

MONEYWISE

VALUING PEOPLE. VALUING MONEY.

DECEMBER 2025

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THIS MONTH'S TOPIC: USE A VISION BOARD TO REALIZE YOUR GOALS

Are you looking to jump-start your motivation to work toward a goal? Try creating a vision board. A vision board is a collage of images and words that depict your goals in ways that are meant to inspire or motivate you to achieve them.

ENVISION YOUR FUTURE

Researchers agree that writing down goals increases our chances of success. Similarly, creating a vision board brings goals to life in a visual way, upping the likelihood of turning them into reality. Vision boards often contain positive images and words that represent desired outcomes. A vision board can help motivate us to take action steps toward achieving our dreams.

MAKE YOUR GOALS SMART

Vision boards and goal setting go hand-in-hand. Goals provide purpose and give us something to strive toward. Also, having a specific plan can help us persist through setbacks. Goals can be short-term (less than one year), medium-term (one to five years), or long-term (more than five years).

Goals should be exciting and tangible (i.e., something specific that is worth working



toward). General goals such as “financial security” may be difficult to plan or to track progress. Creating SMART goals will help you set milestones you can reach.

Specific: Strong goals should be clear and precise. It should answer who, what, when, where, why. *What are the specific details once you break down the goal?*

Measurable: Know exactly “how much” you need to reach your goal. This allows you to track your progress. For example, saving for a vacation? *What is the total cost of the trip, and how much money should you set aside each month to reach this amount?*

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YOUR GOAL SHOULD BE ATTAINABLE AND REALISTIC, EVEN IF IT IS CHALLENGING



Achievable: Your goal should be attainable and realistic, even if it is challenging. *Is it possible to reach this goal within your budget?*

Relevant: A goal should be important to you, and it should support or complement other priorities in your life. *Is it worth putting in the effort and hard work?*

Time-Bound: Have a clear deadline (i.e., a finish line) for accomplishing a goal. *When do you need to reach this goal?*

Once you have created at least one SMART goal, you are ready to design a vision board.

CREATE A VISION BOARD

Your board should be a visual display of the goal you want to achieve. Each item you place in the collage should represent something that will help you go from dream to reality. You can use computer software to create a digital vision board, or you can use paper materials to cut-and-paste your collage. Consider using items such as photographs, images from websites or magazines, inspirational quotes, poems, stickers, graphics, or draw or write your own.

In addition, you could write out and include a goal statement. If needed, a quick internet search may offer examples of vision boards.

Your collage should be positive and personal to you. Display the board prominently where it can be a regular reminder of the SMART goal(s) you want to achieve. Hang a paper vision board where you will see it daily, or set a digital vision board as the wallpaper on your computer or phone. Envisioning your future each day can help you make choices that match your goals without even thinking about it.

EXPAND YOUR “VISION”

You can apply these principles to your life in other ways besides financial goals. You could create a vision board for self-improvement in areas such as leadership, career/skill building, family life, and more. There are many other aspects of your life you can “envision” and improve.

REFERENCES

Burton, L., & Lent, J. (2016). The Use of Vision Boards as a Therapeutic Intervention. *Journal of Creativity in Mental Health*, 11(1), 52-65. <https://doi.org/10.1080/15401383.2015.1092901>