

How to make an Inspiration Board

About Tara Burner, Certified Inspiration Coach



Tara Burner is a Certified Inspirational Coach, Wellness Coach and author.

Tara's mission is to inspire, encourage and guide those who want to improve their lives by giving them the knowledge and direction along with inspiration so they can live the inspired blessed life they deserve and were created to experience.

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You can find her on Facebook at <http://www.facebook.com/taraburner>
as well as on Twitter at <http://www.twitter.com/taraburner>

Tara can always be found at <http://www.TaraBurner.com> which contains her coaching programs, courses, blog and other endeavors. She is also a Certified Meditation Instructor, Certified Laughter Yoga Leader and is currently working on her Holy Yoga certification.

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How to put your Inspiration Board together:

Supplies:

Magazines
Markers
Poster boards
Glue sticks

Physical board: use poster board, foam board or for one you can change regularly use cork board.

Graphics/Images:

You will go through magazines, find appropriate words and images that go along with the items you'd like to have/achieve/work towards. As you flip through magazines cut out those things that evoke your desires and prayers that you want answered. Pray about what His purpose is for you when searching for things you'd like on your Inspiration Board. Use **Jeremiah 29:11** "For I know the plans I have for you, declares the LORD, plans for welfare and not for evil, to give you a future and a hope."

If you can't find images, photos in magazines you can print some (see the bonus section at the end of this ebook) or print your own photos from the computer or use marker and write the things you'd like to have on your Inspiration Board.

You'll want to have items on your Inspiration Board that represent goals-long & short term, big & small.

Questions to ask yourself:

What desires have been living in me most of my life?
What makes me feel good about being who God created me to be?
What keeps me going forward when I'm exhausted and worn out?
What do I do or want to do that is uplifting & supportive?
What would I do if money wasn't an issue?
What would bring me joy, bliss and happiness?

Pray about these things and listen to what He is saying to you. It's never too late-find your calling & purpose and follow it!

Assembling:

Create your Inspiration Board in a manner that depicts you and expresses how you feel and what you want to accomplish. God created each of us as unique individuals so what someone else puts on their Inspiration Board and how they arrange it will be different than how yours will look or be arranged.

When you look at your Inspiration Board it should bring a sense of excitement, along with a willingness to submit all the matters over to God.

Using your Inspiration Board:

Place your Inspiration Board somewhere (mine's on the wall next to my desk), where you'll see it every day. When you look at your Inspiration Board, spend time praying over what you've put there. Present these things to God and trust in His Will. Be inspired by what you have on the Inspiration Board and while praying and believing for these things, do what you can to act in alignment to the Word so they will come to fruition.

Vision and inspiration that originates from God will be fulfilled as long as you commit yourself to it. You may trip or stumble on the way but dust yourself off and get back up and get going! You may find yourself in new territory and relying totally on Him and faith. Commit yourself and your plans to God, and you'll make it!

When to update your Inspiration Board:

When you notice that half to two thirds of the contents on your Inspiration Board have been accomplished its time to do an Inspiration Board update! You can either put new images over the ones that you have accomplished or received on your existing Inspiration Board or start a new one entirely.

Bonus:

Follows are some pages of images that you can print and use on your Inspiration Boards if you'd like.













