

8 STEPS TO CREATING A VISION BOARD

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STEP 1: FLIP	STEP 5: DECORATE
Flip through magazines and cut	When you're done pasting all the
the images from them. You can also	images on your board, add some
print images from your computer	decorative touches. Words, Glitter,
Make a big pile of the images & words.	washi tape, gel pens. THIS IS SO FUN!
STEP 2: SORT	STEP 6: ADD YOU
Sorting is all about your intuition.	Paste a photo of yourself that you
Your intuition is a powerful guide	LOVE! Find a fantastic photo of yourself
Trust yourself and ask yourself, "is this	looking radiant and happy.
really what I want?" It's gotta feel good	This is how you are claiming your dreams
STEP 3: ARRANGE	STEP 7: DISPLAY
Lay the pictures on your poster board	Hang your Vision Board where you
I've witnessed so many imaginative	can see it. This is truly like a form of
and creative ways over the years.	Hypnosis. What we focus on, we find!
The options are endless!	Be proud of it , feel good, and believe.
STEP 4: PASTE	STEP 8: ACT
After you've arranged all the items in the	Action is paramount! Taking
way that works for you, paste everything	conscious action in your daily life is
onto the board. Take your time doing	the key component of this process.
this. Mod Podge is what I like to use.	Doors will open when you brielieve!

MY VISION BOARD

GET CLEAR ON WHAT YOU WANT!

PHYSICAL	INTELECTUAL
EMOTIONAL	SPIRITUAL
FINANCIAL	OCCUPATIONAL
ENVIROMENTAL	SOCIAL