

VISION BOARDS

How to create a vision board that depicts the future you wish to create

- Find pictures that represent or symbolize the experiences, feelings, and possessions you want to attract into your life, and place them in your board.
- Have fun with the process!
- Use:
 - photographs
 - magazine cut outs
 - pictures from the internet
 - quotes
 - phrases or captions
 - words
 - or whatever inspires you
- Be creative.
- Include not only pictures, but anything that speaks to you.
- Consider including a picture of yourself in your board (use a powerful, positive, feelgood picture). If you do, choose one that was taken in a happy moment. You will also want to post your affirmations, inspirational words, quotations, and thoughts here. Choose words and images that inspire you and make you feel good.
- Keep it neat and be selective about what you place in your vision board. It's a good idea to avoid creating a cluttered or chaotic board... you don't want to attract chaos into your life.
- Use only the words and images that best represent your purpose, your ideal future, and words that inspire positive emotions in you. There is beauty in simplicity and clarity. Too many images and too much information will be distracting and harder to focus on (make sure you feel 100% about them).

How to use your vision board.

Try keeping your vision board somewhere in your home where you will see it daily. Leave it standing in an open position as often as you are comfortable with, and spend time each morning and evening visualizing, affirming, believing, and internalizing your goals.

An easy and simple one is to take a photo of it and keep it on your phone, so you are always carrying it with you, and it is easy to view at any point in time.

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, and the thoughts and images that you begin each day with will help you to create a vibrational match for the future you desire.

As some time goes by, and your dreams begin to manifest, look at those images that represent your achievements, and feel gratitude for how well the magic is working in your life. Acknowledge that it is working. Don't remove the pictures or images that represent the goals you've already achieved. Achievement of the goals in your vision board are powerful visual reminders of what you have already consciously and deliberately attracted into your life. (use gold stars or a red dot or something specific to mark them).

I recommend you also write down the date you created your vision board. The universe loves speed, and you will be amazed at just how quickly the Law of Attraction responds to your energy, commitment, and desires. Much like a time capsule, this board will document your personal journey, your dreams, and your achievements for that particular year. It will become a record of your growth, awareness, and expansion that you will want to keep and reflect back upon in years to come.

Final thoughts on using your completed vision board:

- Look at your vision board often and feel the inspiration it provides.
- Hold it in your hands and really internalize the future it represents.
- Read your affirmations and inspirational words aloud.
- See yourself living in that manner.
- Feel yourself in the future you have designed.
- Believe it is already yours.
- 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 magic at work in your life.
- Look at it just before going to bed and first thing upon rising.

Your ability to visualize your dreams will serve as a catalyst in their creation. Have fun and enjoy the process. It is as simple as Think it. Feel it. Do it.™

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