

I'm Here to help...

I don't take it lightly when someone like you chooses to allow me to be a part of your commitment to take your life and business to the next level.

This guide is inspired by the many many questions I've received over the years.

In this step-by-step e-book you're finally going to learn how to create an effective vision board and manifest your desires.

I've used the techniques in this guide myself, but more importantly hundreds of entrepreneurs have downloaded this guide to learn how to strengthen their mindset and manifest their dreams.

This guide will help you:

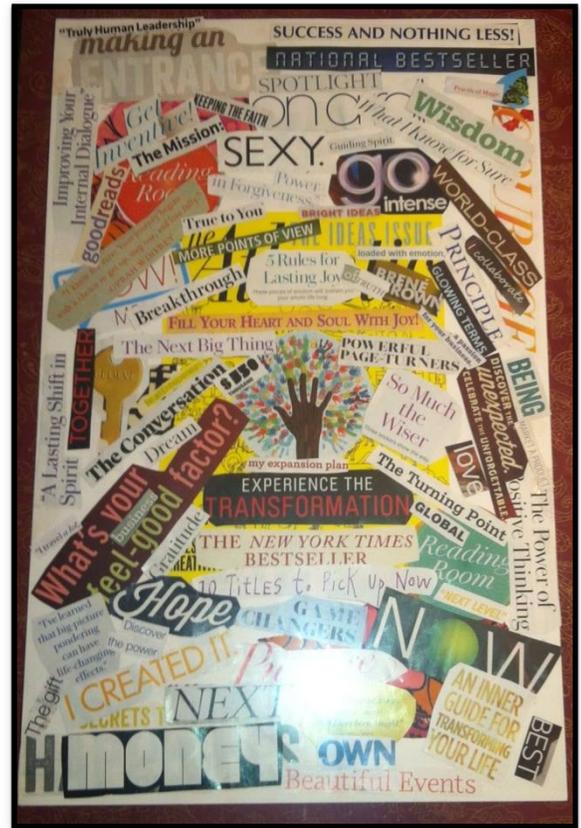
1. Clarify - what you desire
2. Identify - a method to help you become skilled in manifestation
3. Execute - take action to create and receive what you desire

What I know for sure is this, if you follow the steps in this guide, your life will never be the same.

Please shoot me an email at motivationmama@gmail.com and let me know how your life is transforming and how I can further support you in the evolution of your BIG dream.

your sister in unlimited possibility,

Denise JOY!



My full 2015 vision board.

How to Get Started

1. Read the entire guide. Highlight info that resonate with you and take notes.
2. Before you start creating your Vision Board, flip DOWN and complete pages 15-17. <— **VERY IMPORTANT!**

WHAT IS A VISION BOARD?

So what is a vision board? Basically, it's a collage like project that you fill with images, words and statements that reflect the kind of energy, growth and development you want to be dominant in your life.

Everyone is visioning things in their daily lives. When you use a vision board you're simply creating something tangible that reinforces the positive thoughts and future-oriented ideas you hold in your mind as you invite more of that energy into your environment.

The picture to the right is a section of a vision board I created several years ago. The primary focus of the board was on health, wellness and positive mindset.

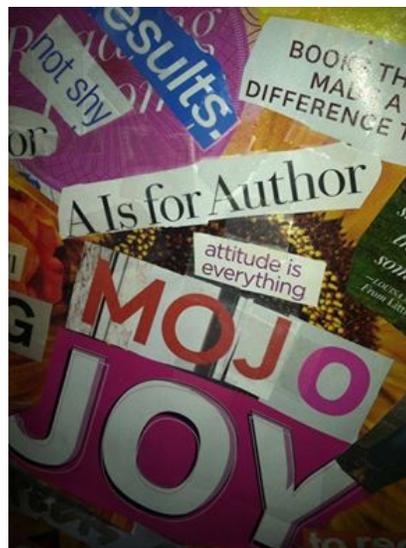
My last two vision boards focused on different things. One was focused on the house I wanted to purchase (which I now live in) and the other was for my personal life. I'm really pleased with how they turned out. When I focus on them the energy emanating from the boards makes me feel certain, supported, assured and excited!

DOES IT WORK?

Many ask, does a Vision Board work. In my experience and for many of the women who've participated in my vision board workshops, we would have to say yes.

The reason why a vision board can help you achieve your dreams and manifest your desires is because the board is merely a reflection of the thoughts you hold around something you desire to come into fruition in our lives. The board becomes a visual reminder resonating the energy of what you desire. For example, I desired a new home and a healthier life and that's exactly what I manifested.

