

Vision Boards

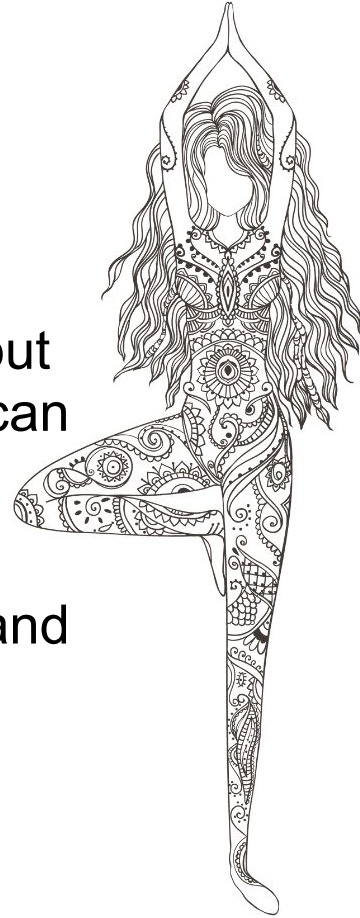
MODULE 1: VISION BOARD POWER



Vision Boards

Vision boards allow you to turn dreams into reality, but you have to know what your dreams are before you can manifest them.

You need to take them out of the realms of dreams, and turn them into reality by being specific.



Vision Boards

STEP 1: WHY YOU NEED A VISION BOARD



Vision Boards

Vision boards help people focus and target by giving concrete form to their ambitions and dreams.

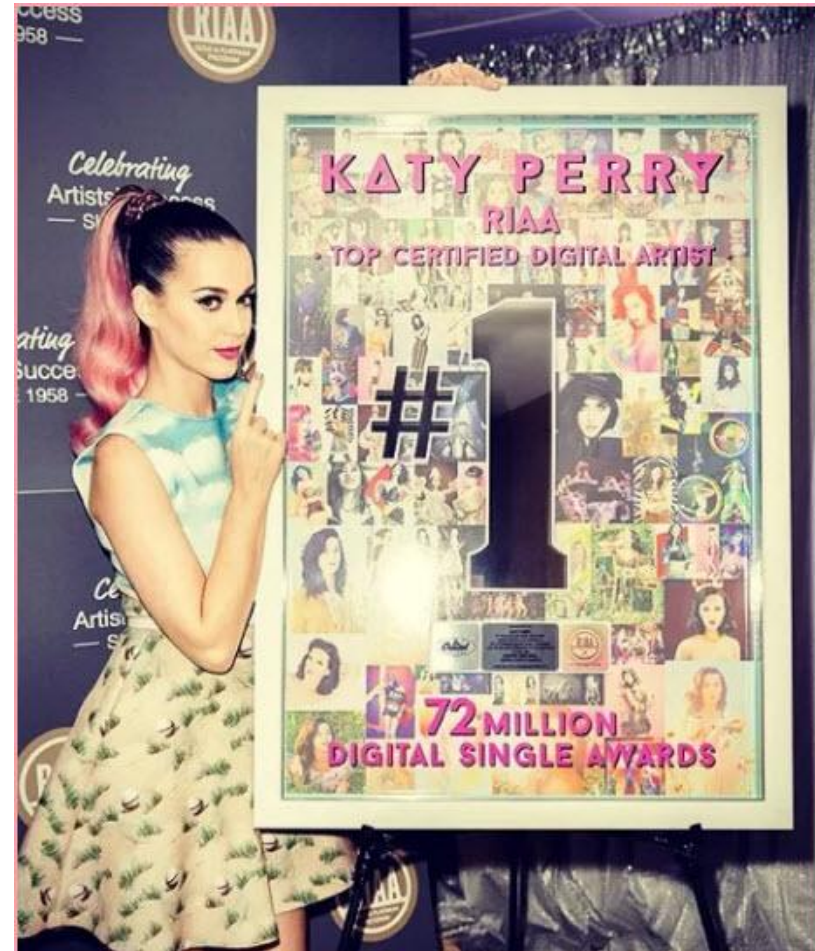
Take your ideas from the “Dreamtime” and bring them into reality through helping you stay on course with a focused plan of action.



Vision Boards



Katy Perry started one when she was nine years old: It featured all her musical heroines and over them all, she prominently displayed her name, a huge #1 and the specific award she wanted to win.



