

Natural Reflections Vision Board Activity

Follow the steps below to create your own nature-inspired vision board!

GATHER YOUR ART SUPPLIES

- A journal and your favorite writing implements in different colors.
- Scissors, decorative pens, and several glue sticks.
- Sturdy background paper or board.
- Choice of art media: watercolors, pens, decorative papers, etc.

SET UP YOUR CALM SPACE

- A quiet, private area without tech or people distractions.
- Cozy place to sit with your journal, pens, and favorite beverage.
- Soft lighting, candles, incense, or flowers for inspiration.

BRAINSTORM YOUR IDEAS

- List the core desired feelings that you'd like to envision for this project.
- Pair each with a plant, animal, or landscape that most closely matches that feeling and has a strong personal connection for you.

GATHER YOUR IMAGES

- Images of you: from photo albums, computer, your social media.
- Images of nature: plants, animals, landscapes. Find in your own photos, take new photos, online, stock images, your social media.

ARRANGE YOUR IMAGES

- Create a mockup arrangement of your images in a decorative way.
- You might try a background of landscapes and a foreground of your totem images as I did in my example.
- Choose an appropriately sized mounting board based on your design.

CREATE YOUR ABSTRACT BACKGROUNDS

- Create a decorative, flat-surfaced background upon which your collage of totem images will be glued.
- Try watercolor, maps, origami paper or other decorative papers.

ASSEMBLE YOUR BOARD

- Glue your previously arranged images onto your mounting board.
- Add phrases like “I am *reborn* like a *butterfly*”, based on the phrases and images you chose. Perhaps use calligraphy pens or other decorative writing implements. If you’d prefer to keep the meanings secret, skip this step and let the images speak for themselves.

FRAME AND HANG YOUR VISION BOARD!

- Congratulations, you’re done!
- Create a new vision board for each year or at the start of each new chapter of your life!