



**Vision Boards**

**and**

**Creation Journaling**

**By Catherine M Laub**

# Vision Boards and Creation Journaling Guide

Take the Guesswork out of making a Vision Board or Creation Journal By Catherine M Laub

A vision board and creation journals are collages of images, pictures, words and affirmations of your intentions, dreams, goals, and things that make you happy. These are useful tools to help conceptualize your goals and serve as a source of motivation as you work towards achieving your dreams.

These fun tools help put you on track if you are out of focus. They help you manifest everything you desire in life. It could be for any of the following; personal, your business life, relationships, health and wellness. This is an inspirational way to manifest everything you want for your future.

You should post your vision board in a prominent location so it can inspire you every day. If you make a creation journal you can make a page for each month of the year. Then be sure to leave your journal on a coffee table or an entrance way where you can pick it up and enjoy reviewing each month and seeing how your dreams are advancing.

**Have a fun day creating the dreams of your future, be it personal or business. Unlock all of your thoughts and dreams by creating a visual depiction revealing everything you would like to accomplish and attain in the next year.**

**Create your Vision Board or Creation Journal pages alone or amongst friends in a fun interactive atmosphere. When you share with others you are voicing your dreams and goals out loud and putting them out to the universe. When we do this the universe answers us more swiftly.**

**Find the perfect items to add and lay them out then glue them in place. You can follow a Bagua Map or just lay them out in a way that makes sense to you.**

### **Supplies you will need:**

**Either a poster board of any size or a scrapbook page or pages**

**Colored Paper**

**Magazines, flyers, newspapers and mailings, or any of your own photos**

**Scissors**

**Tape or Glue**

**Colored Markers, Pens and Pencils**

**Any miscellaneous item that represents you**

# SAMPLES:

## BAGUA

|                                  |                     |  |
|----------------------------------|---------------------|--|
| Wealth                           | Fame<br>Aspiration  | Relationship                           |
| Family<br>Ancestors              | Health              | Creativity<br>Children                 |
| Study<br>Knowledge<br>Meditation | Career<br>Life Path | Helpful<br>friends<br>Travel<br>Guides |

## JOURNAL PAGE



## MY BOARD AS PER BAGUA & MY VISION BOARD TELLING A STORY



If you have any questions you can email me at [catherine@catherinelaub.com](mailto:catherine@catherinelaub.com)