Using a vision board can help you to clarify, focus on and achieve your goals.



Section of my 2014 vision board

ARE THERE DIFFERENT KINDS OF VISION BOARDS?

Glad you asked! Yes there are...

Crystal Clear

This board is used when you are very clear about what you want for your future. You'll look for exact images and words. For example: you envision yourself going to Paris within one year. You'll want an image that reflects Paris and perhaps the word or number 1, etc. This board may not need very much editing over the months because your goal is crystal clear.



Section of my 2011 vision board for my next home purchase. Example of a Crystal Clear Vision Board. I had just moved into my new condo and I hung up this vision board for my next home purchase. My son exasperatedly said, "Mom, we just moved into this house!" Well, in June 2017 I purchased my next house, a 1925 bungalow that I remodeled with home improvement and cozy-ness at its core!

In flux

This board is used when you aren't sure what you want or you're not sure where you should go or what you should be doing. You'll be looking for images and words that speak to you in terms of fine tuning your direction. This kind of board requires repeated editing over several months. As you get clearer, you will settle into a Crystal Clear Vision Board.

DIFFERENT KINDS OF VISION BOARDS

Themed

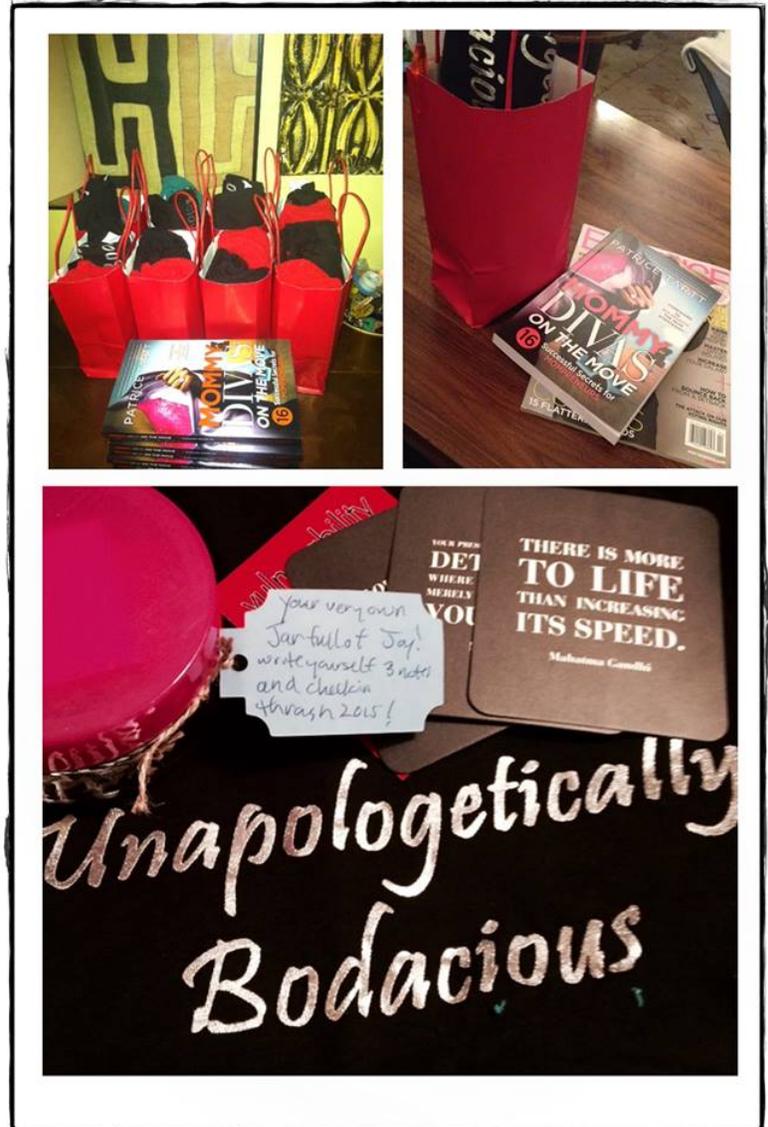
Use this style of board if you're working on a single area of your life or maybe it's for your birthday or some other event. You may want to manifest something specific by your birthday. You could include the age you'll be and words that reflect what you want to achieve by your birthday or what you want for the event to be a success (on your own terms).

What Categories Should you Use?

