

How to create Your Vision Board 2022

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What is a VISION BOARD ?

A Vision Board is an actual picture of your desired reality. A “treasure map” which best helps you to visualize the life that you want to manifest. It is a visual representation of your ideal life.

Creating a vision board is one of the most valuable visualization tools available to you.

Our minds respond strongly to visual stimulation, so by representing your goals with pictures and images, you will actually strengthen and stimulate your emotions. It is a tangible representation of where you’re going.





How does human *BRAIN* work ?

SUBCONSCIOUS MIND CREATES 95% OF YOUR REALITY
YOUR CONSCIOUS MIND CREATES 5% OF YOUR LIFE

Your brain does not know if your thoughts and emotions are happening in the reality or in your imagination.

It reacts to it same and looks for the evidence.

LEMON - exercise

LEFT SIDE OF YOUR BRAIN IS A CRITIC DESIGNED TO KEEP YOU AWAY FROM TROUBLE

RIGHT SIDE OF YOUR BRAIN ACTIVATES WHEN YOU ARE USING YOUR IMAGINATION - which makes us creative, filled with possibility.

Your brain releases serotonin and oxytocin when you dream, draw and craft your vision board.

So you feel HAPPY, CAPABLE, CREATIVE :)

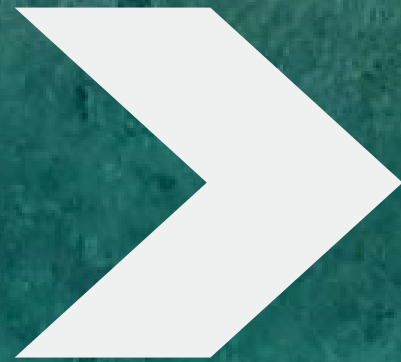
VISION BOARD -
trigger/inspiration board for
you to help you to visualise
your future.
And for your brain to be
looking for the evidence
how to get there...

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*To Manifest - to make
something happen.*

BEING



DOING



HAVING

Create your Vision Board

Step 1 - Good Mindset

TEST :You are going to put number of images on your board – each will come true in your life – do you believe it?

YES – that's the right mindset 😊
Let's start!

NO – lets practice gratitude, meditation, dreaming, watch a magical movie, search for inspiration



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Create your Vision Board

Step 2 - Set Your Goals

MAKE A LIST OF YOUR GOALS

Use your life board and specify your goals for each area of your life:

- WORK & CAREER
- PERSONAL GROWTH /DEVELOPMENT
- ROMANTIC RELATIONSHIPS
- FAMILY & FRIENDS
- HEALTH & FITNESS
- MONEY & FINANCE
- HOME & ENVIRONMENT
- FUN & JOY

BE SPECIFIC & AND CHECK IF THEY ALIGN WITH YOUR VALUES



Create Your Vision Board

Step 3 - find images and words

Use google, pinterest, instagram, magazines etc to find images which represent your goals and vision.

Be SPECIFIC

Pay attention to what brings out your emotions

Choose what represents You and Your Dreams

Find or write down Statements/ Affirmations and Words

Use symbols with a deep meaning to you

Be inspired and be You



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Step 4 - Assembly Your Vision Board

Organise your images in a tidy and clear for your brain way.
Stick/pin in on ... and Taaaa Daaaa board is ready :)



Create Your Vision Board

Step 5 - How to use it?

Make it visible

Make sure you look at your vision board daily. Use it to trigger your brain and as well inspire your visualisation and the good feeling.

Practice Gratitude

Be grateful for what you already have so The Universe knows you are ready to receive more.

Take Action

Take the inspired action towards your goals daily, even if small those steps will get you closer to your dream life.



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