

# **THE ULTIMATE VISION BOARD GUIDE**

**MANIFEST YOUR DREAM  
LIFE**



**THE WELMESS  
SOCIETY**

[info@thewellmesssociety.com](mailto:info@thewellmesssociety.com)



# THE ULTIMATE VISION BOARD GUIDE

## MANIFEST YOUR DREAM LIFE

A vision board is a powerful visualization tool to help you clarify, focus on, and manifest your dreams and goals. By creating a visual representation of the life you desire, you align your intentions with your actions and allow the subconscious mind to attract opportunities.

### The Benefits of Creating a Vision Board

1. **Clarity of Goals:** You identify and prioritize what you truly want.
2. **Daily Motivation:** Seeing your goals daily reminds you of your "why."
3. **Law of Attraction:** Visualization activates your subconscious to draw opportunities to you.
4. **Emotional Connection:** It builds excitement and belief in achieving your dreams.
5. **Holistic Alignment:** It helps you focus on multiple areas of life, creating a balanced and fulfilling future.



**THE WELLNESS**  
SOCIETY

[info@thewellnesssociety.com](mailto:info@thewellnesssociety.com)



# STEP-BY-STEP GUIDE TO CREATE YOUR VISION BOARD

## 1. Start with Gratitude

Before creating your vision board, take a moment to reflect on what you're already grateful for in your life. Gratitude raises your vibration and creates a positive foundation for attracting more abundance.

- Write down 3-5 things you're grateful for.
- Acknowledge any progress you've made toward your dreams so far.

Example: "I'm grateful for my supportive relationships, my health, and the growth I've experienced this year."

Tip: You can do a 10 min gratitude meditation before to starting writing down everything you are grateful for.

## 2. Define Your Intentions

Ask yourself:

- What do I want to achieve this year?
- Who do I want to become?
- How do I want to feel in my life?

Make sure your goals are specific and align with your deepest desires, not just external expectations. Write them down as if they are already a reality.



**THE WELMESS**  
SOCIETY

[info@thewellmesssociety.com](mailto:info@thewellmesssociety.com)



## STEP-BY-STEP GUIDE TO CREATE YOUR VISION BOARD

### 3. Explore All Areas of Life

To create a holistic vision board, focus on the following areas:

- **Health & Wellness:** Physical fitness, mental health, nutrition goals, self-care routines.
- **Career & Finances:** Promotions, dream jobs, income goals, business launches, financial stability.
- **Relationships:** Building or improving relationships with family, friends, or a partner.
- **Personal Growth:** Spiritual goals, learning a new skill, personal development.
- **Home & Environment:** Dream home, decluttering goals, creating a harmonious space.
- **Travel & Adventure:** Destinations you want to visit, new experiences to embrace.
- **Hobbies & Passions:** Things that bring you joy—art, sports, music, cooking, etc.

Examples:

- I am exploring Italy
- I practice meditation everyday

**Tip:** light up a purple or white candle while you write down all your intentions.



**THE WELMESS**  
SOCIETY

[info@thewellmesssociety.com](mailto:info@thewellmesssociety.com)



## STEP-BY-STEP GUIDE TO CREATE YOUR VISION BOARD

### 4. Collect what you need

#### For a Physical Vision Board:

- **Supplies:** Poster board or corkboard, scissors, glue, magazines, printouts, and markers.
- **Visuals:** Find photos, quotes, or symbols that resonate with your goals. You can search through magazines, Pinterest, or even print images online.
- **Words & Affirmations:** Include empowering phrases like:
  - "I am strong, healthy, and full of energy."
  - "I am attracting financial abundance."
  - "I deserve love and meaningful relationships."

#### For Digital Vision Boards

- **Canva:** A user-friendly platform with pre-made templates and design elements.
- **Pinterest:** Create a private or public board and pin images, quotes, and ideas.

#### Find Digital Content

- **Images:** Use royalty-free image websites like Unsplash, Pexels, or Pixabay.
- **Quotes & Affirmations:** Search on Pinterest or quote websites.



**THE WELLNESS**  
SOCIETY

info@thewellnesssociety.com



## STEP-BY-STEP GUIDE TO CREATE YOUR VISION BOARD

### 5. Arrange & Create

- Organize your vision board intuitively—group areas of life together, or mix them for a flowing design.
- Place the most inspiring or important visuals at the center.
- Add affirmations or words that evoke positive feelings around each goal.

**Remember:** There's no right or wrong way. Let your creativity flow!

- **Canva:** Drag and drop images into a blank canvas or use their grid templates.
- **Pinterest:** Organize pins into sections for each life area.
- **Desktop Wallpaper:** Create a vision board layout that fits your screen resolution and use it as your desktop or phone background.

### Tips for Digital Vision Boards

- Save it as your phone lock screen or computer wallpaper for daily visibility.



**THE WELMESS**  
SOCIETY

[info@thewellmesssociety.com](mailto:info@thewellmesssociety.com)



## STEP-BY-STEP GUIDE TO CREATE YOUR VISION BOARD

### 6. Visualize & Affirm

Once your vision board is complete:

- Spend 5-10 minutes daily visualizing yourself living the life on your board.
- Feel the emotions of joy, gratitude, and success as if it's already happening.
- Repeat affirmations that align with your goals.

### 7. Place It Where You'll See It

Display your vision board in a prominent spot:

- Your workspace
- Bedroom
- Meditation corner

The more you see it, the more you remind yourself of your goals and attract aligned opportunities.

**YOU ARE READY TO START MANIFESTING YOUR  
DREAM LIFE!**



**THE WELMESS**  
SOCIETY

[info@thewellmesssociety.com](mailto:info@thewellmesssociety.com)



## **THANK YOU!**

Enjoyed this guide? Follow us for more fitness, wellness and manifestation tips, inspiration, and tools to help your day to day life.

**Instagram:** [thewellmessociety](https://www.instagram.com/thewellmessociety)

**TikTok:** [thewellmessociety](https://www.tiktok.com/@thewellmessociety)



**THE WELLMESS**

**SOCIETY**

[info@thewellmessociety.com](mailto:info@thewellmessociety.com)