



Creating Your Vision Board

A vision board is a poster that you create that helps you to visualize your most deepest desires. It has been said that what you think about, you bring about. So open yourself up to the amazing opportunities that can be yours. Below are some tips to help you in creating your own vision board!

- ★ Setup clear, cut goals on when you want to meet your desires. For instance, "Take a cruise by April 2016" or "Buy a new family home by May 2020." Place no limitations on what you want to achieve and leave out the idea that a time-frame is too short.
- ★ Write your phrases down on paper and place them on your vision board, cut out pictures of images that help you visualize your desires and place them on your board, too. Anything that will help you visualize your goal as becoming true, place it on your vision board.
- ★ Place your board in a location that you will see everyday. When you suddenly find yourself looking at your board, visualize how you feel once you have met one of your goals, feel, think and be it. Live it in. Smell it, taste it.
- ★ Now, take action! Your desires will come to you; however, do put forth work into making your desires a reality. For instance, look for new houses. Look for new cars. Grow your business by taking determined actions. By taking action, you strengthen the connection.
- ★ As you work to make your desires become a reality, be aware that you must cultivate a sense of gratitude for where you are in your life. Thank yourself for your efforts, praise the car that you have, praise the place where you live. Desires arise from a happy and fulfilled spirit.