

Vision Board Exercise Tool

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Visioning is a powerful coaching skill which can be used in many different ways with both individuals and groups. Visioning helps clients craft clear mental images of what they want to bring to life in the future. The clearer the vision, the more real it becomes. Once the clear picture is in place, the client can begin to focus on bringing that vision to life consciously *and* subconsciously!

One of the most impactful ways for a client to get a clearly defined mental picture is for them to create a vision board. This is a fun activity which can be done by an individual, a group, or as part of a vision board workshop. I like to use this activity as a companion piece to iPEC's **Ideal Image tool** found in your Coaching Fundamentals Training Workbook. First the client outlines the ***Ideal Image of their career, intimate relationship, family life***, or whatever they choose, and then they design a beautiful vision board to bring the ideal image to life.

There are some basic supplies you will want to collect to start a vision board. The following is a basic list to get you underway:

- Poster board
- Glue sticks
- Marker, pens, colored pencils, paint
- Colorful paper
- Magazines and books (to cut up)

Instructions

- Ask your client to start with the center of the board.
- Post a picture of YOU (the client) at your personal best, smiling, loving life, and living the dream. Pick a photo that best depicts the Energy you want to infuse into your future vision.
- Begin to clip images from magazines, inspirational words or statements, and imagery that motivates you and represents the future you wish to live.
- Attach the pieces, collage-style all over the board until you feel you are done.

The finished vision board should stir you in some way whether it be excitement, joy, a feeling of pleasure, or satisfaction while you take it all in.

Encourage your clients to add anything they want to their vision board. My last vision board had peacock feathers sticking out everywhere to represent my coaching practice.

I even glued sand to the board representing the Caribbean vacation I had my heart set on. The vision board materials are only limited by one's imagination so encourage clients to think big and have fun with it.

Once the vision board is complete, suggest to your client to post it in a prominent place where they can see it frequently throughout their day. The idea is to focus on what they want to attract into their life so they can consciously and subconsciously get to work drawing that future into their present state!

Credit: The concepts inherent in this article are the author's interpretation of materials issued by iPEC®.