

# Inspiration Board Guide for A Better You

I'M DOING THIS FOR ME.

goal  
getter

Set goals  
that make  
you want  
to jump out  
of bed.

BEHIND EVERY  
successful  
woman  
IS  
Herself

DECIDE.  
COMMIT.  
SUCCEED.



Boss  
Lady



BRIGHT

FUTURE



Micole Elise

# Finding Purpose in an Inspiration Board

So What's the point of an inspiration board? It is like creating an homage to your dreams and goals. If you can believe it and see it then you can achieve it! You can use quotes, pictures, objects, whatever you need to get the point across. You bring all these elements together and put your board somewhere you can see it. It doesn't have to even be a board. It can be a piece of paper that you keep in your journal, planner, workspace, or on a large board that you keep at home. Nothing has to be perfect. This is whatever YOU want it to be.

Don't write this off as just another arts and crafts project. The whole process of putting this together should make you inspired and excited to work towards your goals.

This can be done 2 ways:

- Digital on the computer and then printed off
- Old style of cut, collage, and paste (my favorite)

So lets get started! In this workbook you will find:

- A Supplies list
- Easy Instructions and ideas on how to assemble your board
- Plenty of ideas and examples

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# Supply List

- Lots and Lots of Images! These can come from online, personal photos, Pinterest, and magazine cutouts! Make sure the images apply to your goals and the person you want to become.
- Quotes and affirmations
- Stickers/washi tape (if you like those type of things)
- Color paper or color cards (I like using the paint color cards from hardware stores like Home Depot or Lowes because they have every color and they are free!).
- Double sided tape or glue
- Scissors or a paper cutter
- A poster board in your size of preference
- Snacks
- Some good music or a good Netflix series

This is suppose to be a fun project so do it leisurely and this would be a good time to call that friend that is going to hold you accountable to come hangout and work on theirs as well!

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# Instructions

1. Cut out all those pictures and quotes you want on your board and lay them out.
  2. You can either layout your board in 3 different sections for each goal or you can do 3 separate boards (1 board for each goal).
  3. Start organizing your cutouts on the board. Just place them for now until you figure out exactly where you want everything.
  4. Once your quotes and pics are in place then start adhering them to the board with double sided tape or glue.
  5. This is the part where you get to add stickers, washi tape, hints of color, or whatever your heart desires.
  6. Once your board is complete, put it somewhere that you will have to see it often!
- \*If you are doing the digital version, then you will copy and paste into your desired software (Illustrator, photoshop, Indesign, Word, or Powerpoint) then print out your board.

I make boards and collages both ways so it is a personal preference.

*Micole Elise*

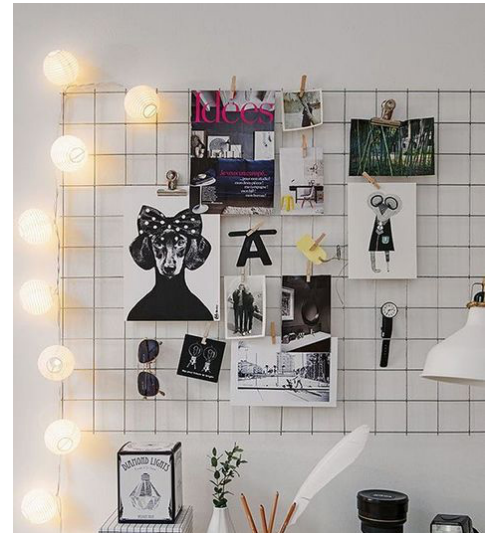
# Ways to Make Your Board Unique



Planner Page



Bullet Journal



Wire Rack



Peg Board



Magnet Board



Poster Board

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# Ways to Make Your Board Unique



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# Sources

## Images

Planner collage: <https://pin.it/wxuwhx2egjds2k>

Cork Board: <https://pin.it/32inz62ccsw4nm>

Actual Board: <https://pin.it/l27leivjmwoobs>

Wire rack: <https://pin.it/qysnvbjfnc2zzu>

Dior board: <http://www.gurl.com/2016/08/03/creative-ideas-on-how-to-make-a-vision-board-tips-tutorial/>

Cloud: <http://www.gurl.com/2016/08/03/creative-ideas-on-how-to-make-a-vision-board-tips-tutorial/>

Beach Board: <http://www.gurl.com/2016/08/03/creative-ideas-on-how-to-make-a-vision-board-tips-tutorial/>

Pink Washi: <http://www.gurl.com/2016/08/03/creative-ideas-on-how-to-make-a-vision-board-tips-tutorial/>

With Love Board: <http://www.gurl.com/2016/08/03/creative-ideas-on-how-to-make-a-vision-board-tips-tutorial/>

Upclose Board: <http://www.morningcoffeewithdee.com/create-vision-board/>

## Cover

Bright Future: <https://pin.it/33hs25we6sw4er>

For Me: <https://pin.it/c2hhr6gdy7urs>

Decide: <https://pin.it/juid63njfd7enu>

Goal Getter Book: <https://pin.it/lsoybhupvvnouo>

Goal Set up: <https://pin.it/tukshlnih65jvy>

Chanel Getter: <https://pin.it/xiyql4yqfhzlkbb>

A Cup of: <https://pin.it/7nifafn6yu2axr>

Behind Every Woman: <https://pin.it/g6ifdjw4tlaaxe>

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