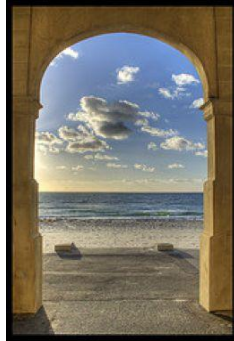


Creating a Vision Board



SUPPLIES



PERSONALIZE YOUR VISION



AMPLIFY YOUR DREAM BUILDING ABILITIES

The Vision Board is a tool widely being used to create a visual map of sorts of the life you desire. It is personalized by adding specific photos, words, phrases that bring imagining your future to the forefront of your life. The daily habit of paying attention and becoming inspired by your vision board helps you become aligned vibrationally with your desired outcome. As you look at your board it is important to feel the emotions of living this way. Deciding to use a Vision Board will bring these manifestations to you at a level that is more "conscious" and therefore seemingly more tangible. It is a well know belief that our thoughts are immensely powerful and what we focus on grows. Therefore, when used properly, a Vision Board makes a lot of sense. It's an inexpensive, creative and fun investment that with a little time, effort and thought can support you to live the life you truly desire.

Tips/Ideas for your board:

- You can use a large piece of white cardboard, poster board, 3x5 index cards or even a notebook. Some tools of the trade will include, scissors, glue, magazines, your computer to print out inspirational phrases, and anything else you can think of. The resources of what you put on your board are endless. Personal creativity and using your intuition is key.
- **Four domains** to consider when creating your ideal life: **Career/creative expression, physical health/fitness, relationships, and financial goals.**
- **What would you really love to do, be or have in your life?** Your core values are often activated when making a Vision Board. Some may choose to place a mansion on their board, while another may place a tiny house by the ocean as there perfect home. A photo of a romantic couple, a best seller book, a physically fit and active person, a meditation room, words such as "peace, love, joyful living, adventure" are all examples of ideas for your board. I've also added my business card under the words "highly-successful and highly-paid mentor, coach, and speaker" The list is endless. **Have fun!**
- **What are you grateful for already?** Sprinkle throughout your board the things you are most grateful for. Seeing this and experiencing gratitude is a powerful spiritual practice that will amplify your feelings of well-being.
- **Look at your board frequently and "feel" the emotions of already having what you desire.** Imagining how you will feel, amplifies good feelings such a love, peace, happiness and gratitude which helps you be a vibrational match for your imagined great life.
- **Put your vision board in an area where you will see it regularly** like an office wall or bedroom. I have various sizes for my different boards. I have a 3x5 card I often carry with me. You can make new boards every few months to keep this process fresh.
- **MAKE IT FUN!** You can have vision board/ potluck parties with friends/family to share your dreams out loud which is also very powerful.