Vision Boards for the New Year with CBTV Live

Chapter 1 - Vision Boards
Vision Boards
(upbeat music) (Liana laughs) - Hi, everybody. - Oh, are we live? What are you reading there Liana? I'm looking through a 1978. - Is it 78 or 76? - I think it's 75. - Issue of "Sunset Magazine." - 1975. - [Liana] Yeah. What are you guys up to? - We're coming at you semi-live. It's after Christmas, and some of our crew is on vacation. So we filmed this a wee bit early to get you inspired for the new year right after the holiday season. We don't want that creativity to lapse, which means that we can't answer your questions on camera, but we will in the comments. So feel free to write in and ask us questions, 'cause Liana and I will be checking and writing back to you. - Yeah, or if - And, that will be live. - you don't have questions, just write in with your dreams for the new year, because that's really (Courtney gasps) - what we're going to be - I love that. - talking about. - Yes, exactly. - I actually think that this week between Christmas and New Year is a very important week in the life of creative people. - Yep. - Because it's no longer, you've maybe spent the last couple months making gifts for other people, and just totally focused on everybody but yourself, and then all of a sudden, it's like "me time." - Yeah. The madness of the holiday season is over. You have a few days to yourself before the new year happens, and it's a good time to like reflect, kind of think about how the year passed for you, and what you are expecting for the new year, I guess. - Yes. And, really, I mean, some people even think when it comes to a vision board, which is what we're going to be making today, that there is some kind of like voodoo to it. It's almost like the secret, you are going to be the secreting the things that you want to happen. - Yeah. So you're kind of manifesting your dreams. And so, Liana and I have done this, I think, three or four years in a row. It's become a Creative Bug tradition, that we on the last day before the holiday do our vision board. So we thought we would do it with you so you could join along. And, these are actually the vision boards that we created last year. And, looking back at this is pretty amazing. I went to New Orleans for my birthday in May. So that happened this year. I was gifted a bicycle for my birthday. - [Liana] Right. - [Courtney] I'm hopefully gonna be moving to Oakland (Liana laughs) very soon, if not already. - [Liana] The wheels are in motion. - [Courtney] And so, a lot of these things that I'm looking at, I didn't do as much yoga as maybe I should have, but a lot of these things really did happen. And, when I made this board, it felt like really big and ambitious goals. And then, looking back and being like, "Oh yeah, I got that. That happened." - [Liana] And you, I have to say, were very specific. - [Courtney] Yeah. - And, I took a little bit more of a broad scope. We have different approaches to how we do our vision boards. So mine, you know, like one of my goals for the year was to swim more. Like, anytime an opportunity came up to swim, if I was at somebody's house, and they were like, "We got a pool, you wanna come in?" - [Courtney] So did you, what was - your strategy - It was like, "All right. - [Liana] We're going in." - Did you have a bathing suit just in like your backpack all the time? - I did make sure I had bathing suits with me. Like, in the car or. - Nice. - Yeah. More often, or you know, like, honestly, just borrow the suit, or just figure it out. - Yeah, figure it out. We'll leave it up to your imagination, what that means. - Yeah. - That's awesome. - What else did you have on your vision board? - [Liana] Let's see. - [Courtney] I mean, you've been painting poppies so - I feel like the. - I have been - [Liana] painting poppies. That was why that was on here. I just discovered that Courtney does not like this photo of this girl. - [Courtney] Well, I just don't see you as this girl. But, this part totally resonates. - [Liana] She's been looking at this all year. I did go to Joshua Tree,

