

A QUIET THE HIVE HOW TO...
DESIGNED TO GET YOU RESULTS

Vision Board for Your Year Ahead



Quiet the Hive

Courageous · Inspired · Joyful · Confident · Curious

- How can you create focus for your year ahead?
- How do you ensure that your intentions for the year aren't lost?
- How do you keep yourself on target for a great year of moving closer to your goals?

Vision Boarding, people!

It's simple, effective and great fun. And here's a *Quiet the Hive How To...* on how to create a vision board that works for you.



Vision Board...A how to...

How to create a vision board that works for you!

- Get comfy - you're going to be here for a little while. Grab a glass of something, some scissors, glue, old magazines and some paper. If you want to use stickers and wash tape, knock yourself out!
- Think about what you would really like to achieve/ feel/ embody this year. Explore what areas you want to focus on. How do you want to feel? What are your goals for the year? What do you want more of? Less of? To change? To keep?
- Look through old magazines, photos, and newspapers (and any other resources you want to use - you could google and print specific images for example) and cut out the images and words that speak to you. You might want to have a look at Pinterest for some inspiration.
- Get handy with your scissors and glue! Get yourself a large piece of card or paper and arrange the cuttings on it until you're happy with the layout, then stick!

Vision Board...A how to...

How to create a vision board that works for you!

- This bit is important... Display your vision board somewhere you will see it daily. There is no use going to the effort of creating a wonderful visual guide to your year ahead, and then hiding it away. If you don't want to display it more publicly, a great place to put it is on the inside of your wardrobe door.
- Be inspired by it and let it guide the time you put aside to focus on your goals each week. You might want to take a picture of it and use it as your phone screensaver, talk about it with people who are part of your vision, share it with your tribe.
- Don't feel it has to stay the same. Your focus may change through the year. If it still fits with your intentions and goals, then go ahead and add it to your board.
- **HAVE FUN.** These are guidelines, not rules. Make your board work for you.

YOU'VE JUST COMPLETED A QUIET THE
HIVE HOW TO...
DESIGNED TO GET YOU RESULTS

Great Job!

YOU NOW HAVE A CLEAR
VISUAL REMINDER OF HOW
YOU WANT YOUR YEAR TO
LOOK

GO AND DISPLAY IT PROUDLY!

Visit the Quiet the Hive website to sign up for special offers, hints and tips and early access to exclusive materials

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