



GUIDE TO CREATE A

POWERFUL VISION BOARD

PERSONAL JOURNEY



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Introduction

Through group programs, workshops, presentations and private coaching, I lead people on a journey of self-discovery. People are often motivated to do this work because they are seeking answers to big life questions, or are looking to make changes and want to know how to get in touch with their desires, to see what is possible and to create a life worth living.

The guide is designed to be read all the way through first, then pick out your materials and practice the exercises before sitting down to create your board. As you are reading, use your imagination and see yourself taking each one of the steps that will lead to you completing a powerful vision board. Take the time you need to prepare yourself and your space. Put as much effort into this as you do collecting the supplies for your board.

Gather the Source Material

Before you begin your board, I suggest you assemble magazines, books and photos that have content that makes your heart sing. You may need to ask a friend, or go to the nearest book store or wherever you find magazines and pick up only those that are attractive to you. Allow yourself to be drawn towards magazines and books from which you can find the images and words for your board. This is the beginning of listening to your inner wisdom, without judgement or editing.

When you are relaxed and at ease, you are more open to intuition, and available to suggestion. You have greater access to your subconscious, where you store deep desires and dreams as well as creative problem solving and solutions.

Take Your Time

Choose a place where you can give yourself at least 20 minutes to prepare before you begin making your vision board. There is no need to rush, and you have everything to gain by being fully relaxed and present.

Light a candle, smug stick or incense. You may want to tap a singing bowl, ring a bell or chime to signify the beginning of entering a sacred space. This is your way of creating an intention to set the stage for creating a powerful vision board. Your unique vision.

Take your time to get comfortable. You will want to begin by noticing the temperature, light, smell and feeling in the room. Notice the sounds around you. Would you prefer to hear music, sounds of nature, chanting or silence? Make those adjustments to your environment and then proceed to the next step to fully relax.



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Read the instruction on how to Relax Your Body, Relax Your Mind and Ground Yourself. After you feel familiar with the directions, close your eyes and practice the relaxation and grounding exercises before you begin making your board.

Relax Your Body

Sitting in a comfortable position, close your eyes and begin by tensing the muscles of your face, neck and shoulders. Inhale as you tighten and draw your muscles upwards towards the top of your head. Immediately follow with an exhalation as you release your face, neck and shoulders down. Pause at the end of your exhalation. Breathe deeply yet easily. Inhale and exhale evenly and continue to briefly pause after each exhalation. Move down your body in the same manner. Tightening and then releasing the muscles of your arms, mid-section and all the way to your legs, feet and toes. Feel your muscles melting and relaxing as you exhale. Alternating the tensing and releasing as many times as you need to, until you feel the weight of your body sinking into the chair and feel your feet flat on the floor.

Relax Your Mind

Once you feel supported by the chair and your entire body is relaxed, you may then begin to relax your mind. Continue to breath easily and evenly as you practice relaxing your mind and grounding yourself.

Imagine a suitcase in front of you. Lift the latch and open the case. Now imagine placing your fears, worries, concerns and thoughts inside. Take your time. This is an exercise is decluttering your mind. Do you see words or colors, images or photographs? Do you feel sensations in your body, or a change in temperature? If this doesn't come easily to you, just sit quietly and imagine that one day it will be easier and you will feel relief at taking the weight of worries off your shoulders and placing them into the suitcase. When you are ready, close and lock the latch. All your thoughts, fears and troubles are inside the suitcase. You are now free from worry, doubt and distracting thoughts. One day you may choose to address the contents of the suitcase. For now, know that they cannot hold power over you, you are free to create your vision board without them being in the way.

Ground Yourself

Sitting in a chair, feel your feet firmly planted beneath you. Become aware of the sides of your feet, your toes and heels, where they touch your shoes or the floor. Feel the balls and arches of your feet.

Imagine wherever you feel contact, that there are tiny tentacles reaching down all the way to the ground. Like a root system seeking water and nourishment from the earth beneath you. Feel for a moment what that would feel like to be floating but connected to the earth below.



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You can sense ease in movement, but also feel a strong connection, grounded to the earth. Like a lotus on the surface of a pond, it moves freely, but its root is connecting it to the earth.

The next visualization is to help clear your mind and prepare you for receiving messages of what you are attracted to when you begin picking images and words for your vision board. Read through the exercise pausing briefly to create the image in your mind, then continue all the way to the end before you begin assembling your vision board.

