



FOCUS: THE VISION BOARD

The definition of a vision board is: “A poster board on which you paste a collage of images from magazines or the internet.”

It is an exciting, way to GET FOCUS and manifest your Wishes, Dreams and Goals.

You get fantastic results that will amaze and delight you.

Other names for Vision Board:

- Treasure Map
- Creative Collage
- Image Bank
- Dream Board



VALUE

The subconscious loves and is easily imprinted with images that are

- Colorful
- Playful
- Creative

YOUR KIT

- Glue stick
- Scissors
- Pens, markers, crayons, stickers
- Magazines
- An open mind



A SACRED RITUAL

Consider the time you spend creating your Vision Board a SACRED RITUAL.

Be clear at the start about your Top 10, Top 5 and Golden Goal.

Set aside sufficient undisturbed time (switch off phones).

I suggest half a day to a whole day.

3 TOP TIPS

- Do it alone – or with a group of like-minded friends.
- Light a candle. Do a space and energy clearing. Intend you will be guided by what is highest and best.
- Play music that will take you into a relaxed, creative state of mind.

WHAT TO PUT ON THE VISION BOARD

- Specific **items you dream of owning** (a boat, a laptop, a new iphone)
- **Feelings** you aspire to – tranquillity (flowing river or beautiful forest); creative energy (waterfall); stress free (lady in a hammock)
- **Qualities** you want to develop (speaking confidence: a speaker on a stage)
- **Travel destinations** (Eiffel Tower, Greek island)
- **Your Golden Goal** – be it write a book, meet your soul mate, lose weight.
Find images and words to show the goal achieved and how you will feel.

GENERAL – OR SPECIFIC?

In answer to the question – *Should I have one Vision Board that combines my Work and Personal life*

...the answer is:

It depends.

I usually have one combined Life/Work General Board for the coming year **and**

A **Golden Goal Board** where I explore all dimensions of my Golden Goal.



INCLUDE A PICTURE OF YOU

Be sure to include a picture of yourself so your subconscious can picture you inside of those experiences. This makes it easier for your subconscious to know exactly what you want and helps it to get to work faster.



CLONE YOUR VISION BOARD

Take pictures of your Vision Board with your smart phone or camera and clone the power of one board into ...

A screensaver for your computer

The home screen for your tablet or smartphone

The wall above your bed

The wall in your office

The cover of your Journal

Two More Ways to Create it

There are two creative and equally powerful ways to manifest with this method:

The Vision Book

The Vision Box



A VISION BOOK



DREAM BOX



<http://www.unfoldingyourlifevision.com/dream-box> by JENNIFER LEE

WORDS

When you add positive empowering WORDS and Affirmations, these become like manifestation mantras.

See how Rebecca Bitzer did it here at www.empoweredeatingblog.com Her Vision Board contains words like DANCE, GLOW and ENERGIZE YOUR LIFE



END IT BY SAYING

I manifest this goal for my highest good – and all those connected with it – and for the highest and best for the planet.

I manifest this – or something better – in Divine Right Timing

LET IT GO

Focus on creating and enjoying it – **then release and let go.**

- Imagine putting it in a pink balloon marked DONE or GRATEFUL and sending it forth into the Universe.
- Imagine committing it to a team of ANGELS or the Universe to action it with what Deepak Chopra calls Synchro-Destiny.



Why Release it?

Because it sends a message to yourself and the Universe that it is already done activating trust and a belief in Diving Right Timing.

You frequently hear successful Vision Board stories of people like John Assaraf in *The Secret* who forgot all about a picture on his Vision Board... until one day, unpacking a box while moving house he found his Vision Board with the exact same picture of the new house he was moving into.

CONCLUSION

In this lesson you learned how to FOCUS your Dreams and GOALS with:

- A Vision Board
- A Vision Book
- A Vision Box

How to TRUST and let it go.

But also to clone it and keep it visible daily being grateful and aligned (in the vortex) with the feelings of joy, abundance and well being you know you ARE already, within.

Next you will learn an adaptation of the VISION BOARD called the INTENTION MANDALA – I look forward to hearing which you choose as your best way to manifest your goals pictorially.