

Creating Your Dream Box, Scrapbook, and Vision Board

As mentioned in my previous post, I will be talking about how to make a dream box and a vision board for the new year.

1. What is a dream box?

A dream box or a wish box, goal box, target box, you name it -because it has to do with your wishes-is a box with a cover wherein you put whatever you want to achieve for year 2013 (or for any year, it doesn't have to be limited to 2013).

It can be a box you buy from the local store or even a regular shoe box as long as it looks sturdy and it is covered- it cannot be an open box. Here is a picture of my wish box:

I bought this box from [Winners](#) and I put the bow on top of it to make it look prettier.

If you decide to use a shoe box instead, you can even decorate the shoe box with your favorite pictures, clippings, craft paper or wrapping paper...

the most important thing is to create a box that represents your goals, visions and dreams and is aligned with what you want to have in life.

Once you have your box ready, then you can start writing down your goals for the next year.

-Instead of using plain paper to write down my goals, I use cards that I buy either from the local Dollar Store – they do have nice cards!- or if I see hugely discounted cards from [Hallmark](#) or Carlton Cards I bought them from there; I pick the ones that have the same color as my box.

It really doesn't matter what type of paper you use but I recommend you use a better quality paper for writing down your dreams and goals – it give "support" to them.

You can actually update your box with any new goals you might have during the year so hopefully you have more than one card (with your list of goals) inside the box.



-After you finished writing, put your box in a “sacred space”: I put mine on the night table next to my bed.

You can put it anywhere, even in your walk-in closet as long as you see it as a “treasure box” and give it a proper place. The reason why is because it contains all your aspirations and goals and aren’t they a form of treasure to you?

2. Create A Scrapbook



The second thing to do is to pick a hard cover notebook and paste all the nice things you want in the new year: your dream travel destination, your dream car, house, pet, romantic partner etc..

Make sure you put down nice glossy pictures of these items! In 2011 I put a lot of wedding pictures in my scrapbook and I was single at that time. I have just broken up with my ex then.

My goal was to find the man of my dreams (yeah...still dreaming in lala land) and get married to him. I didn’t have plans to marry the next year though. It was mostly to find a quality long term partner and for me wedding pictures seems to be the perfect representation of a loving couple. I also list down what qualities the man need to have: honest, sincere, intelligent, nice and loving. **Warning- So be careful what kind of pictures you put into that box!!**

So I browse a couple of wedding magazines and clip at least five different wedding couples (all smiling happily). That was around July of 2011. The next thing I know I touch base again with a old friend (haven’t seen him for a year or so but we kept in touch via email) and during that time I got a new job and was planning to move closer to my work. So he ends up helping me with a lot of the moving and others. This was really the opportunity for us both to get to know each other on a more personal level and then we start dating. March 2012 was the time we married!

Warning: Be careful of what you ask for because it might come true!!



3. Create a Vision Board



Your vision board is more long term than the dream box or scrapbook. I use the vision board to pen down my 1-, 2 and even 5 year vision of my life: career, relationship, health, my personal growth, and new experiences.

This vision should be anything you desire without concern whether you can afford it financially or not. The sky is really the limit when it comes to creating your vision of the future.

Some areas to consider: finances, health, romance/love, deep and meaningful relationships, growth and personal/character development , your contribution (to your charity, or society), career, family, self-image/self confidence, and your spiritual development.

Then get relevant images/pictures for each long term goal. For example, if you want to earn a million dollars in two years, get a picture of a wealthy millionaire (could be your role-model) and write down: " I earn \$1,000,000 in 2 years time".

I use a magnetic dry eraser board to allows me to write and put pictures of my goals at the same time. You can use a cork board or like me a dry eraser board. Don't use paper because I find them too flimsy for writing down long term goals. The most important thing to remember is to put your vision board in a visible spot: the best is right in front of you when you are working in your office so you can see it everyday.

You might ask: Why do I need to create 3 separate items for writing down my goals? Why so cumbersome? Well the reason why I am highly supportive of creating three different ways to goal writing is:



1. You are basically broadcasting to the Universe that you really really want to achieve the goals and dreams you pen down on paper. It is not merely a wish but a feeling that it is going to happen. In my own experience whenever I write something down, it tend to manifest or at least part of my wish got manifested. I don't know why but my own experience has proven to me the importance of written goals.

2. The actual act of writing allows you to have a clear idea of what you want.

3. It is fun!!

In summary:

1. Dream Box: Hold up your short term goals: 1 year

2. Scrapbook: Is cumulative: put as many pictures as you want in aligned with your dreams.

3. Vision Board: Long term: could be 2 to 5 year period plan/goal.

What are your suggestions? Do you have other ideas on making your dreams a reality? Please share in the Comments Section!! Also by sharing you are broadcasting your dreams to the Universe so please do!!

