



Dream Building

“There’s a power flowing into your consciousness, and with it, you build the image of what you desire. When you make a decision, you flip your brain onto a different frequency, and you will begin to attract whatever is on that frequency. Use your imagination to create mental movies of your desired goal.” – Bob Proctor

Dream building is a powerful concept in the realm of manifestation, visualization, vision boards, the law of attraction, and vision casting. I created a [mini workshop](#) on this topic and if you use the code vision2021 you’ll get \$10 off!

Even better, if you purchase [The Truth About Success book](#) collaboration (25 women authors from around the world share their powerful life lessons about success), you’ll be able to get into a free Facebook group with all the authors and the mini-workshop is in there, for free! So the only cost to you is the book. 😊

Dream building is not JUST about vision boards yet these are helpful visual representations of the goals that you choose to set for yourself and your life. Pictures that you can see every day, consistently, to allow the ideas settle nicely into your subconscious.

It’s kind of a “bucket list” but one that you put into pictures, and that will start to HAPPEN once you are thinking about it constantly!

Think about what goals you want to set for your:

- Health & Wellness
- Career
- Relationships
- Love Life
- Hobbies/Free Time (if you feel you don’t have free time, maybe this would be a great goal to have!)
- Knowledge Level (Learning)
- Personal Values

VISION BOARD / DREAM BOARD SUPPLIES:

- **Large piece of bristol board paper** (from an art supply store or craft section).
- Ask your friends/family/co-workers to bring you a huge **stack of magazines**. You can use words from advertisements as well as pictures so even if the magazines aren't your interest, you'll still likely find images to use.
- **Markers, glitter pens**
- **Glue stick**. Don't get the wet liquid glue because it makes magazine pages get soaked and wrinkled. Use a "solid" stick.
- Think of **several large goals and several smaller** goals you would LOVE to have happen. Don't worry about the "how" – just decide what you would like.
- **Have a look online** at images to see if any would be suitable to print for your board. You can also search for "vision boards" or "dream boards" to get examples if you need help figuring out what the end result might look like.
- Other things that can **dress up your board** are pieces of material, ribbons, stickers, etc. This is basically a **big, one-page scrap book** that you are displaying your goals on – your future achievements!
- **Display it!** Put the board up on a wall, or up on a shelf where you'll see it every day. Some people also like to take a picture of it and use it as a screen saver for their laptop or phone.