You should give careful consideration to several areas of your life that you may want to focus on either singularly or as a whole:

- Purpose or Mission
- Service
- Finances
- Spirit/Faith
- Health
- Relationship,
- Career
- Business
- Mindset

You can design your board to include one or several of the selected categories.



2015 Vision board party gift bags

WHAT'S THE POINT of CREATING a VISION BOARD?

A vision board is all about the transformative power of using specific images and words to increase the energy field that will reflect what you want and desire for your life. Since your board will create a magnetic energy field you will begin to attract more of that energy. You will attract the right people and other resources you need to manifest your desires.

Using a vision board can help you to clarify, focus on and achieve your goals.

I have my vision board hanging in my bedroom. I also use this technique with my coaching and clients to help them to strengthen their mindset and increase their motivation and creativity.

A vision board is another tool that reflects the principles of the Law of Attraction. The board serves as a demonstration of how using the power of declaring an intention will support you as you manifest your dreams.

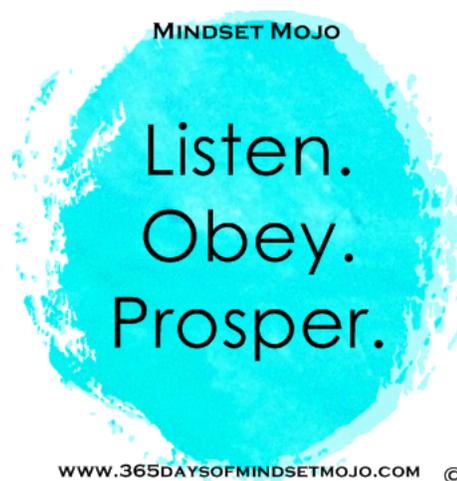
WHAT A VISION BOARD IS NOT

It's not magic. A vision board works in conjunction with the principles of the law of attraction which also is not magic.

LAW OF ATTRACTION - You are your point of attraction. Where you are vibration-ally, reflects what you are able to receive. Your job is to get into alignment with what you desire. You must develop a method and adopt a pattern to consistently think the thoughts that will give you the connection you desire before you can attract what you want to manifest. This is the core principle of the Law of Attraction.

The most important work we can do is to get our mindset focused in the positive direction that will support our goals combined with our belief and faith in what is possible. Once this occurs this ideology will be firmly planted in our subconscious mind which is filled with power.

While this new mindset is evolving, we must simultaneously get into inspired action to do our part in helping to bring into fruition whatever it is we desire. Inspired action stems from our intuition and awareness of the "next" right thing to do. Be willing to listen to and trust your intuition.



HOW TO CREATE AN EFFECTIVE VISION BOARD

Organize – Start to arrange the images and words on the board in a way that feels good to you. Play around with things, moving them around until the layout feels right. Have fun creating the energy that will reflect the vision for your life.

Depending upon the kind of board you're creating you might organize the board by categories. For example, you might design the placement of your categories like below:



You're going to place images and words that reflect your goals for health in the left corner and your finances in the right corner and so on. You can also write words or quotes on your board so you may want to leave some white space.

At the center of the board you can place a picture of you at your best or you could put a word in the center that has a powerful resonance that sums up what your board is all about.

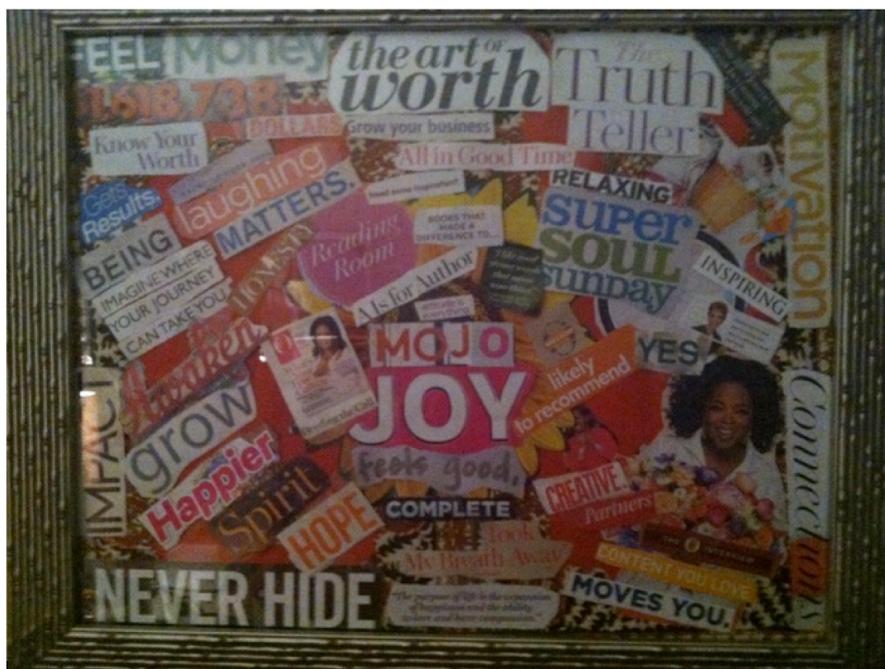
If your vision board is a theme board, meaning it's dedicated to career or some other category, than you don't need to arrange it by category.

