

# DISCOVERY BOARD

## *Creation Guide*



NEW TIDES COACHING

*Make yourself a priority and be the leader of your life.*

## What is a Discovery Board?

A discovery board is a fun, creative, tool used to help you discover what your interests are, what you may be craving, your desires, forgotten passions or hobbies. It may help to spark your dreams and ignite your creativity. It may help to show what's important to you or what you want to bring forward to your life. It may be the starting point to discovering your inner leader.

### Guidelines:

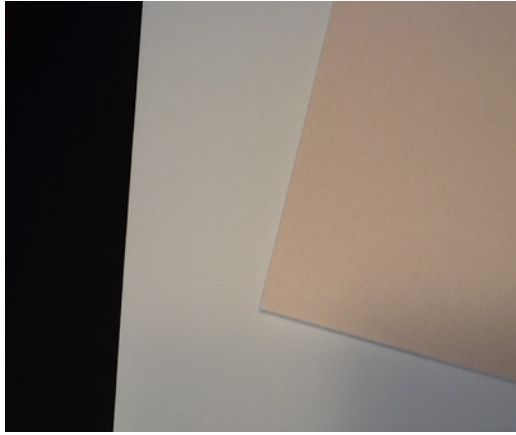
1. There is no right or wrong way to make a discovery board.
2. Trust the process.
3. Don't limit or censor yourself.
4. Go with your gut and use your intuition.
5. There is no specific amount of time required to create your discovery board.
  - a. You can do this in phases, over a weekend, over a few weeks, or all in one sitting.
6. Be open and embrace the possibilities.
7. Most important is to have fun!

**Permission:** Give yourself permission to take the time to create a discovery board. Give yourself permission to:

- |                                      |                                   |                                     |
|--------------------------------------|-----------------------------------|-------------------------------------|
| <input type="checkbox"/> Be open     | <input type="checkbox"/> Express  | <input type="checkbox"/> Do it your |
| <input type="checkbox"/> Play        | <input type="checkbox"/> yourself | <input type="checkbox"/> way        |
| <input type="checkbox"/> Be creative | <input type="checkbox"/> Explore  | <input type="checkbox"/> Not be     |
| <input type="checkbox"/> Have Fun    | <input type="checkbox"/> Be messy | <input type="checkbox"/> perfect    |

### Supplies you need:

- Foam Board, Poster Board (I tend to use a Foam Board 20x30x3/16in)
- Tape or glue stick (my preference is Scotch Gloss Finish Transparent Tape)
- Scissors
- Several Magazines of various topics
- Pictures, words, photos or stickers
- Folder, envelope or box for clippings





**Step 1:** Gather your magazines and scissors. Get yourself a glass of lemon water or tea. Find a comfortable place to sit. Then start to peruse the magazines and rip or cut out words, pictures, phrases or whatever resonates with or delights you. Don't ask why just keep going. Be open and have fun. Remember there is no right or wrong way to do this.

As I work thru this process, I'll often stack the magazine clippings next to me or put them in a box or envelope depending on where I am sitting (at the kitchen table, on the couch, or on my bed). Sometimes, I'll do this step over a weekend, a day or a couple weeks. Do what feels right and works best for you.





**Step 2:** You'll want to find a clear surface to work on such as the kitchen table or your bedroom floor. Then take out all the magazine clippings you collected.



Get out the foam board or poster board you will use to create your discovery board. You may want to have your scissors handy and a small trash can nearby if you decide to trim any of your clippings. Make sure you have your tape or glue.

I prefer to use clear tape as glue often wrinkles the pictures depending on the quality of the paper that the magazine was printed.

Next, lay out your board, tape and scissors.



**Step 3:** Take out your magazine clippings and lay them out on the board.



Start to spread your magazine clippings out.



You may find some naturally fall into place. Others may need to be arranged.

