

“See it. Believe it. Achieve it.”

- Anonymous -

Create a Vision Board to Create Greater Success

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Vision boards are also known as treasure maps, success boards, and life maps. Regardless of the name, it is a collection of pictures, slogans, and words which represent what you want to see happen in your future and what would make you feel successful. It could be months, one year, five years or ten years from now. I think of a vision board as a visual representation of your goals and dreams, which helps you stay focused on what you want to achieve in life.



The boards can be created online and installed as a screen saver or wallpaper on your desktop or laptop computer. Another form is created on a poster board or canvas board. On the surface you paste inspiring pictures, motivating words, and encouraging quotes taken from magazines, and other printed materials. You can also include photos of yourself and others. To enhance your board, you can add decorative lettering and various embellishments (glitter, borders, stars, etc.)



Let's suppose, you want to have a prosperous career as a well-known writer. Your board could have pictures of people reading books, lots of money, a fancy sports car, a beautiful house by a lake, a person writing while drinking a cup of coffee or typing on a computer. You may want to include slogans saying "Write Your Way To Success" and "Write Now - Your Future Depends On It". You could include pictures of yourself and some motivating words, like Dream, Dare, Achieve as well as your inspiring quotes. You could add photos of your favorite authors. If you have a business card (for your writing business) you can include that as well as a mock-up cover of your book.

Once your board is completed, you should hang it in a place where you will see it several times each day (like your office, bedroom, or exercise room). Some people prefer to have their boards in a private place where others cannot easily see it. They do not want people asking them questions and then giving their not-so-positive comments, like "Why would you want to do that?" or "You don't have enough money (or experience) to pursue such a goal" or other disparaging comments. If you would find such questions or remarks discouraging, you should find a secluded place for your board. Wherever you choose, you need to look at your board on a regular basis, so you can stay focused on what you want to accomplish.

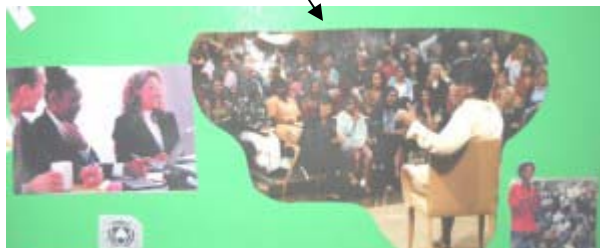


It is important to understand that just looking at your board is not enough. You must do the work required to make your dream a reality. The board keeps you enthused and energized to act. And through your actions you make things happen as well as attract the people, opportunities, and/or the things you need or desire.

Over the years, I have experienced a lot of success that came from creating vision boards and taking action, including recording a CD with the world-renowned motivational speaker, Mr. Les Brown; forming relationships with other well-know speakers and trainers; relocating to the great city of Atlanta, just to name a few. I have also heard remarkable stories of the success that others have achieved, including getting married, adopting a child, winning awards, purchasing a beautiful home, buying a luxury car, getting a masters degree, etc.



In April 2010 I felt like I was living out a scene from one of the pictures on my recent vision board. The picture is an audience shot of The Oprah Show. It is below.



Being on the Oprah Show was one of the things I have always wanted to do. Years ago when I worked at Clairol, I would always try to get tickets when I knew I was going to be in Chicago for a business trip. However, the timing was never right. After I left Clairol, I put that goal on the "back-burner" of "my things to do list." Last year I started thinking about it again because a colleague, Dr. Torri Griffin, was trying to get on the show. She would always call and tell me when we could sign-up for possible tickets.

As I was looking through magazines to create my most recent vision board, I was drawn to the picture above and decided to include it among others I had selected.

You have probably heard the phrase "Guilty by association". Well, I believe in what I call "Success by association." meaning the accomplishments in our lives are directly or indirectly the result of the people we associate with.

Three weeks after creating my vision board, Torri called me to say The Oprah Show was again looking for audience guests. To make a long story short, she ended up getting tickets for herself and several friends to attend the show on April 22. And I was one of the friends accompanying her!

The following weeks were filled with exciting conference calls with Torri, her friends, and I talking about using frequent flyer points to get to Chicago, whether we had hotel awards points to get free accommodations, where we would eat, whether we would rent a car or use taxis, when we would leave Atlanta and return. On April 22 we were in the audience at the Oprah Show. We had a blast! And here are some photos to prove it!



Torri, Kevin, and I in front of Harpo Studios



Torri, and I in front of a bigger than life photo of Oprah



Torri, friends, and I on the "Oprah chair" used in previous shows.

For the past nine years, every January a colleague, Lynda Shorter, and I host a vision board making event for friends and colleagues. In 2001 around 20 women attended, the following year it was about 30. By January 2008 the number of women who came to my home had increased to over 50! Last January (2009) Lynda and I decided the event had outgrown my house, so we held it at the APEX Museum and over 80 women attended! Such an event, whether large or small, is a great way to bring people together to talk about and focus on their goals and dreams in an exciting and creative way. I suggest that you consider having one. If you want details on how to plan and host such an event, please email me at Donna@JustGetSerious.com

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