CONTEMPLATIVE PHOTO COLLAGE
CPC03 EXERCISE

Why We Do the CPC03 Vision Board Exercise
In CPC03, you create a small vision board with up to eight images that represent what you want to bring into your life over the next six months or year. These can include personal goals, emotional intentions, creative projects, lifestyle changes, or even what you hope for in a romantic relationship or partnership. Your vision board gives us a creative starting point to explore your hopes, needs, and inner direction with curiosity and awareness.

1. Create and open a new Word document.
Name the file "CPC02 – [Your Name]" and choose your preferred page orientation (vertical or horizontal).

2. Directive:
Create a virtual Vision Board for the next six months or the current year. Select up to eight images (max.) that represent what you aspire to or wish to cultivate in your life. These may include personal goals, emotional intentions, lifestyle changes, relational aspirations (such as the qualities you desire in a romantic relationship or in your couple), and meaningful situations or experiences you want to move toward. Your images can be objects, environments, activities, symbolic representations, or scenes involving people.

3. Select your images.
Choose four images from a public free-image database, such as:
https://pixabay.com/
https://www.pexels.com/
https://unsplash.com/

If you want alternatives, you can also use:
https://burst.shopify.com/ *(free commercial use)*
https://www.rawpixel.com/free-images
https://www.lifeofpix.com/

You may also choose personal photos from your own collection if you prefer.
Download each image to your computer (usually by clicking the download arrow on the image), then copy and paste the pictures into your Word document.

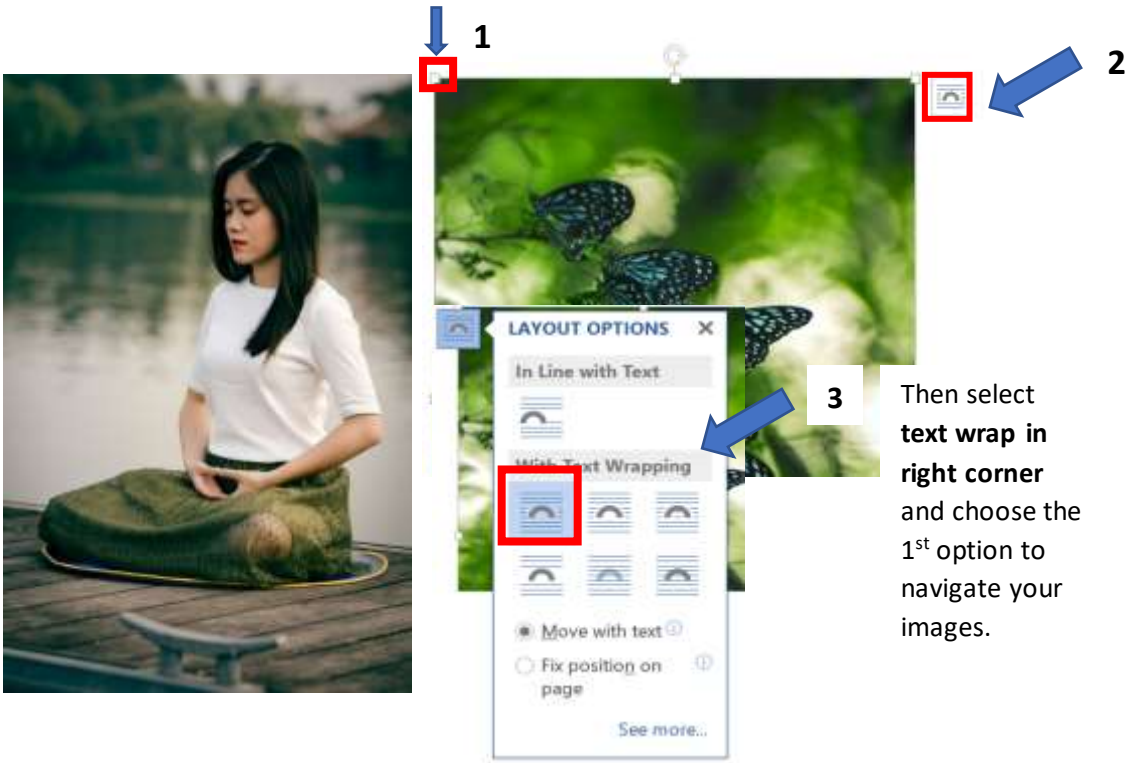
4. Arrange your images in the document.
After pasting each photo, you can reposition them.

– In Word, go to PAGE LAYOUT or PICTURE FORMAT.
– Under Text Wrap (or Layout Options), select "In Front of Text," "Tight," or "Square" to allow the images to move freely on the page.
– You can often access these options by clicking directly on the image and selecting the small layout icon that appears.

Copyright © 2021-2025 Emma JM. Ates, all rights reserved

5. Adjust size and layout so images can sit side by side.
To resize an image, click on it and drag one of the corner handles inward or outward. This keeps the proportions balanced. Continue repositioning and resizing until you can place images next to each other (for example, two on the top row and two on the bottom row), or in any arrangement that feels right for you.

Example:
Image from https://unsplash.com/. I selected, downloaded, and pasted it into this document from my download folder.



6. Save and send your collage.
When you are satisfied with your 4-image collage, save your Word document, then also save it as a PDF (File → Save As → choose PDF).

***Name the PDF "CPC03 – [Your Name]" and email it directly to me before our next session.**

We will use your collage as part of our contemplative and creative reflection on your preferences, resources, and current inner landscape.

Copyright © 2021-2025 Emma JM. Ates, all rights reserved

Copyright © 2021-2025 Emma JM. Ates, all rights reserved