

### PURPOSE

A collage of images and words, displayed in a prominent place reminding you **WHY** you do what you do every day.

The images and words spark your motivations - reminding you of your dreams and goals along with your values - you might include things that inspire you or leave you feeling full of happiness.

### INSTRUCTIONS

**First stage is to get into your visualising zone, using prompts and closed eyes to follow steps 1 to 3.**

#### STEP 1

**Write down EVERYTHING you can think of that brings you happiness - as many things as you can possibly think of.**

#### STEP 2

**Using the values handout, circle all the things that are most important to you.**

#### STEP 3

**Read the Questions Handout, feel free to make notes on your answers, scribble down your thoughts, feelings.**

#### STEP 4

**With the images/cut outs in your mini kit and any you want to add, choose the words that make you feel most motivated, make you smile or feel inspired.**

#### FINALLY

**Glue the words, images, photos to your mini board - be sure to add to your board periodically and keep it in a prominent place to keep reminding you of your motivation, inspiration and why you get up and work for it every day.**

In our times of stress we sometimes forget **WHY** we are in business, why we put in the hours, the relentless work and challenges.

It is really **IMPORTANT** to remember **WHY** we do what we do, what motivates us, inspires us and what brings us joy. If you can, share your boards and tag Chesil Infinity I'd love to see the completed vision boards and you can share your **WHY**.

### WHAT YOU WILL NEED

- About 60 minutes of your time
- Your super duper Chesil Infinity Mini Vision Board Kit
- Values Handout
- Glue
- Scissors
- Additional old magazines/newspapers/books

#### Optional extras

- Photos
- Note paper
- Markers/pens
- Questions Handout

You can download the Values and Questions Handouts from [www.chesil-infinity.co.uk](http://www.chesil-infinity.co.uk) for free.

### KEEP IN TOUCH

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