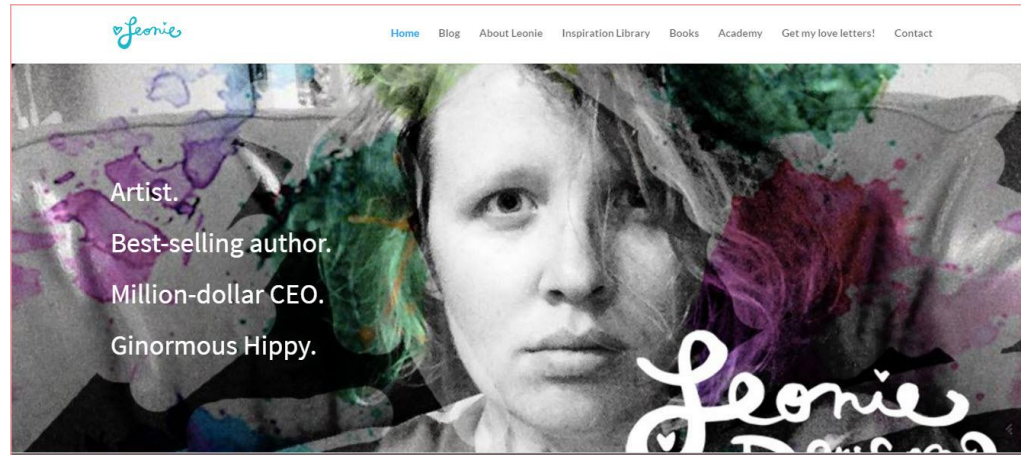
Vision Boards

STEP 2: THE REAL-WORLD IMPORTANCE OF VISUALIZATION



Vision Boards

As Leonie Dawson states, creating a vision board is “making physical and making visual all those beautiful things that are singing to your spirit”.



Vision Boards

- The “right things” are always specific
- It’s not something dependent on external forces or “luck”
- You can quantify your vision board goals with What, When, Why, How and How Much
- Build in flexibility for the Universe to do its work



Vision Boards

STEP 3: HOW IT WORKS & VISION BOARD MISTAKES



Vision Boards

First, make sure your Big Goal is visually in the most prominent position—at the top of your board or in the center.

It also helps if you make your Ultimate Goal the largest item on the board.

Making your main goal prominent and/or large—making it really stand out—also helps with keeping the end result in focus.



Vision Boards

Inspiration
Optimism
Excitement
Pleasure
Fun



Vision Boards

STEP 4: IMPORTANCE OF MINDSET WORK



Vision Boards

You need to clear away darker areas in your subconscious.
Think of it as mental decluttering, and declutter outdated beliefs,
patterns and self-limitations.

Use physical decluttering and dealing with digital hoarding as
concrete, physical ways to banish these bad habits or patterns.



Vision Boards

As you banish each thought, or drop each item into the box you've designated for donations (or garbage), say to yourself—preferably aloud:

“I am letting go of _____ to make room for
_____”.

Literally replace the negative with your new positive!



Vision Boards

What do you fear about succeeding with your vision board goal?

What obstacles do you anticipate?

What can you do to realistically increase your “deserve level” to a spot you are comfortable with and can believe in?

How can you help yourself lose the “someday” syndrome that keeps you procrastinating or paralyzed?



Vision Boards

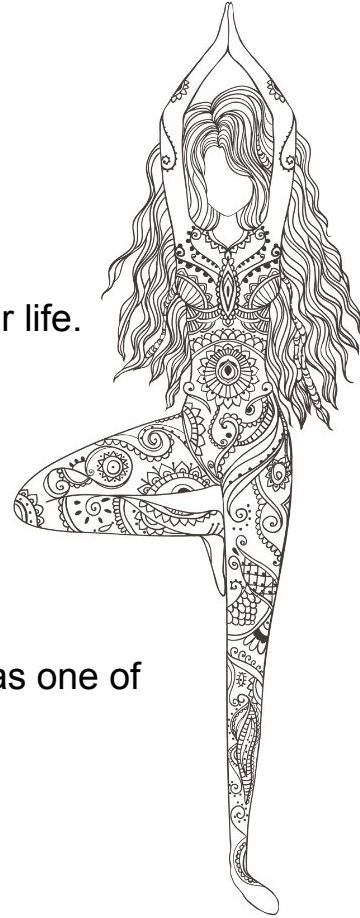
Taking at least twenty minutes every day to stop and count all the blessings in your life.

Repeating affirmations you have placed on your vision board.

Reading a chapter of your current mindset or self-improvement book.

Checking in with your accountability group.

Deciding what you will do that day to increase your mental well-being—and writing it as one of your priorities on your To Do list.



Vision Boards

Looking in the mirror and repeating positive self-messages

Smiling at yourself in the mirror

Saying aloud a resolution or mantra

Meditating on positive things

Spiritual praise or gratitude



Vision Boards

Vision boards work in every area of your life, so make more than one—in fact, make one every time you feel inspired to make one.

The more you use vision boards as real-time tools for targeting and inspiration, the better you'll get at reaching your goals

We live in the age of overwhelm and distraction. Use your vision board to help you take action DAILY toward your dream and your goal.



Vision Boards

NOW ON TO:

- ACTION PLAN: Analyze where you are now and where you want to be
- EXERCISE: Analysis and preparation

