualization can help rewire our brains resulting in greater access to ideas, solutions, and motivation in achieving our vision. If you regularly visualize and see your ideal future, you program your subconscious mind in such a way that it sees this desired future as a new reality.

What do I need to make a vision board? Vision boards are fun and easy to create. You can create a digital board on your computer or simply make a frame of painters tape on your wall and tape up some images. Here is a list of possible items to use:

- A board made from a poster board, cork board, pin board, cardboard, wood
- Markers, stickers, glitter
- Magazines, newspapers, old books, advertisements
- Photos, quotes, images, sayings
- Color printer to print images from the internet
- Scissors, push pins, tape, glue

How do I make/organize a vision board? The images on your vision board should reflect the future life you want to lead and how to get there. There is no right or wrong way to organize the images. You can arrange them in a messy collage or organize them into specific sections. Just make sure that you have enough time to be as thoughtful and creative as possible.

Organize your vision into specific categories such as family, school, career, fitness, emotions, finance, relationships, home, spiritual, health, parenting, learning, travel, etc. When just beginning to use vision boards, it may be helpful to start with 1 to 3 goals. Pick the categories you want to work on and find images that reflect what that looks like. Write a few sentences to a small paragraph detailing your goals and how to achieve them. Writing out a narrative and reading it aloud will help deepen the effect. As you attain your vision/goal you can remove it from your board and keep it in a success book or success file. Looking through the file or success book will create an evidence base and reinforce your success encouraging more!

How do I use my vision board? It is important to keep your vision board in a place that you will see it every day such as the bathroom or on the kitchen fridge. The first thing in the morning and before you go to bed at night are ideal times to work with your vision board. Looking at your board before you go to sleep will help embed your vision into your psyche and give your brain the information it needs to focus on the information relevant for your success. Try and spend 2 to 10 minutes with your board daily. Feeling your vision is important as well because our feelings send signals to our subconscious. The subconscious informs the brain of what we want through the intensity of our emotions. Allow your images to generate intensely wonderful emotions such as happiness, joy, warmth or whatever you will feel once you achieve your goals. Visualize yourself doing the work as well. The brain has very little distinction between the imagined vision and the actual experience of the vision being achieved.

Happy visioning for 2021!!!

