

What is a Vision Board?

A vision board is a collection of images and notes attached to a board and placed somewhere that you can see it every day. At its core, it is a visual representation of all the things you want to do, want to be, and have in your life. It's something you can look at every single day to remind you of your deepest desires.



And it's powerful. Why? Because ATTENTION is powerful, and where your attention goes, your energy flows. The idea behind this is that when you surround yourself with images of who you want to become, what you want to have, and where you want to live, or where you want to vacation, your life changes to match those images and those desires. Don't you want your attention focused on the things that you want to attract into your life?

Why should I make one?

Essentially, a vision board is going to help you answer three questions:

1. If money and fear were not factors, what would you do, be, and have?
2. What beliefs or things would you have to let go of to create this in your life?
3. What would you have to believe in order to be, do, and have these things?

These are big questions! But if you're ready to answer them, this is exactly what a vision board will help you to discover! It will help direct your attention and intentions to the things you want to do, be and have. It will add clarity to your desires, and feeling to your visions.

How do you make a Vision Board?

1. Just let yourself have lots of fun looking through magazines and cutting out pictures, words, or headlines that mean something to you. Make a big pile. No gluing yet!
2. Go through the images and begin to lay your favorites onto the board.
3. Glue everything onto the board. Write powerful words with markers.
4. Leave space in the very center of the vision board for a smiling, radiant picture of YOU!
5. Hang your vision board in a place where you will see it often.

Begin attracting the life you want in all areas of your life: health, business, spirituality, relationships, income, or something else. Are you excited? Grab your supplies and create your vision board!