HOW TO CREATE AN EFFECTIVE VISION BOARD

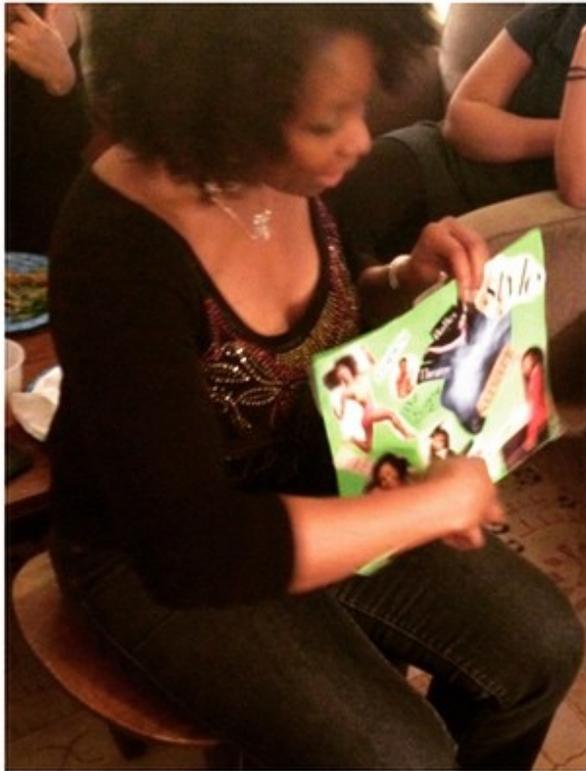
Apply – Now you're going to glue or tape the images to your board. I encourage you to not stress over this part. Allow yourself to be fluid in how you place the images on your board.

You can trust your instinct and put words near each other that feel like they have a relationship or relevancy. Once you are finished you're going to be amazed at how your board is flowing and how the images are working together effortlessly.

Hang it up – Hang your vision board in a location where you'll see it every day. Great spots are: bedroom wall, back of bedroom door, in your home office, family room, etc.



In the past I've hung up to three different vision boards. For example, I hung one focused on mindset and relationships in my bedroom and one that I created to support my next home purchase hung in the foyer of my current home. I loved seeing it there when I would leave or come in my house. I used it often to stay supported in what I desired and after 6 years I purchased my next "forever" home!



Providing feedback to participants at one of my Vision Board workshops

BONUS

TECHNIQUES TO EFFECTIVELY ENGAGE WITH YOUR VISION BOARD

How to Use a Vision Board Rant to Raise your Vibration

One of my most favorite ways to raise my vibration is to do a Vision Board Rant. I like to do it in the morning after I meditate, but you can do it at any time of the day. Usually, the word rant has a not so positive connotation, but we're going to use it in a very positive way. Here's the meaning we're going after:

- Rant means - to speak in a wild or impassioned manner!

Vibrate so high
that toxic people
in your life fall back,
because they no longer
know how to approach you

7 Steps to Activate a Vision Board Rant

1. Stand in front of your vision board and look at each word on your board.
2. Spend a few seconds reflecting on what each word means as it relates to why you have it on your board.
3. Next, you're going to say each word on your board and put "I am" in front of each word. For example, if you have the word health on your board, you're going to say "I am health."
4. If you have phrases on your board like "eating foods that are good for you," you're going to say that out loud as "I am eating foods that are good for me."
5. If you have places or material items on your board you'll phrase that as something like "I love my time in Paris." or "My new home is comfy cozy and a gathering place for my family and friends."
6. So, make your way around your vision board speaking aloud and affirming everything you've declared more of in your Life.
7. Connect to the feeling of enjoying the truth that your board reflects and being affirmed, supported and encouraged.

Once you finish, this technique will significantly raise your vibration. You might find yourself smiling, weeping or shouting. One might even say, you're going to be on a natural high! Let me know how it goes!

