



**DISCOVER YOURSELF  
NEVER GIVE UP**

# HOW TO CREATE A VISION BOARD?

**~ GARGI ARYA**

## WHAT IS A VISION BOARD?

If you can dream it, you can do it. Don't just sit and wait for someone to take your hand and show you the way. Create your own magical path. No one can ever stop you if you have a big vision!

So, do you know what is a vision board? It is simply a board where you visualize the things you want to have in life with the help of pictures, magazine cutouts, affirmations and powerful quotes. And if you just keep it somewhere where you will see it every day and feel the emotions, I guarantee that the things will start happening.

***Don't live the same year 75 times and call it a 'life' ~ Robin Sharma***

## GUIDELINES TO MAKE A VISION BOARD!

1. Create your goals list (goals which you desire to build the foundation of your life)
2. Find pictures which represent your goals and make sure you choose those pictures which give some kind of emotions. Remember your subconscious understands your feelings, not the words.
3. Make a collage of all the images on a bulletin board or on a A3 size sheet or in your goals book. Be creative and make sure you include your pictures too.
4. Don't create a chaotic vision board. It should have the clarity so that it looks positive and powerful.
5. Add inspiring quotes, uplifting words that truly represents how you want to feel when you look at your vision board.
6. Review your board daily. The best timing is before bed and after waking up.

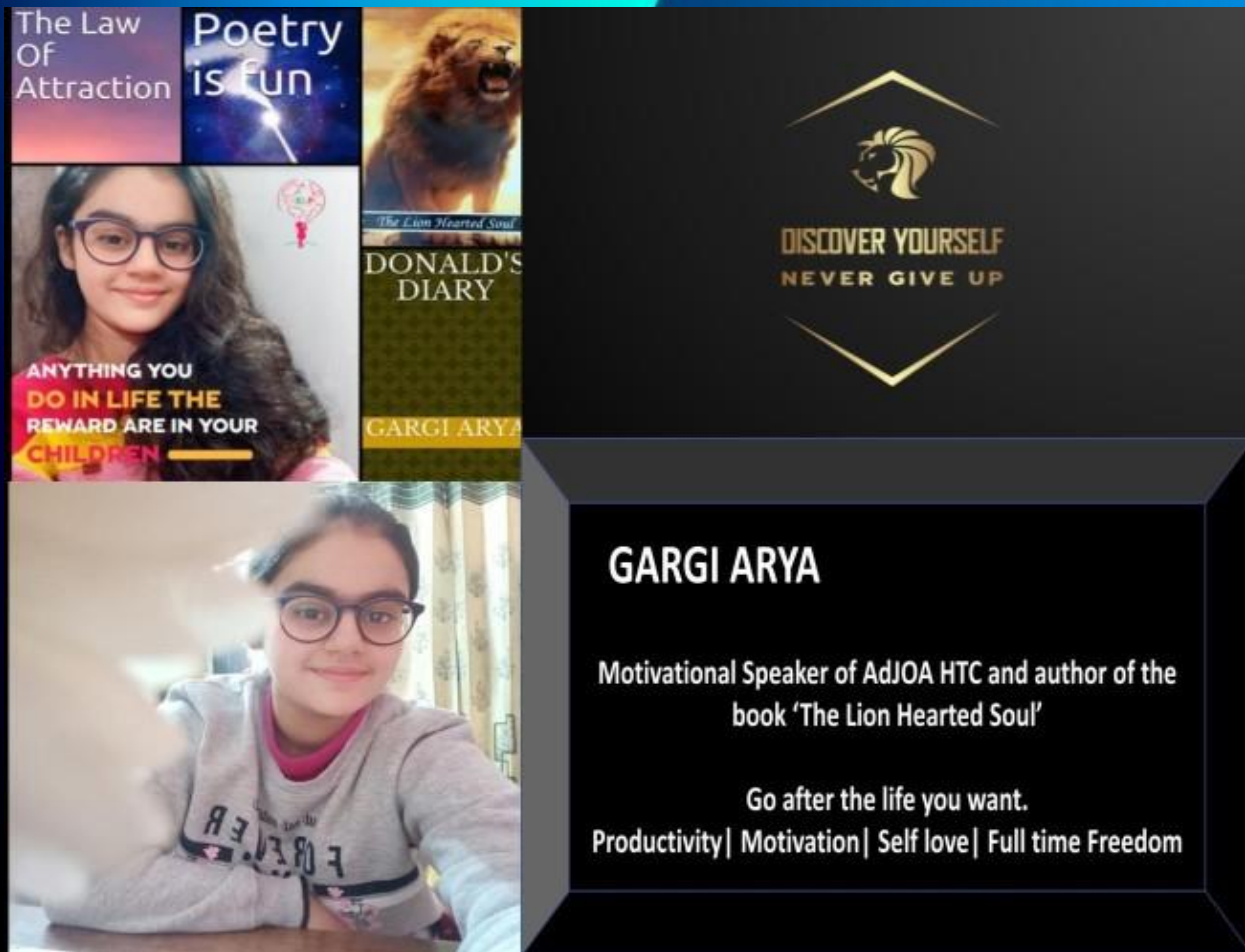


**MULTIPLY EFFECTS TO MAKE  
YOUR EFFORTS COUNTABLE.**

1. Read your goals daily and if you are in a suitable environment, then read your affirmations and positive quotes out loud.
2. After reading each one, allow yourself to feel the moment, go into the details you would be experiencing if this was actually happening. Give at least 2 minutes to each goal and visualize it.
3. Embodiment is the best way to act as if you were the person, you actually want to be. For example, if you want to be a leader - dress, talk and behave like a leader. Be in the position of a leader.
4. You can also make reminder notes and index cards to remind yourself to put in the efforts and time to actually get to where you want to be.
5. Make a public declaration, so that others will keep reminding you about your goals!



## ABOUT GARGI ARYA



**GARGI ARYA**

Motivational Speaker of AdJOA HTC and author of the book 'The Lion Hearted Soul'

Go after the life you want.  
Productivity | Motivation | Self love | Full time Freedom

*I am Gargi Arya, the motivational speaker of ADJOA HTC and author of the book 'The Lion - Hearted Soul'. I am 14 years old. I study in 10th grade in Ryan International School, Ghaziabad.*

*To me, writing is just my thoughts flowing from my mind to the tips of my fingers and painting the pages of my precious diary. Let the power of selflove reinvent yourself to create your dream life! You are an inventive, just you need the incentive.*

*The intention is to inspire and align people to live more purposeful lives by helping them discover their biggest area of contribution to the world. For more free resources, you can visit [gargiarya.weebly.com](http://gargiarya.weebly.com)*

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