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and that was on my hit list. - [Courtney] Did you do enough of this this year? Breathing? - [Liana] Breathing. In 2017 I will finally breathe. I did do a lot of breathing. - [Courtney] Oh, good. - [Liana] I know. So it was a big problem solving year, staying positive year. - [Courtney] You had a big birthday. - [Liana] Did have a big birthday. So I think a lot of these things - Yeah. - manifested themselves. - So what? - And, it was. - [Liana] This was on the wall right next to me. - Yes. - The whole time. - [Liana] Which is really the - important thing. - We did have these - visible in our office so we could look at them every day. So maybe that kind of helps. Like, I actually put this on the back of Faith's computer, which is what I was facing in the office prior to this one. So I was looking at this over my laptop every single morning. But then, this year we have a blank slate. â™ª Blank slate â™ª - Tossing it on the ground. - I love this. - [Liana] Okay. - We're just working on a giant piece of like poster board. You could do this on like a giant piece of card stock, something with a little bit of weight to hold your vision. - Yes. - We've got glue sticks and some washi tape. You can use any kind of adhesive that you'd like. And then, I think a lot of our go-to was magazines. I had a couple things from Pinterest I printed and cut out. And, I guess Liana was asking earlier, like, do you start looking for things that you want to manifest, or do you let things speak to you? And, for me, I think it's a bit of a hybrid, but you have kind of a different approach. - Well, I always feel like, okay, so if I'm like shopping, and I say, "Well, what I'm really looking for is a blue cardigan." I never find the blue cardigan. - Yeah. - So I kind of prefer to go shopping, and just be open to what. - What presents itself. - Presents itself. - I love that. - And, - maybe I'll find a blue cardigan along the way. - Love it. - So I kind of like to go through the magazines - just in a calm - An open. - [Liana] open moment, and just see what emerges. - [Courtney] I love it. So what did you cut out? Like, my plan is to kind of put some things on my board, arrange them, and once I'm kind of happy with it, then I will start to glue things down. (papers rustle) - [Liana] So what was really popping for me. Okay, I love this piece. I feel like this is gonna go in the center. And, I like to start with like, the bigger pieces first, 'cause it's almost like wallpaper. - Yeah, I love that. - And then, - [Liana] I like to incorporate the smaller things on top of it. - [Courtney] I really like this image then, but I'm not a cat. Charlie, we'll substitute Charlie there. - [Liana] Oh. - But I like, - I love that. - That girl. - I like how - [Courtney] she's reading, and there's a record player, which my boyfriend has in his living room, so. (papers rustle) - [Liana] Totally. - [Courtney] I might cut out the kitty cat. (papers rustle) - [Liana] So I started to notice too that I have a very natural vibe going, a lot of like the same colors. So like this girl - Ooh. - is like my fashion - [Liana] icon for the year. - [Courtney] Beautiful. - [Liana] Apparently, I wanna be a lot more exotic, - [Courtney] Way more boho, and questionable as to whether she has undergarments on. - [Liana] Yeah. I'm gonna wear less undergarments in 2018. (Liana laughs) - [Courtney] It's all about freedom in 2018. (Liana laughs) - [Liana] Last year was about swimming, no matter what. And, there's just a ton of nature. - So I think that - On your vision board. - [Liana] my instincts are to get out there. - [Courtney] I love that. Mine might be more about home. I'm trying to pare down my many, many collections. Find new homes for some of the things I've treasured for many, many years. So this art of simplicity really resonated. - [Liana] Mm. Ooh, I like this. Now, do you have any color themes emerging or? - [Courtney] Not quite. I mean, right now, I've got this kind of blushy tone happening, but I think as I will kind of unearth my phrases here, it's gonna change. (scissors slice) - [Liana] And, how particular are you about cutting things out? The way that you - like them to be. - Not super particular - [Courtney] because you can overlap things. This is the library in Paris, which I've never been to. And, my best friend is in Paris right now, and she has had a little baby boy that I want to go visit. So gotta put that in there. - Aw. - Get to Paris. - [Liana] Gotta get to Paris. I cut this one out, and it's this woman (Courtney gasps) - like holding this dog. - Oh, my

