



A CHRIST-CENTERED BUSINESS COMMUNITY FOR WOMEN

Achieve Your Life Goals

How to Create an inspiring
Possibility Board



Achieve Your Life Goals How to Create an Inspiring Possibility Board

But Jesus looked at them and said to them, "With men this is impossible, but with God all things are possible." (Matthew 19:26 NKJV)

Need inspiration to focus on your goals? **It can be very effective to have daily reminders of what you want to accomplish.** But how is it possible to keep your goals in mind every day? One way to consistently work toward bringing your dreams to life is to make a possibility board. Some people call this a vision board, but I like to call it a possibility board because it reminds me daily of what is possible for me.

Introduction to Possibility Boards

"Take delight in the Lord, and he will give you the desires of your heart." Psalm 37:4

Visualizing the desires of your heart – what you truly want in life, can be one of the most powerful ways to manifest your dreams. **A possibility board can be a simple and yet truly powerful tool in visualization.**

Possibility boards are also known as goal maps, goal boards and treasure maps, and the concepts behind them have been used for generations. Still, they're gathering renewed interest as people realize how powerful they can be in bringing dreams to life.

Use these basic guidelines to create this tool for yourself:

1. **A possibility board begins with a foundation.** This may be a poster board, foam board, tri-fold board, or cork board. Use what works best for you. Choose a



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foundation that speaks to you, one that you feel you can easily and effectively build upon.

- 2. A possibility board includes imagery.** You can clip pictures out of books, magazines, or the newspaper. If you prefer, you can draw the images yourself. What matters here is that images are present, because your possibility board needs to be visual in nature. **Seeing pictures of your priorities, dreams, and goals will help you focus on them.**
- 3. Allow yourself to experiment with different mediums while creating the images for your possibility board.** Find photographs, sketches, clip art and other images; then draw any subjects for which you couldn't find an appropriate piece of art.
- 4. A possibility board includes writing.** Writing isn't mandatory, but it helps in identifying the key pieces of information. You want to make sure that you can look at your possibility board at any point in the future and know exactly what you intended by each picture, word or thought included on it.
5. If you keep a journal, this is a good place for this information. You can have a record of where you started. Then, as you take each action step towards your heart's desires, you can see your progress. It's easy to forget how God has moved through people and circumstances. Looking back, you can see.

Your goal map is limited only by the extent of your personal creativity. It may be simple and strategic or it may be a highly detailed work of art. Ultimately, **it's up to you to decide what best suits your needs.**

The general elements in an effective and motivating possibility board are:



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1. **Visual.** Your subconscious tends to work in terms of images and pictures, and so your possibility board should be as visual as you can possibly make it. Supplement the images with phrases and words as needed. Don't overthink when you see an image that resonates.
2. **Emotional.** Every image on your goal map should evoke some type of positive emotional response out of you. Seeing it should fuel your motivation to achieve your dreams.
3. **Strategic.** This tool should be placed strategically in a location where you receive maximum exposure to it. **Seeing your possibility board as often as possible will help you stay focused on your goals and dreams.**
4. **Personal.** Your possibility board needs to emit positive energy. If you think that you'll be criticized or forced to justify yourself for your possibility board, then keep it in a private location so nobody else can bother it or you.



Beyond these basic guidelines, let this tool be whatever you want to make of it. Ultimately, it's yours to design, develop and utilize as you see fit. **You can add to it and change it over time** as your goals and focuses change.

What is a Possibility board?

A possibility board is a design project – a collage that includes pictures and words that reflect your life goals. The board can address your life in general or one or more specific areas you choose.



A possibility board shows what you're seeking in life. It prompts you to consider what you want. Before starting your board, ask yourself what your goals are. What do you want your life to be like?

Preparing to Construct Your Possibility Board

Follow these preparation steps:

1. **Gather supplies.** Use a large square or rectangle of poster board or foam core board as the base of your possibility board.
 - You'll need colored ink markers, magazines with plenty of words in headlines and pictures, scissors, and glue.
2. **Ponder what you'll include in your board.** Decide the life area(s) you wish to address: all aspects, such as prosperity, relationships with God/family/friends, sports, health, wellness, school, jobs, and careers or just 1-2 of your most-sought-after goals.
 - You'll use pictures and words about the things you desire, the place(s) you want to live, and anything else representative of the lifestyle you seek.
3. **Plan time to start work on your possibility board.** Schedule a day and time to make your board when you'll be uninterrupted. Allow yourself 3-4 hours. You might not complete it in one sitting. That's okay. It'll take some time to browse through magazines and select images to clip and use.

Possibility Board Day!

It's time to get started.



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1. **Reflect on the biggest desires of your heart.** Set a timer for 20 minutes and clarify to yourself what you want in life.
 - Right now, what's important to you? What do you want to pursue? It's okay if you're not sure. But give yourself time to think about it. **When you emotionally connect with your heart's desires, you're more likely to achieve them.**
2. **Find the pictures you want to use.** Browse through magazines and clip images that reflect your goals and dreams. Then, without gluing, arrange and re-arrange the pictures on the poster board until you love how it looks.
 - Leave a space somewhere on the poster board to place a favorite picture of you.
 - Once you have a pleasing arrangement, affix your collage with glue.
3. **Include words to express goals and desires.** Write words that connect you with the pictures. Express your thoughts and emotions using markers. You might choose to clip words from magazines (larger print is best) and glue them on your possibility board.
4. **Glue on a picture of yourself that you like and voila;** you've just created your possibility board!
5. **Recognize it's a process.** You might start out making your possibility board about your career and discover you're really more interested in deepening friendships or making money from a job you've never tried. That's okay; switch gears on this board or even construct another board later.
6. **Display your possibility board.** Hang it in your den, bedroom, or somewhere you'll see it every day. Stop and look at it, touch it, and say out loud, "I'm working for that!" Let yourself get excited about the prospect of achieving your goals.



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Making a possibility board keeps you oriented toward your life desires. **Construct a new board later as you reach current goals and add new ones.** Motivate yourself to attain your goals and dreams through making your own possibility board.

Success and wealth love action. Begin the process for attracting phenomenal success and wealth into your life by implementing what you have just learned. Start with these easy three steps:

1. **Imagine** your business being better by implementing the strategies you just learned.
2. **Decide** which two or three things you will implement in your business as a result of the information you just read. Identify one thing you plan to do immediately.
3. **Act** on one strategy you learned within the next 24 hours. Ask someone to hold you accountable. Your success depends on it.



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