



# Benefits of a Vision Board

You may have heard of a vision board, action board, or journey board. It's a board of any size or shape, with pictures and words that represent the life you want to live or something you want to accomplish.

But it's not just a board with pictures and words, it's an inspirational, motivational, aspirational tool to push you towards your goals, dreams, and aspirations over a specific timeframe.

Tchiki Davis, Ph.D. in [Psychology Today](#) explains that choosing words or images that represent our goals and dreams can help inspire us and bring a greater awareness to get where we want to go or what is most important to us. Vision boards may also help us imagine what a positive future could look like which is a helpful way to increase positive emotions, optimism, and increase the chances of success.

The use of a vision board is rooted in science explains neuroscientist Dr. Tara Swart in an article by the [Motivation Clinic](#). Dr. Swart says "Looking at images on a vision board primes the brain to grasp opportunities that may otherwise go unnoticed. That's because the brain has a process called 'value-tagging' which imprints important things onto your subconscious and filters out unnecessary information. The brain assigns a higher 'value' to images than written words on a 'to-do' list," says Swart, "The more you look at the images, the more they move up in importance."

Want to get started on a vision board? Here are a few tips from [Healthline.com](#):

1. Choose a poster board or large sheet of paper.
2. Browse through magazines, online images, photos or art that represents your goal. If your goal is to complete a degree, select an image of a graduation ceremony. If you'd like to travel to a particular location, find a picture of a building or a view from that location, etc. Draw images if you like.
3. Attach the images to your board. It doesn't have to be tidy.
4. Place your completed board in a prominent area as a daily reminder.

By regularly viewing the board, the repetition can help you become more willing to take action to achieve your goal, she explains, however, vision boards alone don't get you to your goals, you have to be prepared to put in the work.

Working with a trained professional or art therapist can help maximize the use of a vision board and help you take the necessary steps to get good results.