LIFE BOARD



What you will need: glue, old magazines, photos, pictures, large blank sheet of paper, scissors.

I usually spread everything out on the floor or on my dining room table and set aside one to two hours to do this. You don't want to rush.

Choose images, words which resonate with you and your goals and then place them on your sheet without sticking them down until you're happy with the outcome. I group ideas and themes together but it's completely up to you. Have some fun along the way and enjoy!

Send me your pics! I'd love to see ☺