

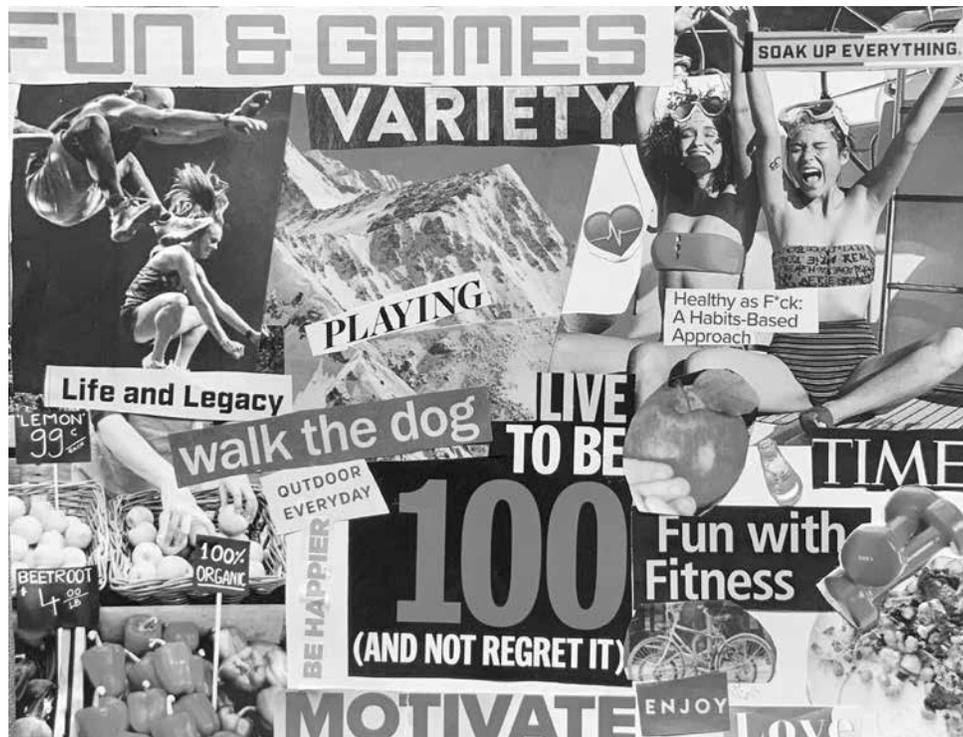


# Determine Your Motivation

Have you ever thought about what motivates you? Is it a friend who goes on active holidays, a family member who walks their dog daily, a neighbour who is always gardening? A simple but effective way to lay out your own ideas of what motivates you is to create a motivation board (see example on next page). Or, you can do this online and create a page in an App like Instagram — rather than making it public, you can make it private — or Pinterest is a good one, too. Add a daily photo/quote for visual motivation.

## 1. Discern your intentions.

What do you want? What do you need? What do you value? (Refer to Assessment 1 where you identified your core values.) And how do you want to feel when those things are made manifest? When thinking of the feelings, be sure to choose single emotion words like *free*, *open*, *joy*, etc. Write them down.



## 2. Gather your supplies.

- ▶ blank poster board/a large sheet of paper, and/or a cork board
- ▶ glue/pins
- ▶ markers, pens, paint
- ▶ colourful or plain paper
- ▶ magazines/books/printed-out images that can be cut up
- ▶ scissors

**3. Find your images and words.**

Flip through the magazines and begin tearing/cutting out images/words/phrases that appeal to you.

**4. Paste them to the board – physically or online.**

Go through your images and words, looking specifically for things that reflect the feelings of your intentions, and start arranging them on your board. When it feels just right, go ahead and attach them to your board. Set aside any images that still feel good but don't quite fit what you are going for. You can use them in future pages or boards.

*Be sure not to choose images that send you into “compare and despair” or that otherwise make you feel crappy! (Believe it or not, it's one of the biggest mistakes people make with vision boards.)*

**5. Put your vision board somewhere you can see it.**

Your vision board can now be used as a visual reminder of what you are working toward in your life. Look at your board often and connect with why you created it. Mine is on my bathroom wall!

**6. Write a “make it real” list.**

Make a list of the things you could experiment with to start living out your values *now*. That's the awesome thing about using your values to guide you — you can be successful now, without waiting for something external to change.

Be sure to ground your list in things that you are actually in control of. If you are already doing things that feel the way you want, make note of that, too. Get as specific as you can and start choosing those things as often as possible.

**7. Notice and heal any resistance.**

As you begin making your visions real, you may start to notice resistance in the form of stories, thoughts, and patterns that are getting in the way of you making a change. Spend time examining them, thinking about them, so you can heal and move closer to what you want.

**8. Repeat.**

Continue to check in and ask yourself how things are going. Make adjustments and keep fine-tuning. Trust the process and remember: You wouldn't be able to dream it if it wasn't a possibility.