



GUIDE TO CREATE A

POWERFUL VISION BOARD

PERSONAL JOURNEY



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begin with you

clear your mind
clear your space
ground your body

Almost everything you truly need or want is here for you. You need only dream it, believe that it is so, truly desire it, and be willing to accept it. This takes both courage and effort.

Our cultural emphasis is on doing, achieving, and very goal oriented.

Creating a vision board is a method to open up to intuition, desires and dreams.

Designing and working with a vision board is a way to develop the skill of listen more attentively. It requires you to be more receptive to unedited messages from your inner self.

To get the greatest benefit from your vision board cultivate gratitude for your experience in the present moment at the same time as you envision your desire for the future.



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The process of making a vision board is both a journey of self-discovery and a path for your future.

Ask yourself...

If money, people's opinions and judgements and fears were not factors, what would you want to be, do or have?

What relationship, beliefs or things would you have to let go of?

What will be the greatest obstacle?

What would you have to believe, in order to be, do or have this?

What type of support, skill or technique do you need?

When will you begin?



Set aside some quiet uninterrupted time.

Begin to look for photos, quotes and images that will remind you of your focus, and will inspire and motivate you to take action.

Include meaningful items such as personal photographs, letters, cards or drawings.

Consider putting a phrase or word in the middle of the board.

Place your vision board in a prominent place.

Create a daily ritual referring to your board and your vision.

Set intentions for how you will achieve your desired future.

Creating a Vision Board and setting intentions can be an effective tools to reach your desired future. The entire process can override your limited thinking and per-programed mental concepts.



Visualize Your Entire Experience

Think not only about your dreams, but think about the obstacles you may encounter too.

Address the obstacles with creative solutions and ask for assistance.

Visualize the steps you will need to take, the skills you may need to learn, and people you will need to enlist, in order to overcome the hurdles.

By entertaining the entire spectrum of possibilities you are also preparing to receive the serendipitous gifts from the universe as well.

Change does not occur on superficial levels, or through inspiration and positive thinking alone. This can often result in changing your deepest, most basic attitudes toward life.

There is no hard evidence that simply "visualizing success," and doing nothing else will yield results.

If you want to see your vision materialize you will need to take action, as well as imagine all the possibilities.



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A study done by psychologists at NYU found that people who imagined an uncertain and challenging future reported feeling significantly more energized, and accomplished much more, than those who idealized their future.

The purely "positive" thinkers' in the study had lower energy levels which even showed up in objective, physiological measurements.

Positive fantasies without action steps are not enough generate energy to pursue passion, or make the changes necessary to realize your vision.

Now imagine...

Your experience on the path towards your vision. What does it look like, what does it feel like, who is beside you?

You have realized your dream. Tell your current self what you wish you knew when you started this journey.

Sharing the story of your desire, your vision and success with others.

How you will celebrate realizing your vision...



"Once we begin to learn to accept the goodness of the universe, we naturally want to share it as well, realizing that as we give out of our energy, we make space for more to flow into us."
– Shakti Gawain

Your time here is precious. What you focus on amplifies.

Thoughts are powerful, but you are more than just your thoughts.

Intuition is available to guide you.

Embrace the negative thoughts to learn from them.

Gain access to your fears so you can face them, reframe and refocus your thoughts.

Where you put your attention makes up the moments in your life. Choose wisely.



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