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God. I love that. - [Liana] And, I think it looks kinda like she's holding a bear. And, that's actually. - [Courtney] That's your goal? - A life goal of mine is to hug a bear. (Liana laughs) - [Courtney] Carefully, and then careful. - [Liana] I know, I know. So I'm just gonna put that one in there. You never know - what will happen. - I want a cabin - it in the woods. So I'm gonna put this whole image on my vision board. (paper rustles) - [Liana] And, my husband and I are currently house hunting, and so I have a lot of things - in here, too, - So exciting! - that are very, like, garden, outdoor space, like, what I want out of our home. - [Courtney] I want a new kitchen. So I'm gonna put this kitchen here. I don't think it'll actually happen, but. - [Liana] I want to go - Where? - to this place in Utah. - [Courtney] That looks amazing. - [Liana] So adventure. See, if we're gonna buy a house, we're not gonna have much money left for adventure. So we'll just be going, we're talking road trips here, people. - [Courtney] I love it. (scissors snip) - This is not the trip to Europe, here, perhaps. - [Courtney] Where to go? I have that. Where to go? (scissors clatter) - [Liana] Okay, so I'm starting, do you have like your, do you take the wallpaper approach? - [Courtney] You mean where you do the back layer first? - [Liana] Mm-hmm. - [Courtney] Yes and no. I'm gonna kind of get like a general idea, and then start gluing down. - [Liana] Okay. - [Courtney] I took this off Pinterest. "When you let go, you're creating space for something better." (Liana gasps) So this is something I need to remind myself as I am donating my collections elsewhere. - [Liana] Oh, Courtney, that's so important for you. - [Courtney] It's really important. I also wanna do more big time installations, like for our sets, and draw on the wall more, so there. - [Liana] So I have some, a mix of deep thoughts and irreverent thoughts. So I do have ones like this. "Don't be afraid." - [Courtney] Oh, I love that. - [Liana] Which is very important to remember, especially as you get older, and you're making big life decisions. But, also important to remember is "Fact: tacos taste better outside." - [Courtney] So true. I love that. (Liana laughs) Hopefully, you'll get a house with a backyard. - [Liana] And also, how fabulous is this woman's dress, with this glass of rose? - [Courtney] And, those red shoes are adorable - with ankle straps. - So, - [Liana] if I pair "Don't be afraid" with this, then as long as you're dressed right, and have a glass of wine, there's nothing to be afraid of. - I think that's true. - Right. - [Courtney] I think you could totally live that, along with this. I wanna go to Yosemite. I've never been there. So this is from one of those 1975 "Sunset" magazines. I mean, I have been into Yosemite Park, but I haven't actually done anything but eat dinner there. - [Liana] Wow. I can't believe you've never been to Yosemite. - [Courtney] I know it needs to be remedied this year - [Liana] As art. Now, where am I gonna put this big thing of cherries? (laughs) See, everything I chose is like too big. - [Courtney] Big cherries is clearly a problem in 2018. - I'm thinking big this year. Now, maybe I need to do some layering. So I'm not gonna finish mine today. I'm definitely still building on this. And, that's another thing is that it might take you a few days. - And, also, I think these things can evolve. You can reevaluate. That's a great thing about glue sticks and tape. You just glue on top. (Liana laughs) You're like, "Okay, well that's not how I envision that now. Halfway through the year, let's reassess." I have to say, you guys might be thinking, "Courtney, what is your favorite glue stick?" Because, that's what I was thinking. And, I have to say, I'm actually out of my favorite glue stick right now. So, but my favorite glue stick is a Scotch Create Stick. This one is doing the job. - [Liana] Ooh. - [Courtney] The Elmer's All Purpose. - [Liana] Now, are you gonna washi anything? Or, are you gonna wait till? - [Courtney] Yes, I'm kind of tacking stuff down with this. I'm not like gluing it perfectly. And, I'll probably do more things in between here. - [Liana] Okay. Just checking. - [Courtney] Yeah, I am definitely gonna use some of this amazing holographic washi tape. - [Liana] My layout is definitely taking shape. - [Courtney] I love it. - [Liana] Okay. - [Courtney] So here, normally I would also glue the magazine, as opposed to going on the board. But, this is a hybrid

