

Creating Your Vision Board

The secret to creating a vision board that works is focusing on what you want and how you will feel when you reach your goals.

- 1) What are the areas of your life that are important to you: Financial, Health, Career, Ambition, Spirituality, Relationships (kids, spouse, family, friends) Vacation/Travel, Lifestyle, Community, Making a difference.
- 2) Select pictures, words and phrases that inspire you, make you feel good, represent and symbolize the experiences, feelings, and possessions you want in your life.
- 3) Consider grouping your pictures into specific sections
- 4) Including a photo of you and your family in the center of your vision board and surrounding yourself (literally!) with your inspiring images and words.



**MAKE YOUR
VISION
SO CLEAR
THAT YOUR
FEARS
BECOME
IRRELEVANT**

There is no “right” way to do this. Just do it and go where the energy flows

Ask yourself these questions and let your vision board reflect your answers.

- What feeling, emotions do you want?
 - The more your board reflects feeling, the more it comes to life.
- What type of lifestyle do I want?
- Where would I travel?
- Where would I live?
- What do I want to do with the people in my life?
- What do I want to be remembered for?
- What does my body/physique look like?
- My dream relationship.
- My dream house (or houses)
- My dream car (or cars).
- If you could do anything, what would you do?
- My dream vacations and adventures.
- How would I make a difference for others?
- What would I do differently when I realize my goal?
- How do I want to spend my time?

Have your vision board impact your DREAMS/DESIRES

Embrace your future with passion and a burning desire and expect that your desires/dreams will become your reality.

- SEE, FEEL, and BELIEVE yourself already in possession of your desires/dreams.
- Look at your vision board often and feel the inspiration it provides.
- Look at your vision board just before going to bed and the first thing you look at when you wake-up.

The time you spend visualizing in the evening just before bed is especially powerful. The thoughts and images that are present in your mind during the last forty-five minutes before going to sleep are the ones that will replay themselves repeatedly in your subconscious mind throughout the night. The thoughts and images that you begin each day with will help you to create a match for the future you desire.

- Be grateful for the good that is already present in your life.
- Acknowledge any goals you have already achieved.
- Acknowledge the changes you have seen and felt.
- Acknowledge the presence of God/your higher power in your life.

NOTE REGARDING EARNINGS:

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