

Steps for Creating a Vision Board and Deciding Your 2024 Word

FOCUS AND DREAM

1. Spend time brainstorming. What didn't work last year that you'd like to adjust? What do you want to focus on this year? What do you want to bring more of into your life in 2024? (For example: I want to deepen relationships this year by coming alongside other women and inviting them into my home)

2. List words and ideas for the various parts of your life. (For example: under relationships, I'd write "open door policy, tea for two, go deeper, craft, talk")

Spiritual

Family

Relationships

Home

Work

Hobbies

Community

Other

3. For each area, what is a visual that will remind you of what you want to focus on or accomplish? These are the images you will place on your vision board. (For example: my visual is an open door).

Spiritual

Family

Relationships

Home

Work

Hobbies

Community

Other

12 areas of life balance

1. Love Relationships

This is a measure of how happy you are in your current state of relationship – whether you are single and loving it, in a relationship, dating or desiring a relationship.

Score 1 – 10 =

2. Friendships

This is a measure of how strong a support network you have. Do you have at least 5 people who you know have your back, and you just love being around (mostly!)?

Score 1 – 10 =

3. Adventures

How much time do you get to travel, experience the world and do things that open you up to new experiences and excitement?

Score 1 – 10 =

4. Environment

This is the quality of your home, your car, your office and the general spaces where you spend your time during the day and night (eg: café's, bars, schools, etc), even when travelling.

Score 1 – 10 =

5. Health and Fitness

How would you rate your health, given your age and any physical conditions?

Score 1 – 10 =

6. Intellectual Life

How much time do you set aside to learn new things, and how fast are you learning? How many books do you read/podcasts do you listen to/tutorials do you watch? How many seminars do you attend yearly? Are you seeking to learn from others?

Score 1 – 10 =

7. Skills

How fast are you improving the skills that make you unique and help you build a successful career, or enjoy a meaningful past time? Are you growing towards mastery or stagnating?

Score 1 – 10 =

8. Spiritual Life

How much time do you devote to spiritual, meditative, or contemplative practices that keep you feeling connected, balanced and peaceful?

Score 1 – 10 =

9. Career

Are you growing, progressing and excelling? Or do you feel stuck in a rut? If you have a business, is it thriving or stagnating?

Score 1 – 10 =

10. Creative Life

Do you paint, write, play music, or engage in other activities that channel your creativity? Or are you more of a consumer than a creator?

Score 1 – 10 =

11. Family Life

How is your relationship with your partner, parents and siblings? If you don't have immediate family, how is your relationship with your alternate family (dearest friends, extended family)?

Score 1 – 10 =

12. Community Life

Are you giving, contributing and playing a definite role in your community?

Score 1 – 10 =

4. Look for common themes. That could be your word or mantra for 2024. Write down some ideas. Mine could be "welcome," "open," "slow down" or "intentional relationships."

PUT YOUR BOARD TOGETHER

Supplies:

- poster board (any size, half works well)
- glue (I like glue sticks)
- scissors
- plenty of magazines (a variety of home/garden, travel, lifestyle, family, etc. is best)
- pens (Sharpies and gel pens are fun)
- embellishments (scrap booking supplies, letter stickers, gems, etc.)
- small trash can for scraps
- a beverage and snacks (preferably nothing that will smear onto your board!)

Your images:

- large images you like that create a background (mine are usually flowers, books or the beach). I cover my entire board
- small images that speak to what you want to focus on for the year (mine would be a bath tub, tea, a library, women laughing, a garden, etc.)
- words and phrases to layer on top

The process:

I advise you to lay it all out first, take a picture, take it apart, then reassemble. Or lay it out and glue one section on at a time. Glue lightly until it's how you want it—you can also add more glue later to secure.

- fill up the background
- add your favorite images
- add the words
- add embellishments or write or draw with the pens
- fill in the empty spots

The last step is the most important...keep your board where you can refer to it often, whether in your office, near your bed or in your closet. You might also attach your worksheet to the back for easy reference when you need to refocus. Allow your board to help you plan your week. Consider taking a picture of it and sharing it with loved ones who can hold you accountable.