



Instructions for Creating Your Physical PBG Vision Board

A vision board is a poster board collage made up of pictures from magazines designed to remind you of what they want to see, do or become. Pretty Brown Girls create vision boards to focus on their future and carry a clear picture of their dreams and goals.

Supplies Needed:

White Poster Boards, Magazines, Scissors, Glue, Markers and Glitter (optional)

Instructions:

Step 1: Browse through magazines for pictures that inspire you or reflect some aspect of the dream you have just identified. Then, tear out words, images or affirmations.

Step 2: Lay the words, images and affirmations from Step 1 on your poster board and arrange them in the way that feels right for you.

Step 3: Affix your words, images and affirmations to the poster board using the supplies.

Step 4: (Optional) Write messages that reinforce your dreams and affix them to your board.

Step 5: Leave space in the middle of their board for a picture of yourself that they really like.

Step 6: Think of a special place to hang your vision board and remember the key is to select a place where you will always see it!



Check out this Pretty Brown Girl holding her physical PBG vision board!

Any questions? Please contact Pretty Brown Girl at info@prettybrown girl.com!