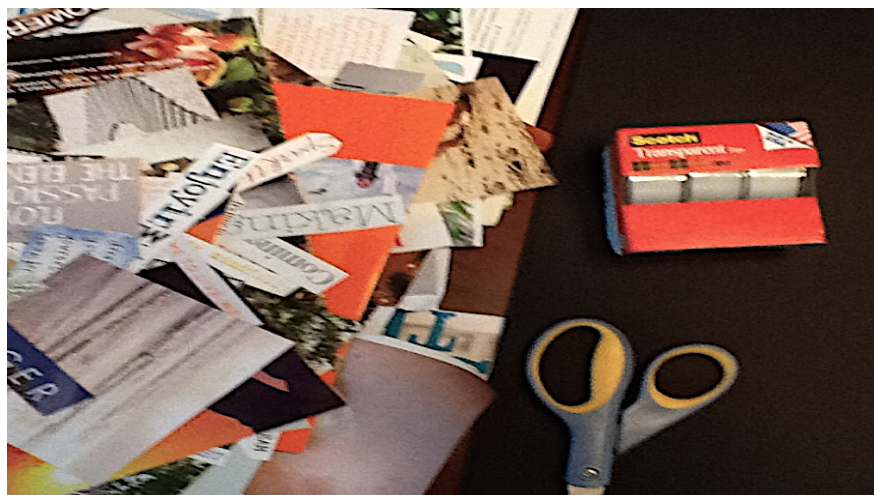
You may notice that you cut out the same word or phrase multiple times.

You may find that there may be some themes popping up.

Maybe you cut out fitness related clippings, people doing different yoga poses, people working out, or running. Maybe you cut out flowers, plants or pictures of food. Maybe you cut out pictures that show adventure, vacation places, and outdoor activities. Maybe you cut out pictures of the beach, words such as relax, slow down or mindful.

Just notice what is resonating or calling out to you.

Feel free to remove clippings and put them next to the board. You may want to sort them out on the board or organize common things together. Just do what feels good. Be open and don't question or judge. You don't have to use all of the clippings you cut out.

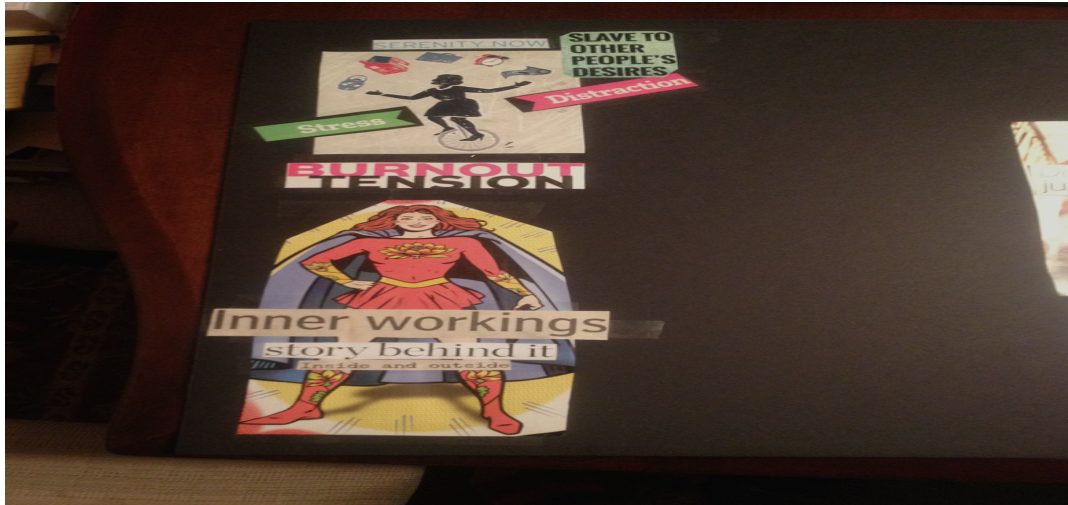


**Step 4:** Keep sorting and spreading out the clippings across the board.





You may find that you want to start laying items down and layering them. Do what feels right to you.



**Step 6:** Once you are happy with where you placed the magazine clippings, you can start to tape them down. Feel free to layer items and do what feel right and looks good to you. Be open. There is no such thing as perfect.



**Step 7:** You get to decide when your discovery board is complete. Feel free to decorate it with markers, paint, washi tape, ribbon or whatever delights you. You can frame it too if you want. It's your creation.



**Step 8:** Once you have decided that your discovery board is complete, ask yourself what is this discovery board revealing to me?

- What did you learn as you were in the process of putting the discovery board together?
- What did the process reveal about your creative process?
- What aha's did you have?
- What were you surprised at?
- What did you learn or discover?
- What does your discovery board tell you about you?
- Are there changes you want to make?
- New things you want to explore?
- Things you want to stop doing?











