VISION BOARD DOER

"One cannot achieve lofty goals alone"

Now that you've completed your Purpose Pinpointer, Intention Setter and Self-Belief Assessor AND your Identity Shifter, you're in a good place to solidify your goals and aspirations. A powerful step toward achieving your goals is to keep them top of mind, so you're always looking for ways to move yourself closer to them. A vision board is the perfect tool to help you do that.

Just to be thorough, a vision board refers to a board of any sort used as a visualization tool to build a collage of words and pictures that represent your goals and dreams. These images can symbolize the experiences, feelings, and possessions you want to attract into your life.

Visualization activates the creative powers of your subconscious mind and programs your brain to notice available resources that were always there but escaped your notice. When applied to the principles of the Law of Attraction, visualization also magnetizes and attracts you to the people, resources, and opportunities you need to achieve your goal.

By adding a visualization practice to your daily routine, you will naturally become more motivated to achieve your goals. You'll begin to notice you are unexpectedly doing things that move you closer to your ideal life.

Also, try keeping your vision board on the nightstand next to your bed. 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.

This can be especially powerful because 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.

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ACTIVITY 1 – PLAN YOUR VISION BOARD (TIME: 30-45 MIN)

Creating a vision board is a powerful representation of your self-reflection in figuring out what's most important to you for your life direction. It's good to strike a balance between short-term change for the next year and long-term change to keep your big goals front and center. Some examples to consider:

- **Romantic relationships**: finding someone, strengthening or advancing (e.g., marriage)
- **Career pursuits:** finding a job you truly love, getting a promotion, or making a difference
- **Life skills:** improving the skills you have, learning new skills, or getting certified
- **Home:** buying a house, renovation, home repairs, or finding a dream house
- **Finances:** becoming debt-free, saving a certain amount, or investing

ACTIVITY 2 – CREATE YOUR VISION BOARD (TIME: 1-2 HOURS)

Traditional vision boards are made by gluing cutout images and texts from magazines and other printed media onto a poster, cork board, or any other sturdy backing. It can be more potent to make the effort to do it this way. However, this may not be practical. The good news is that digital vision boards are very easy and accessible to do. There are no shortage of online services and apps to help you create your vision board. These services also enable you to access your vision easily and often.

Choose vivid imagery to catch your eye and evoke feelings that align with your aspirations. Feel free to incorporate affirmations, inspirational words, quotations, and thoughts. Choose words and images that inspire you and make you feel good.

Once you have a working vision board, the whole point is to keep it front and center, especially for on your nightstand, home office and in your line of sight where you spend most of your time. Use an image of it for your phone home screen and on your computer.

Make the effort to dedicate a few minutes a day, especially just before bed, to help you internalize your desires and motivate inspired your actions. In true form to visualization, you'll want to see yourself there and experience the feelings that go with it. Allow those feeling to transcend into belief and be authentically grateful for achieving the future life you've designed for yourself.

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