

My View

WHY VISION BOARDS WORK

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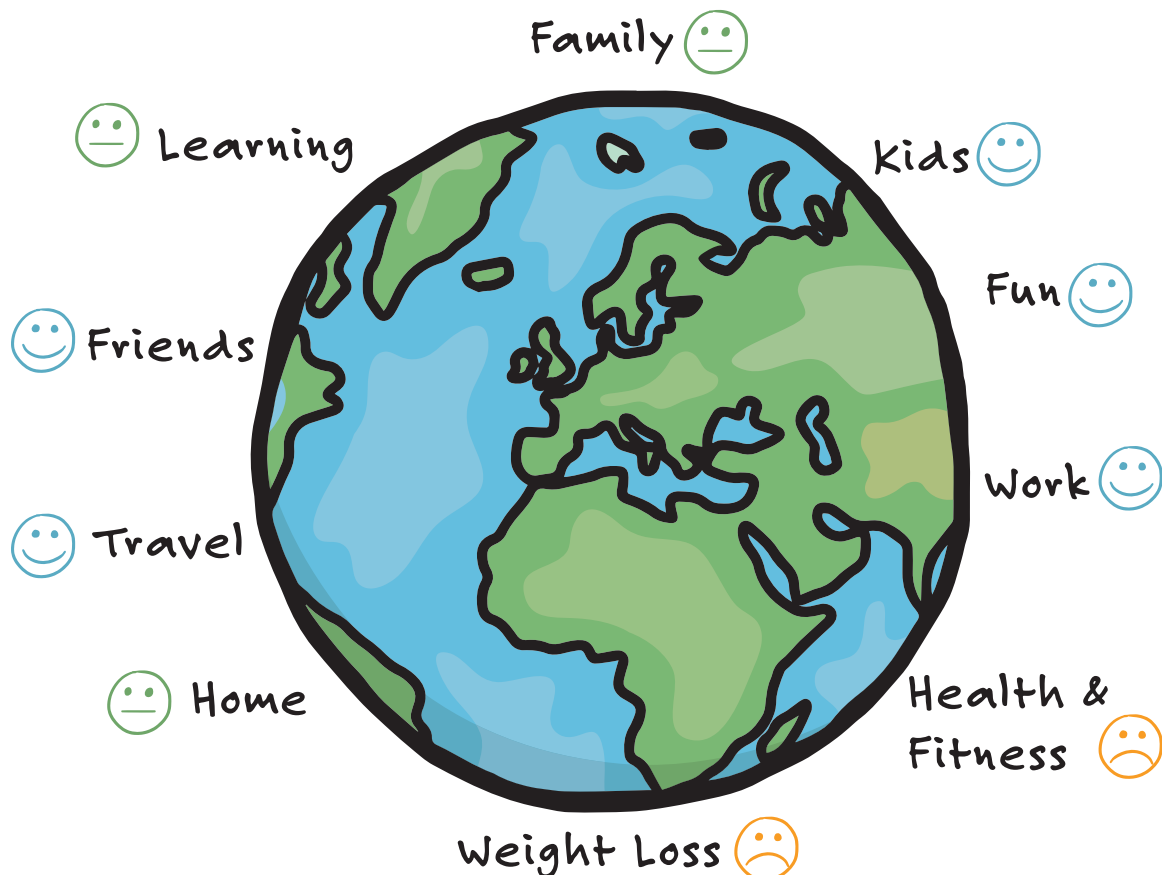
'Life' sometimes gets in the way of living and unconsciously we can often get so wrapped up in our day to day routine we forget what it is we really want from; work, relationships or life in general. The easy option can be to bury our heads in the sand, even though we know that approach isn't going to make what you want to happen – full stop!! I think if you're honest most people would say this is a frequent occurrence, and we leave ourselves with two choices - carry on do nothing, or do something to make a change.

Personally I think it's extremely positive to take the time to regularly review what it is you aspire to, of course I'm not just talking about material things but more importantly how we want to feel and how we want our lives to be.

Recently I found myself 'stuck', not happy in a number of areas of my life! Home felt muddled, I needed to lose 20lbs, I'd stopped

going to the gym and my dating strategy had been put in a back drawer. Essentially I had to reboot myself and get myself out of this rut! So I came up with a really simple plan to help me work out what was most important to me and to help set and refresh my goals. Ever since I set my first big life goal, I've always been a big believer in writing down what you want and even better if you can visualise that, so that's what I did...

I started with a "my world" map and I highlighted the 10 most important things to me at the time, I then graded how I felt about those areas honestly, from there it was easy to focus on the top areas that were most important. I picked the top 3 and built my board around why and what I wanted to feel like. From there I created a 'Vision Board' that sits right next to my laptop at home so I can be sure to look at it often and ensure that I am concentrating on getting those 'meh' areas to be 'smiley faces'! It's not an easy process but it helps me focus my energies if I revisit it often.





So how do you create a Vision Board? Many coaches and mentors use them as a tool to build a collage of words and pictures that represent your goals and dreams, literally whatever you want goes! It also gives you a tangible place to keep your goals in one place. Being visual they support the ideas you may have in your subconscious but haven't maybe yet committed to yet. Sounds simple and it is, however, **here's a couple of tips to help you...**

- 1 **Start with "your world" what's important to you**
- 2 **Pick 2-4 things you want to focus on and set goals:**
 - What is it?
 - When will you do it?
 - How will you know you've achieved what you want?
 - What's your Why for doing it?
- 3 **Write it down.**
- 4 **Collect pictures, words, mottos and visualise whatever you want to happen on your board**
- 5 **Keep your board somewhere you can look at it daily and add or change as you want.**
- 6 **Share it with others -makes it real.**
- 7 **Review monthly what do you want to add, take away or build on.**

Once you've created your Vision Board look at it daily and maybe set yourself a mini challenge every day, so for my getting healthy goal I might say I'm going to walk to all my meetings today instead of taking the tube. You can use this for work goals or personal, you'll find it's a great tool for either and remember there are no rules!

Fay is our VP for Creative and Marketing and was awarded Mentor of the year 2017 Caterer Shine awards, an honorary doctorate by University of West London, M&IT Magazine Personality of the Year and is a thought leader on brand and engagement.

