

Collage for Motivation

Collage can be used in many ways to express ideas visually. To create motivation, try collaging an intention or goal and put this someplace you can see it on a regular basis.

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IN THIS ISSUE

Collage history and uses

Collage how to

Prepare to be a little messy and get curious about others' ideas.

Envisioning

What is your desired goal or intention? Be specific and paint a vivid picture.

Collage history and uses

Collage is a technique which was used in the Victorian era with image decoupage and again in the Surrealist movement when creating dream like imagery. Since then, it has become a way to capture images, text, and graphics to create a mood, intention or image of a goal.

Design professionals use this technique to create mood boards and color boards for clients. We can use it to capture an intent and remind ourselves of why we are working towards a goal.

Collecting ideas in this way, can also start conversations with family or friends about what is important to them.



Collage how to:

Start with a blank base. Paper, a word document, or other digital platforms can be used as a

base for creating your collection of images, graphics, and text.

Collect images from all sorts of sources like magazines, home photos, internet searches, or draw them yourself. Cut out (or cut and paste) graphics and words that resonate with your intention or goal. You can cut apart words to make new ones or using your pens write on top of your images. All of this will be glued down onto the base.

Feel free to layer your imagery, cover things up, add stickers, or paint on top. This is your image that will remind you of the intention or goal you are working towards. It could be of the vacation you want to take to motivate you to save money. Or perhaps you are cultivating a practice of mindfulness and you are collecting imagery around the feeling of calm and centeredness you will attain. Whatever it may be, make it personal and eye catching.

Resources for Collage:

- Paper, pencils, magazines, glue, and pens
- Word document
- Publisher
- www.Mural.co
- www.Canva.com

Photo by [George Milton](#) from [Pexels](#)

Envisioning

Envisioning ourselves doing something is a great way to set an intention or to motivate ourselves towards the goal. However, just envisioning the future can trick our minds into thinking we already completed the goal.

According to Fritz's Exercise of Choices*, the important missing component is tension. The tension between our current reality and the desired future is what creates the motivation to do the work.

The vision needs to be specific and vivid. First envision your current reality. Make sure you can see, smell, taste, hear, and almost touch it. Then envision the future reality you are working towards in the same way. Lastly, try to see both of these, the current and future realities at the same time. The tension this creates build motivation to complete the goal.



Photo by [Amina Filkins](#) from [Pexels](#)

Thinking Skills developed when Collaging:

- Visionary thinking
- Ideational thinking
- Imagining
- Goal setting
- Intrinsic motivation
- Envisioning
- Hand eye coordination (when cutting)

*[Robert Fritz Inc. – Home of the Creative Process](#)