

HOW TO CREATE A MANIFESTATION BOARD



Take the list you made and narrow it down to the things that are really meaningful and important to you.

Make sure that you feel excited about each and every item you include below. If an item doesn't trigger an emotional response then don't include it.

The goals also have to be challenging yet believable. If you don't believe you will ever reach them then choose smaller goals and keep making them bigger once you reach them.

Include goals from various areas in your life to keep your life balanced.

Area in Life	Goal	Emotion Triggered

GATHER THE SUPPLIES TO MAKE YOUR MANIFESTATION BOARD

Firstly, decide if you will make a physical or digital manifestation board.

Next, gather pictures that symbolize your goals and trigger the emotional responses. If you are making a physical vision board you will want to print them or use printed photos or images. If you are making a digital board then collect them in a folder on your PC. Our free online board maker will give you access to a gallery with millions of images.

Make sure you have an emotional connection to every image you use.

If you are making a physical vision board then find a base for your board (cardboard, cork, etc.), scissors and glue. You can also use colored markers and stickers to embellish it. Check out our free vision board stickers that you can print and use.

MAKE YOUR MANIFESTATION BOARD

To make a physical board:

- Lay out your pictures on your base.
- Add your affirmations, words and/or quotes.
- Add the vision board stickers.

To make a digital board:

- Open the online vision board maker.
- Select a template.
- Upload your images.
- Add your affirmations, words and/or quotes.

LOOK AT YOUR MANIFESTATION BOARD DAILY

Put your manifestation board somewhere where you will see it daily. Keep trying to visualize your goals and allow yourself to feel the emotions they trigger.

If possible, look at it before you go to bed and first thing in the morning. Ideally, it should be motivating enough to help you want to get out of bed in the morning and start your day.

TAKE ACTION

List the actions that you can take to reach each of your goals. Set reminders on your phone to follow up on the deadlines you set.

Goal	
Action Items	Deadline
Goal	
Action Items	Deadline

Goal

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Action Items	Deadline
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Goal

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Action Items	Deadline
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Goal

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Action Items	Deadline
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Goal

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Action Items	Deadline
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WRITE AFFIRMATIONS, WORDS OR QUOTES

Write an affirmations, words or quotes for each goal that you have set. Write these on your vision board.

Goal	Affirmation, words or quote

