

Future Me Vision Board

What will I learn?

How to increase your self-motivation.
What aspect of your well-being is important to you.

What do I need?

Depending on how you want to create your vision board, you will either need a mobile or computer and access to the internet, or the following stationery items:

- Old magazines, greetings cards or postcards.
- Glue, sticky tape, pins or magnets.
- Scissors.
- An A3 or A4 piece of card, a cork board, poster board, magnetic board or just a fridge!
- Coloured pens and paper (optional).

You will also need to set yourself some quiet time aside to do this activity. It is up to you how long you want to spend doing this activity and you may want to work on it for a small amount of time over several days instead of trying to complete it all at once.

What is a vision board?

A vision board is a collection of meaningful images, words and drawings that represent your dreams and goals. The board is put on display in a place where you can see it regularly to be reminded of what you want in the future. The board can either be digital or paper-based.

Why might this activity be useful to me?

Visualising yourself achieving your goals will make you feel inspired, focused and motivated. Overall, you will feel positive towards becoming the future version of yourself and this will trigger actions towards achieving your goals.

Activity



What is my goal?

Before you start creating your vision board, you first need to have an idea of what area of your well-being you want to focus on. You could choose from the following healthy behaviour themes:

Relax – Do you want to feel less stressed and be more in tune with your feelings?

Eat Well – Do you want to look after body and eat more healthy food?

Get Active – Do you want to improve your fitness and improve your mood?

Try Something New – Do you want to increase your confidence and have new experiences?

Stay Connected – Do you want to feel more connected to your community and widen your circle of friends?



What does my goal look like?

Spend a couple of minutes closing your eyes and thinking about the healthy behaviour you want to develop. If you are unsure, you could try this step with each of the themes before deciding which is most important to you.

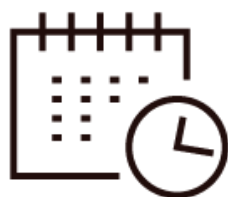
Imagine yourself with that healthy behaviour. See if you can picture yourself - what do you look like? What are you doing? Are there any particular colours or sounds? What does it feel like to have to have this healthy behaviour?

It can be useful to repeat this exercise regularly while working towards your goal, as just taking a couple of minutes a day to meditate in this way can help you feel less stressed, stay focused and to remain connected to achieving your goal.



Note down your goal

If we write down the things we intend to do or the goals we are aiming for, we are more likely to achieve them as we tend to feel more committed. Having a record also works as a reminder to us to keep us motivated and on track.



Set reminders

You could use the Future Me website to write an email to your future self. Outline your goal and how you see yourself with your chosen healthy behaviour. You could even include a motivational message about how well you are doing! Set the date of the email to be sent at a time when you think your motivation will be lacking. You could even send yourself an email every week to motivate yourself to keep going!



What resources do I need?

Think about how you want to create your vision board. What resources do you have available?

Physical Board - you will need to have some old magazines, greetings cards or postcards that you can cut pictures, words or quotes out of and a board you can stick or pin them onto. You could use a cork noticeboard or poster board, or use magnets to attach images to a magnetic board or just use the fridge!

Digital Board - there are many websites and apps specifically for creating visions boards. A good site to use is [Pinterest](#), particularly as you can also use the site for inspiration for your own vision board. Pinterest allows you to search for images, infographics and video content and pin them to your personal board. You can change your privacy settings if you want to share your board.



Choose and organise your images

Select images that relate to your chosen healthy behaviour and that mean something to you.

Think also about how you want to feel in the future – maybe you can find images that represent your feelings or images of quotes or words that you find positive and motivational.

Lay all your images out on your board and arrange them to how you want them to be displayed before putting them permanently in their places.



Make your board visible

If you are making a physical board, place your board somewhere where you can't ignore it. Placing it next to your bed is a great way of reminding yourself of your future goal as you will see it when you get up in the morning and when you go to bed.

If you are making a digital board, you might want to think about either printing it off or saving it as the wallpaper on your phone. You also might feel like sharing it with others.