



Vision Board Workshop

Saturday, January 18, 2025; 2 pm – 5 pm

Unity of Merritt Island, 210 N. Tropical Trail, Merritt Island

Questions call/text : 321-458-5468 or 321-432-4668

Led by Gina Welds and Vera Holly

\$20 Suggested Love Offering

A vision board is a tool. We build a visual representation for the things that we want to bring into our lives in 2025. We encourage you to consider the themes you wish to focus on in the coming year. Make an intention to create a vision board that will inspire you throughout the year. Your vision board reinforces your intention and keeps these themes foremost in your consciousness.

Your vision may include very specific manifestations or general states of consciousness or awarenesses that you want to experience. It may involve a goal that is to be accomplished or spiritual development that you are working with. Your vision board can become a first step toward your creation of an awesome year.

In this workshop we will focus on six specific areas of our lives.

- 1. Spirituality**
- 2. Purpose**
- 3. Health and Wellness**
- 4. Personal Growth**
- 5. Friends and Relationships: Family, Friends, pets**
- 6. Wealth and Prosperity, Home**

The Process: We will create a vision board on a poster board gluing on pictures that we have gathered from magazines or printed from the internet. We may use photos or greeting cards, old calendars, stickers or stamped images. Along with images we may use words: single words or phrases, affirmations, poems, song lyrics, or other writing that we want to place into our consciousness throughout the year. As you move into the new year begin to notice images you would like to incorporate into your vision board.

We will have everything necessary to create a vision board available at the workshop so you won't need to bring anything; however, we encourage you to find images that represent your specific intentions. If you have scrapbooking supplies you would like to use and/or share feel free to bring them.

Things you might want to bring for your vision board:

Images, artwork, printed inspirational quotes and/or affirmations, scrapbooking paper, stickers, stamps, markers, colored pencils.