

# **Manifestation Party**

## **Vision Boarding**

**With Rebbetzin Tibora**

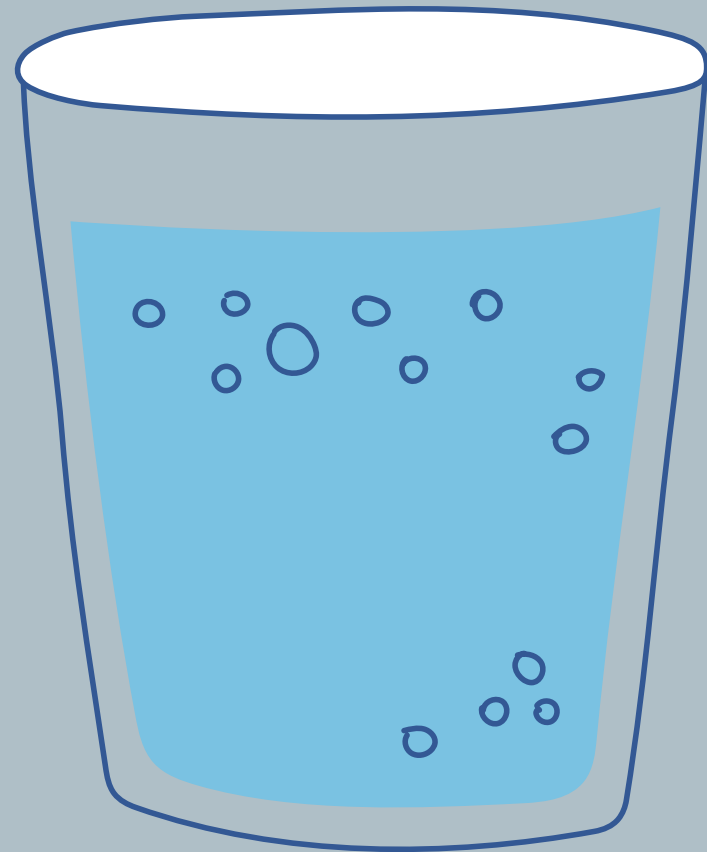


**A vision board consist of Simple words. They are really important when your goal setting because they provide you with a daily visual reminder of your dreams and goals even when you're faced with setbacks or inevitable adversities, that vision board will still be there ready to motivate you and get you back on track**

# Setting the Mood

Have An Open Mind

Ground yourself into a place of gratitude and positive vibes.,



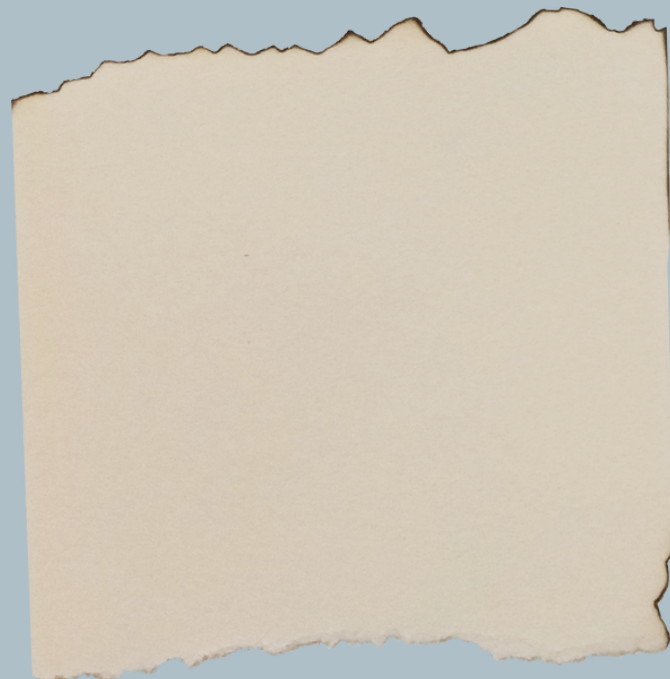
**Start by clearing your headspace**

**Hydrate yourself with water.**

**Meditate for a few moments on what it is that you would like to  
manifest this full moon.**

**Raise the vibration with sound or smudge.**

**You'll need your paper and pen so that you can gather your thoughts  
afterward.**



**Focus on 4 aspects that you would like to improve this month.**

*Financial*

*Health*

*Relationship*

*Self-Care*

#5 Bonus: Education

## **Start your Vision Board**

**Start by writing out 5 goals in each group in present tense as if is already come to pass.**

**Ex.**

**I have accomplished making \_\_\_\_\_ this month.**

**I have walked \_\_\_\_\_ miles a day.**

**Close your eyes and visualize each goal. What does that feel like for you?**

**When you've completed writing your goals, then write down three success practices or behaviors that will allow your goals to become part of your life and daily routine.**

**Ex. I put on my walking sneakers at \_\_\_ o'clock every morning.**

**I have read \_\_\_ pages of books pertaining to my new financial or education goal.**

**When you've finished, read them to yourself quietly and feel the way you feel in those moments you've accomplished your goals.**

**Watch your manifestations come !**

**Place your vision board somewhere  
you can see it as soon as you wake up  
and as soon as you lay down.**

**Read it everyday!**

**Make copies if you have to.**

**Take action to the success practices.**



**Happy Wo-Manifestation!**  
**From Rebbitzen Tibora Zer-Garland**  
**&**  
**Tora V'Ahava of Florida Family**

