

# Young Talents Coach Academy

## C. VISIONING FUTURE WITH VISION BOARD



# What is a vision board?

- The principle of a vision board is amazingly simple; find a picture/photo of what you want and add yourself into it.
- Vision board can be used as a material vending machine but it can also change significantly the direction, content and quality of your life.

# How does a vision board work?

- It is crucial that your wishes are in balance with your inner values.
- A vision board is one way to make you feel that you are in control over your own life.
- Occasionally the dreams you set are not even meant to come true but as you dream you learn a lot about yourself.
- Remember to ethical while dreaming!

# Why does it work?

- It prepares you mentally for change and makes you feel more open for new solutions.
- Knowing your dreams and believing in them can change the way to look at the reality.
- Our consciousness believes pictures, it doesn't criticize, it's not afraid, it doesn't know ifs or tense (aikamuoto).

# Different kinds of vision boards

- Moodboard
- Themeboard (i.e. work&career)
- The Self-Assured Vision Board (i.e. selling your house or buying a new one etc.)
- Vision board for a year (3 – 5 most important goals)
- Family vision board/relationship vision board

# Choosing the background colour

- **RED**: speed, strength, adds aggression, rises blood pressure
- **BLUE**: calmness, gentleness
- **ORANGE**: liveliness, sociability, helps depression, adds appetite
- **YELLOW**: joy, adds smartness, optimism
- **PINK**: creates peace and harmony, reflects love and faith in the beauty and goodness of the world, balances, helps to solve difficult situations
- **VIOLET**: wisdom, spirituality, calms, makes us stop
- **GREEN**: nature's own colour, calms, harmonious, adds wisdom, understanding and harmony, refreshing
- **WHITE**: colour of cleanliness and innocence

# Choosing the pictures

- Choose big enough pictures. For a big cardboard you should choose size A5 pictures.
- Choose pictures that represents the end result of your dream, not an interphase.
- On the upper right corner: the most important dream, on the lowest left corner: the "least" important dream.
- In the middle of the cardboard: your power character/symbol or in other way the prettiest picture in the universe. Add your own photo together with this.
- Choose the photo of yourself that you like and where you look like a person whos dream will definately come true!

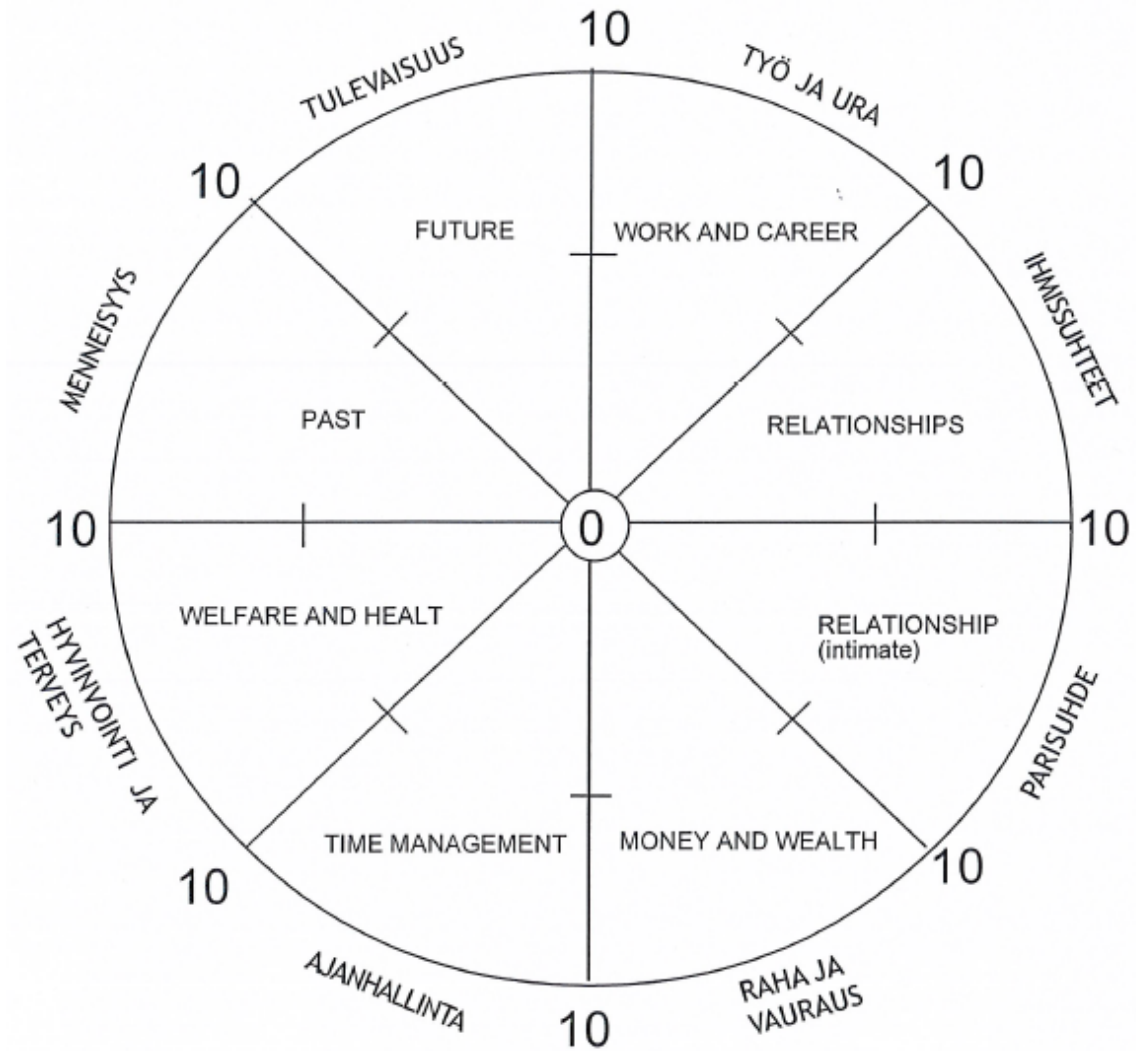
# Now – how to get started?

- Start by thinking of your dreams:
  - Think through your life situation. Which areas of your life are the ones where you want changes?
  - Name 3-5 things that you want to change in your life.
- Set goals based to your dreams.
- Choose the most important things only to your vision board.
- If you find one goal which is clearly above all other goals choose that one and make one vision board for that.





# Wheel of Life



# Let's start!

- You can create your vision board either on cardboard or digitally.
- In the class room you'll find magazines, cardboards, pens etc. If you want to print from internet Hilla and Minna will help you.
- Feel free to ask help at any point!

# Where are we now?

- Now let's find a fellow colleague.
- Use 5 min to listen and ask a few questions to find out how she/he feels about coaching at this point, has she/he learned anything new and is this any usefull?
- In the end: we take a quick round, everybody tells to the whole group about the feelings of the other person she/he was listening to. So not your own thoughts 😊



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Thank you and  
hope you find this useful!