

*Winning the Breast Cancer Battle: Empowering Warriors and Guiding Loved Ones*  
By Karen Iverson

### **Making a Vision Board**

Vision boards help you visualize your future—where you want to go, who you want to be. It is a powerful activity that reaps multiple benefits. First, the artmaking process of creating the vision board is very therapeutic. Then, once the vision board is made you can use it on a daily basis to stimulate your imagination and visualize a bright future. Lastly, the benefits are applicable to everyone so you can do this as a group activity with anyone—loved ones (kids and adults) and caregivers.

Once the vision board is made look at it and visualize your future every day. When you do this, really imagine exactly where you are (in the future) and who you are (in the future). Picture every detail in your mind and feel the emotions of what it is like to be there. Dream of your success! Napoleon Hill explains in his book “Think and Grow Rich” your mind takes on the thoughts that influence it so it is imperative to find the strength to think positive thoughts which result in positive emotions and at the same time eliminate negative thoughts and emotions. It is important to believe when you do this. Believe with 100 percent confidence every single day!

#### *How to make a vision board:*

*Supplies:* A piece of poster board, foam core board, or cardboard, and several magazines, glue, and scissors.

*Artmaking:* Cut out images that make you feel happy; ones that make you feel like you're on top of the world with no worries or cares. Arrange them on your poster board. Try to slightly overlap your images and keep them tightly together. If there is time to spare, cut out many images; if this will be a short artmaking session, focus on five images. Glue them down.

*Analysis:* Ask a partner to help you with the next part. Alternately, you can make a voice memo of yourself if you don't have a partner readily available. Your partner's job is to record everything you say, exactly how you say it, as you answer the following questions. This will allow you to focus on interpreting the vision board and not worry about remembering what you've said. Before you begin, take a moment to have your partner write down the questions.

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Hold your vision board and look at it as you answer each of the following questions:

1. What do you want to tell me?
2. What do I need to know right now?
3. What is the most important thing for me to remember from you?
4. How does this vision board make me feel?
5. How can I give myself permission to take this feeling with me?
6. What would I most like to create next?

Everyday you can review your answers. While you review your answers picture yourself in the future exactly where you want to be and who you see yourself as being. Again, it's important to feel the emotions of that future self and believe it is real.