

# 5 Ways Vision Boards Help You Reach Your Goals

A vision board is simply one tool that helps you visualize your dreams and your goals. How so, you ask? Let's explore the ways... [Read More ~ <http://bit.ly/2vPjga0>]



- ☐ Vision boards make you focus on what's important to you
- ☐ Visualization stimulates the creative side of your brain
- ☐ Focusing on goals makes you recognize new resources or opportunities
- ☐ Break out of your comfort zone by stating a big, scary goal
- ☐ Seeing a big goal forces you out of the daydream and into action