Clear Your Mind

Imagine you are walking amongst tall trees in the forest. Just as far as the roots of the tree reach down to the earth, the branches reach up to the sky. The path you are on is lined with these tall trees. As you walk through the forest, you notice all the plants and animals around you. (Pause)

The path takes you to a clearing where you see a field of flowers off in the distance. You are drawn to the flowers so you create a path to cut through the field. As you approach the flowers you see they are growing alongside a babbling brook. You see the beautiful flowers and grasses beside the brook. (Pause)

You notice the butterflies and bees and birds. You bend down to pick a flower, and then another, and soon you have a bouquet in your hands. You are ready to return home now so you leave the water, cross the field and make your way back to the forest path. The moist earth below your feet is soft and soothing. (Pause)

You bring your bouquet of flowers back to your home. You arrange them in a vase, cutting some of the stems, discarding some of the pieces that don't seem to fit into the container. You have a beautiful arrangement of flowers to brighten your room. (Pause)

The bouquet reminds you of the walk in the woods, and the clearing and the field. They remind you of how you were attracted to the flowers so that's what brought you close to the water's edge. You saw many beautiful flowers but did not choose to bring them all home. Only these flowers caught your eyes and made it back to your home. You love the way they make you feel when you look over at this beautiful bouquet. (Pause)

The visualization to clear your mind also serves as an example of how to get in touch with trusting your own inner guidance. There was a sense of trust that allowed you to follow your curiosity, that drew you towards the open field, which led you to the brook. You then felt compelled to choose a select few flowers, only the one's that appealed to you most and gather



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them up to bring back to your home. There is a part of you that has an opinion on your preferences and what inspires you. This is part of what makes you, uniquely you.

This is also an exercise in being open minded to listen to what moves you. This is a practice in making choices and creating something beautiful that pleases you. A vision board can be purely inspirational because it is beautiful to you, similar to a bouquet of flowers, or you can take it one step further and explore the meaning behind the images and words you have chosen. That's up to you!

You've prepared your space, your body and cleared your mind, so now you can take the next step and begin to gather images for your board.

Creating A Powerful Vision Board

When choosing images, quotes and the design of your board, you will use the part of you that just "knows" what you like.

Begin by flipping pages of magazines and books and when a picture or photo appeals to you, tear it out and place it beside you. There are no right or wrong pictures, just as there were no right or wrong flowers to pick. Follow your feelings and choose those that are most attractive to you. You may feel a sensation in your body, or actually hear the sound, "ohhhh" or "ahhhh" arising from your excitement when you come across an image or a word, a quote or a color. You may not immediately know why it makes you feel this way, that's okay, select them anyway. The collection of images is coming from your heart, your gut, not your head.

If you notice you are getting distracted by ads and magazine articles, pause and go back to your breath to center yourself again.

Once you've gathered a few pictures, words or quotes that pop out to you, freely assemble them on the paper or cork board. Just as you created the bouquet in the vase in your visualization, you may want to trim the images, or discard some that don't seem to fit now that you've gathered them all together. Arrange the images and words to your liking. Some people create a focal point in the center, while others overlap the pictures, with no space between. Some people use only words or quotes, or draw on their boards. It's entirely up to you!

I suggest you put the date on the board somewhere as you may find this helpful to reference later.



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Enlist Your Imagination

If you want to uncover what your vision board means to you on a deeper level you will want to get in touch with your playful joyful side. We need to enlist the help of your inner child and imagination.

Using the example of the visualization to clear your mind - take a moment to explore what was it that the path represented to you? Is this vision board about your career, health, a relationship or something else on your mind?

Now look at your board. What messages do you get when you look at the images, the colors, the words? What “calls” your attention? What do you feel when you look at your board?

You may want to “ask” the board a question. This is all in a playful spirit, exploring and inviting feelings and answers to arise. You may want to write down your observations, or weave together a story about what the images mean to you and what they are telling you.

You may want to pose questions such as if I achieved this dream, or image - what would it mean for me? For my family? Who would benefit? How would it impact on my life? What would I be able to do if I attained this? What do I love about this? What would I risk if I realize this vision? What does it feel like to have this (feeling, thing, person) in my life? What words or feelings come to mind?

Bring Your Board to Life

After my clients have created their boards using the exercises outlined in this guide, we take the next step to bring this information into their life in a practical manner.

We review their experience with the exercises and visualizations, listing possible areas to explore in greater depth. We look at the vision board together and I listen to the story they tell me about how it was created, what it means to them. Often this process is very revealing.

When a goal or desire has been identified, we consider possible avenues to pursue. We set intentions and design a path to reach their desired destination.

I urge you to consider making your own vision board and share your observations with me.

If you want support, encouragement and accountability to help you make the most of your vision board contact me to discuss the 3- part program I offer. I can guide you in making your vision board and realizing your desires by using these and other exercises designed just for you.