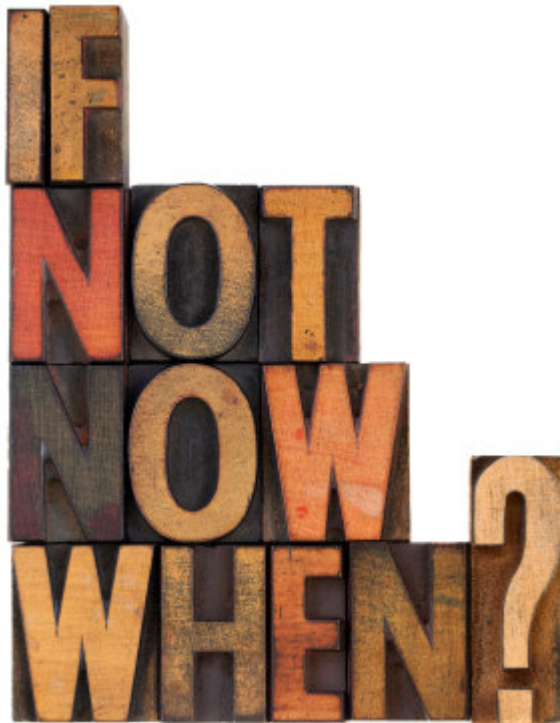


OVERCOME

























Faith

Blessed

wisdom

HAPPINESS

Help others

Healthy

I LOVE

Strength

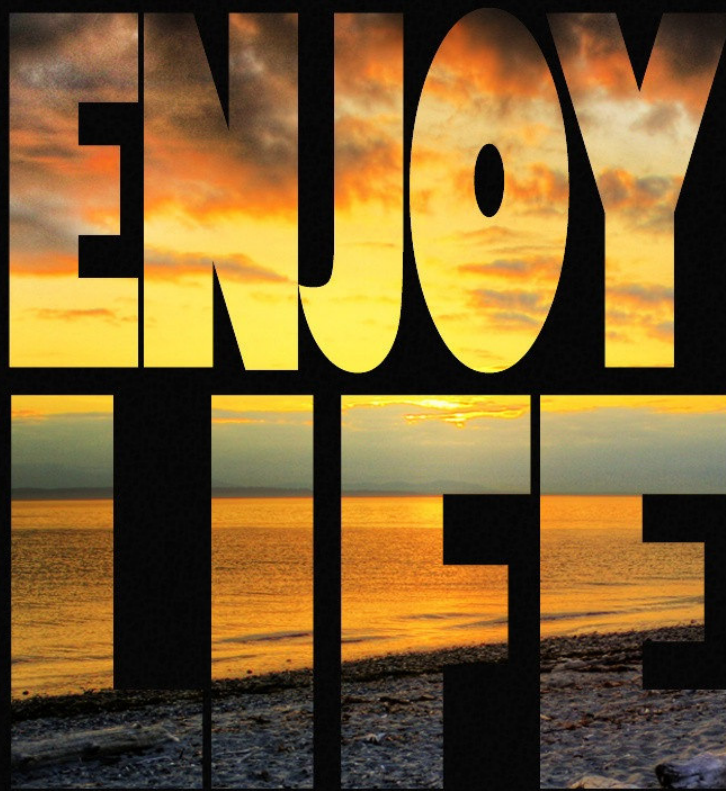
With God, all things
are possible.