BONUS

TECHNIQUES TO EFFECTIVELY ENGAGE WITH YOUR VISION BOARD

The F.O.C.U.S. Technique

If you need to raise your vibration and strengthen your mindset, use this technique I created: **F.O.C.U.S.** which stands for:

- **Focal Point**
- **On**
- **Continuous**
- **Uninterrupted**
- **Seeing & Feeling**

You're going to use the technique with your vision board. First, look at your vision board and the very first word, image or phrase you see, you're going to close your eyes and you're going to implement F.O.C.U.S. (say the actual words above to yourself a few times because this is the road map to true focusing).

Now, visualize you being and experiencing the essence of the word/image or phrase that you saw on your vision board.

Next, (still with your eyes closed) you're going to speak out loud all of the associated words that come to mind that reflect how you'll feel and what you'll be doing as the word/image or phrase is manifested in your life.

For example, if the word "Author" is the word you see, you'll close your eyes and F.O.C.U.S. on it. Then you might say words out loud like "writer, published, serving, joy, peace, laughter, words, paper, comfortable, flow, etc." Okay, I now you get my drift!

Please let me know how using the up-leveled technique of F.O.C.U.S. helped you raise your vibration and strengthened your mindset for manifesting your heart's desire!

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The Process



Reflect and Prep!

In your journal or a notebook, answer the following questions to get clear about your manifestation and goal accomplishments for this current year:

1. Have you attained 80% of the goals you established for this year?
2. If you're an entrepreneur, have you delivered service of the best possible quality of which you're capable, or could you have improved your efforts?
3. Have you conducted yourself from a creative mindset or a competitive one?
4. Have you permitted the habit of procrastination to decrease your efficiency, and if so, to what extent?
5. Have you honestly put forth 100% effort to achieve your goals? If not, why not?

What was your vision statement for the coming year?

What steps did you take to implement your vision?

What kinds of things got in the way of you implementing your vision?

Write down your vision statement for your life in the coming year.

(Put your statement on your vision board. If it's long, put it on the back.)

For additional accountability and support, **share your vision statement** on my facebook page <http://www.facebook.com/dailymindsetmojo>

Celebrate your Growth & Envision your Future!

Personal Goals

In each of the key life areas below, jot down what you accomplished/manifested in the previous year and beneath that write down what you'd like to manifest in the coming year.

Job/Career/Business

What do you want for your job or career? Do you want to change careers? Do you need training, purchase books to increase your knowledge or hire a coach?

Current year _____

Coming year _____

Health & fitness

Do you want to run a marathon? Get into shape by taking different kinds of classes like belly dance, salsa or tai chi or yoga? Do you want to lower your cholesterol or stop taking insulin?

Current year _____

Coming year _____

Finances

Do you want to increase or stabilize your finances? Perhaps, increase your savings or save up for something specific? Perhaps, join a finance club maybe.

Current year _____

Coming year _____

Personal Goals Continued

Fun, leisure, Recreation

What do you want to do that's new or something you truly love or might really enjoy? Like cooking class, art class, take a vacation, take trips, read books, take classes for fun and not fitness or start a book club!

Current year _____

Coming year _____

Relationships

What quality do you want to strengthen in one or more of your relationships?

Current year _____

Coming year _____

Spiritual/Faith

What do you want/need to do to strengthen your spirituality and your faith walk?

Current year _____

Coming year _____

Contribution

What/where do you want to give and be of service? What kind of mark do you want to leave on the world?

Current year _____

Coming year _____

Thank you again for trusting me to help you evolve your BIG dream! The best investment anyone of us can make is an investment in our own growth and development.

Hey, let's stay in touch!

Please let me know how your life is transforming and how I can continue to be of service to you:

Email - motivationmama@gmail.com

Facebook - <http://www.facebook.com/dailymindsetmojo>

Instagram - <http://www.instagram.com/dailymindsetmojo>

Twitter - <http://www.twitter.com/denisejhart>

Blog - <http://www.dailymindsetmojo.com>



Let's work together

If you'd like me to facilitate a vision board workshop for you and your community please reach out. I love to work with live groups. Or, if virtual is best, we can make that happen too!

Or, if you'd like to learn more about how I can help you cultivate your unique voice in a noisy marketplace and increase credibility and cash flow shoot me an email at motivationmama@gmail.com. I have very reasonable rates!

Remember, life is precious. Do your happy dance. Enjoy it to the fullest!

your sister in in truth, love and unlimited possibility,

Denise Joy

Creator of Daily Mindset Mojo - tools to help you reach your highest potential!