



New Year, New Intentions: Creating a New Year's Eve Vision Board

We've all encountered the famous mantra: "New Year, New Me!" But let's be honest: the new year rarely brings in such a profound transformation that we become entirely different individuals. What if, instead of fixating on becoming a "New Me," we opted for a shift in perspective, directing our attention towards new intentions? This subtle shift in mindset has the potential to make drastic changes in our lives.

For those who, like me, prefer to process information visually, one method for setting New Year's intentions is to create something called a vision board. Vision boards are essentially collages of curated images and words that serve as a tool for focusing on your intentions and goals, giving you motivation along the way.

To Create a Vision Board, you'll want to gather the following supplies:

- A backdrop for the vision board, such as poster board or cork board, or even a simple piece of cardboard;
- Magazines or printed images and words
- Colorful markers or pens
- Glue



When creating your vision board, there are NO right or wrong ideas or methods. To start generating ideas for your personal vision board, close your eyes and think about how you want 2024 to look. Here's a few prompts to get started:

- How do I want to feel this year?
- What are some new skills I'd like to learn?
- What is one big goal that I'd like to accomplish this year?
- What are some small goals I'd like to accomplish?
- What about picking up a new hobby?
- Who do I want to spend more time with?
- What energizes me?
- Do I have a story I'd like to tell or write?

- Do I have any medical goals I'd like to achieve?
- Are there any educational goals I want?

Picture what your goals might look like. Then, turn to the magazines you've collected, flip through the pages, and see if there are pictures that resonate with you. Next, arrange the pictures in whatever order that suits your style. Then glue those pictures – and look at them several times a week, or even daily.

Be creative, and use as many images as you like and that your vision board will hold. Use the letters or a magic marker to write down a quick, personal message if you like.



Sometimes joining a choir is a great new activity! (Or learning to draw these happy singers would be fun!)



Friends and family often bond over starting to trace their ancestors! Who knows what you'll find out!

Fun tip: Instead of creative a physical vision board, you could also opt for the digital route. Use websites like Pinterest to gather images, and then compile your vision board using an online graphic design tool. When you're done, you can display it as your desktop or mobile background so that it's always visible to you.

Once you've written it down and hold the picture in your mind daily and you'll be that much closer to taking action and achieving your goal! How exciting is that?

