

# Welcome Create Monthly Art Task

# PITZHANGER

MANOR & GALLERY

Our theme for this month is **vision board**. A vision board is a visual representation of the future goals you want to achieve and is related to your life direction. Visualisation is a powerful tool. You can help your mindset and goal achievement by creating your own vision board.

In this task we look at how we can replenish ourselves for the year ahead. Think about any insights that may have been uncovered in the last year or so; what could you take forward that would serve you or others this year? Maybe it's the simple realisation of being kinder to yourself, honouring your boundaries, or something more tangible such as making time for a hobby.

## Top Tip

You could leave blank spaces on your board so you can add to it as the year progresses and new opportunities and ideas come into your life

“And suddenly you just know... It's time to start something new and trust the magic of beginnings”

–Meister Eckhart

## Materials Needed

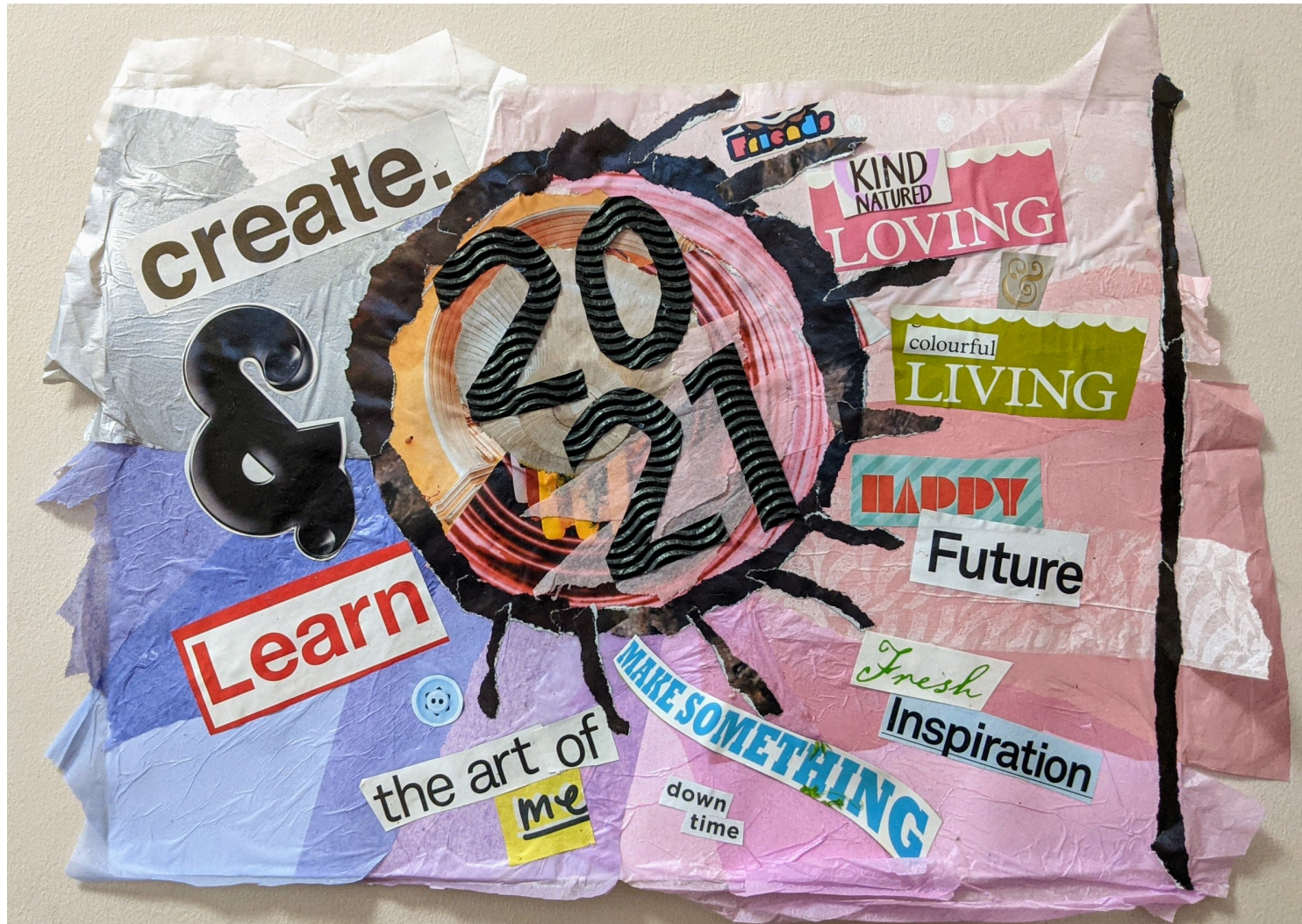
- strong paper or card (we used A3)
- old magazines, attractive scrap papers, discarded wrapping paper
- glue
- scissors

**Optional:** use whichever materials you have access to that could create a similar effect – post it notes, or maybe you could try drawing or painting



## What to do

1. Spend a few minutes thinking about what you want to bring to life over the coming year, and things you want to begin to work towards: relationships, home, personal growth, mental/physical health, and career and finances could be a good place to start, but stick to whatever you want to focus on.
2. Do a mini meditation or some deep breathing, next to a piece of scrap paper. Write down what comes to the surface for you. Key words or thoughts are enough.
3. Next, go through your magazines and cut out anything that fits in with what you have written; things that inspire and motivate you.
4. For the background we used tissue papers. Maybe you'd prefer to keep it simple by using a sheet of coloured paper?
5. Stick your cuttings onto your card in a way that is pleasing to you – have fun, and play until the elements are balanced.
6. Once complete, and you are happy with the layout, glue it all in place, and display it somewhere you will see it every day, and get to achieving those goals!



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