

# Goal setting using your intuition

A Vision Board is a way to tap into your Intuitive plans and goals

## Instructions -

- Set aside an afternoon or couple of hours
- Gather a pile of magazines\* scissors, glue and a piece of card or a canvas.
- Find a photo of yourself that you like to include on your Vision Board.

\*Preferably, choose magazines that you relate to and that cover areas of interest in your life, or that reflect areas you'd like to master or learn about. Opportunity shops often have lots of quality, out of date magazines for sale at a nominal price.

- Allow yourself to drift into a creative space...

## Ask yourself -

### ***So, what do I want in my life this year?***

- Turn the pages scanning for images, words or pictures that 'jump out at you'. Cut out those that do.
- You may want to paste as you go or wait until you've collected a bundle of images and words and then arrange and paste them.

**Trust that the images or words that you 'notice' have jumped out at you because in some way they answer your question.**

They may represent

- Themes for the year
- Goals
- Aspirations
- Things you'd like to buy or own
- Places you want to visit
- Experiences you'd like to have
- Environments you want to create

They will express your values...what's truly important to you

They may represent areas in your life in which you'd like to learn something new – a skill, a hobby etc.

Put your Vision Board in a place you can see it each day. Add to it throughout the year. Celebrate the things you achieve along the way.

Suggestion:

Share your goals and dreams with those you love by putting it in a place where they can see it. This could encourage them to create one too. At the very least they will see what's going on in your head and what matters to you.

Enjoy this alone or with your family. Children love to cut and paste so it can actually be an activity shared with little children. It shows that setting goals can be fun when we use our whole brain.