Matthew 19:26

And all things you ask
in prayer, believing,
you will receive
□ Matthew 21:22

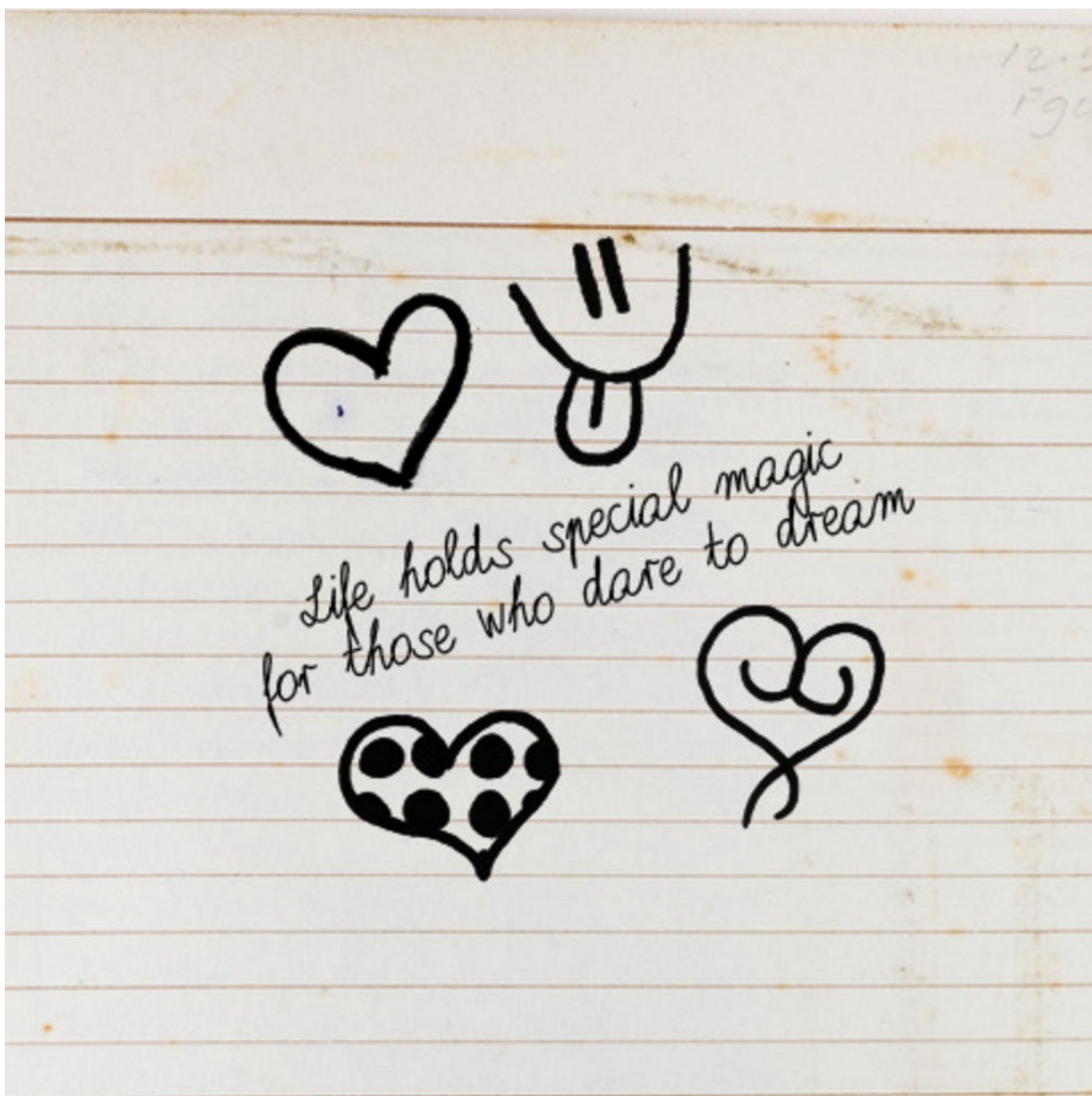
HAVE FAITH

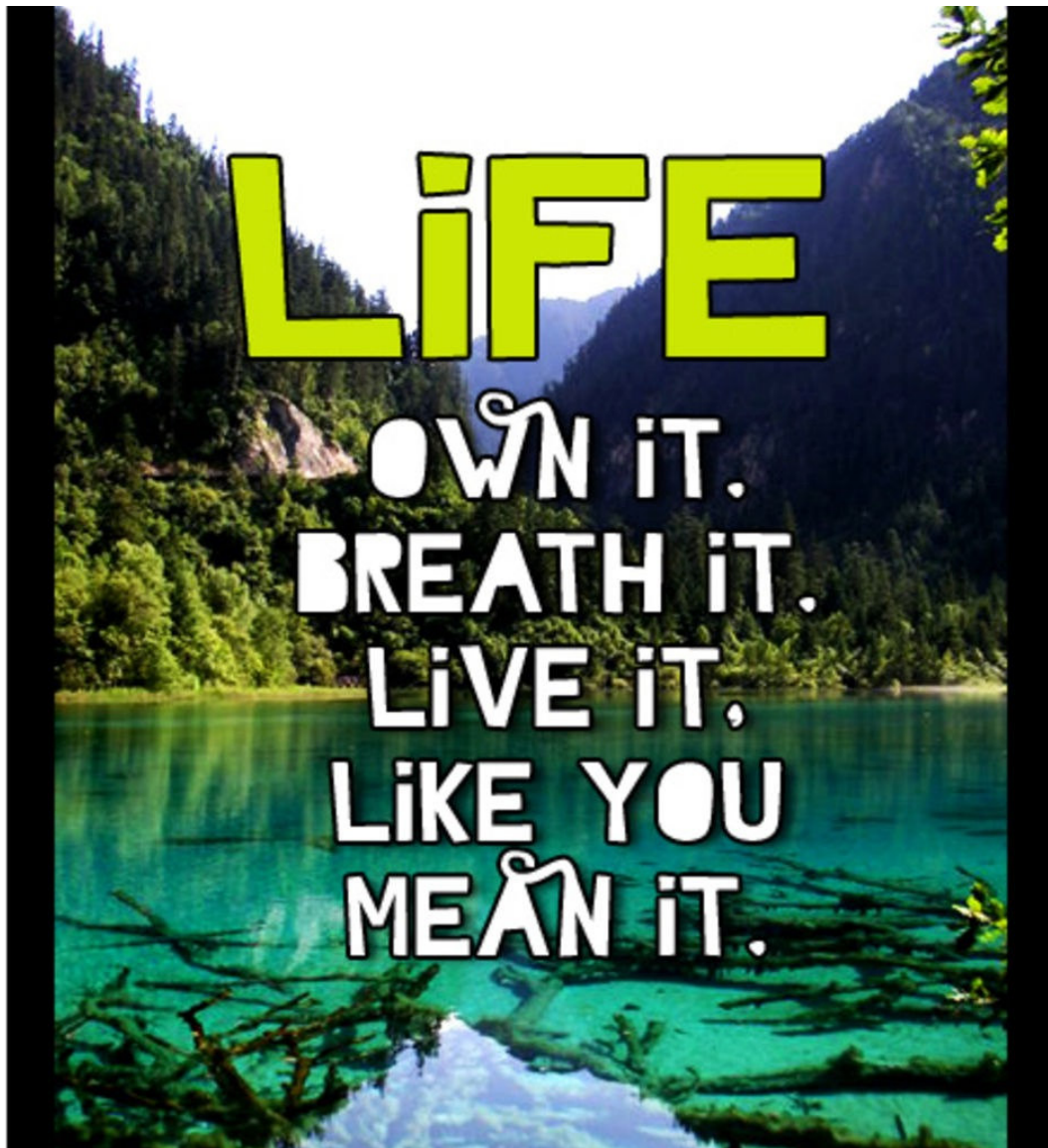














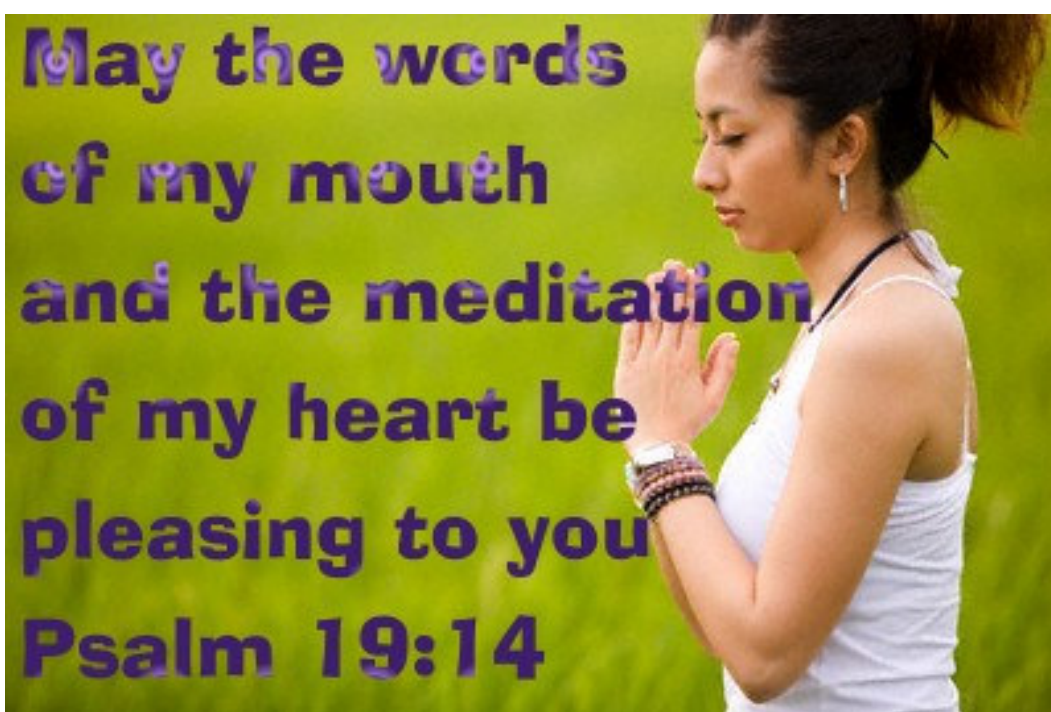












For I know the plans I have for you,
declares the LORD, plans for welfare
and not for evil, to give you a
future and a hope
Jeremiah 29:11

IF YOU BELIEVE,
YOU WILL RECEIVE
WHATEVER YOU ASK
FOR IN PRAYER.
MATTHEW 21:22 NIV

Do not be anxious about
anything, but in everything,
by prayer and petition,
with thanksgiving,
present your requests to God.
Philippians 4:6 NIV

Seek his will in all you do,
and he will show you which
path to take.
Proverbs 3:6 NLT

And the LORD answered me:
“Write the vision;
make it plain on tablets,
so he may run who reads it.”
Habakkuk 2:2