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version, because I need to shimmy things back under. (glue stick clatters) - [Liana] Okay. So what I'm finding I like is actually pairing some of the phrases I cut out with the images. - [Courtney] I love that. - [Liana] So like "Own it" is going with the house - the house - that I dream of. - [Courtney] Yeah. (Liana laughs) If you get that house, can I move in with you? - Okay. - Great. - [Liana] I think it's in Hollywood, so I don't think that's actually - [Courtney] Creative Bug's - not gonna move. - in the cards for me. - [Liana] Plus, I think somebody else owns it. - [Courtney] Ugh. Bummer. Why do you guys gotta do that? Gotta own the house we wanna live in. - [Liana] I know. - [Courtney] All right, I'm just tacking 'em down. - [Liana] You can also include things like fabrics and ribbons. Think of this as your IRL Pinterest board. - [Courtney] In real life. - [Liana] So don't be afraid to add whatever inspires you. - And, don't be afraid. - Whatever it might be. - [Liana] And, don't be afraid. Glue that down. - [Courtney] I didn't glue my underneath thing down yet. - [Liana] I'm doing it. - [Courtney] I love it. - [Liana] So Brian made a very simple vision board today. He's a simple man. He had about five items. - [Brian] That's it. - [Courtney] Can we share what some of those items were? - [Liana] I think one of them was an Amex. - [Brian] Yeah. - An Amex? - He wants to be - [Liana] a platinum member. - [Courtney] He also had a drone on there. - [Liana] And, a drone. I think he was treating it more like Santa's wishlist. - [Courtney] Yes, perhaps so. - Which is also totally okay. - Here. Can I show you guys? Here? - Oh, Brian. - Oh, my God. - Oh, wait, here. (Liana laughs) There you go. My Amex there. (Liana laughs) He hasn't glued them down yet. - No. - No. - [Liana] All right, Brian, get your vision off of my vision. - [Brian] Oh, sorry. Okay. (Liana laughs) - [Liana] All right. We'll get you a glue stick next. - [Brian] Okay. (Liana laughs) - [Courtney] There you are, Liana. You're inspiring Brian. (Liana laughs) - [Brian] Yes. - [Liana] Well, we can't wait to hear what you guys are gonna be doing in your new year. - [Courtney] I know. It's exciting. - And, if you have your own practice with this, we'd love to hear it. I know some people it's really formal for them. - Yeah. - And, very important. (paper rustles) An important part of their new year. (glue stick thumps) - [Courtney] I think I've really like come to look forward to our little ritual of doing this. - [Liana] I know. Are you sad we're doing it early? - [Courtney] No, because I think I'm gonna reevaluate when we get back. (Liana laughs) And, add some things. - [Liana] We're gonna keep working on them. - [Courtney] Yeah. - [Liana] Okay. - [Courtney] And you know, like Liana and I have a mix of places we wanna go, and mindsets we want to embody, and goals, and you should make yours in the fashion that suits your goals and visions for the new year. And, just like everything else that we hope we're imparting on you, it doesn't have to be perfect. Just dive in, make something. That's the beauty of the glue stick, and the collage format is that you can just add to it or take it away. Do you have any other parting thoughts? - I hope it's your best year yet. - I love that. - Is what I hope. And, your most creative year yet. - Yeah. So if you are going to make a New Year's resolution this year, I hope it's to make more stuff. And, also to join us. We provide a lot of inspiration. So if you were interested in joining Creative Bugs, sign up now. This is the time to commit. - Yeah. - To creativity. - "A new year, a new you," as we said in the beginning. And, maybe we'll show up on your vision board. - Happy New Year. - See you in 2018. (Liana laughs) (upbeat music)

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