

*Welcome --*

## To My Intentions Folio

Do you have a vision board?

Do you have more than one?

I had two. They were huge sheets of posterboard, covered with words and images clipped from magazines. I even stapled small clusters of artificial flowers and scraps of material from dresses to the boards. It was a way of visualizing the things I'm already dreaming of owning, being, having, and doing. It's the new, old thing to do. Even the motivational gurus who wrote their material decades ago suggested creating a montage of pictures depicting what one's life should be like. It's one of the many steps to manifesting wealth, happiness, power, love, and dozens of other life changes that humans seek every day.



The concept is old, handed down over a century or more, with new labels added by each generation that 'discovers' the law of attraction. My vision board, however, needed a make-over.

After reading several books and listening to the audio versions of a few, I realized that the word 'vision' is tired. It brings to mind images of mystics in dark rooms, hovering over smoke-filled orbs and moaning in spiritual ecstasy. This is a fast-paced world of computers and automation. My news comes from my phone. My mini-computer (aka tablet) tells me jokes when I'm bored. I don't need vague visions of what my life should be, pasted onto a bulky sheet of stiff paper: I need a compact and organized reminder, one that fits in my backpack with my laptop and has the ability to expand or contract as needed.

**I need an Intentions Folio.**

One of the audiobooks I've listened to suggests replacing 'affirmations' with 'intention statements.' An affirmation is weak and usually not real, however much we may want it to be true.

"I am happily driving down Santa Monica Boulevard in my new luxury sports car, on my way to my job as head of a major company" is clearly a lie when I'm actually riding the MTS Rapid 150 downtown to put in an eight hour shift as a cashier. (Don't knock it: It's my day job and keeps a roof over my head.)

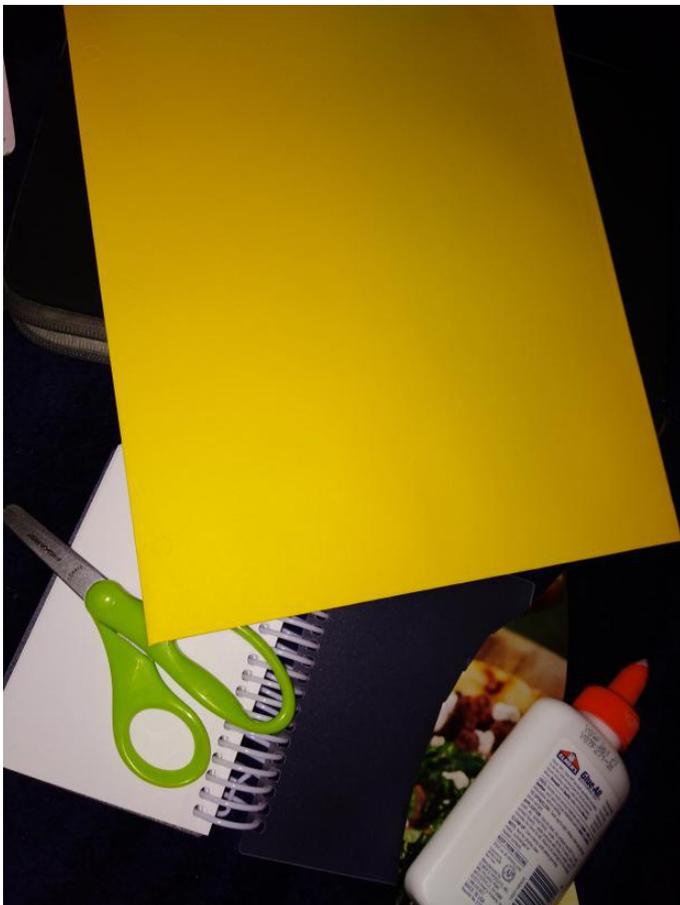
The point is: My head and my heart know that this is a lie. The law of attraction doesn't work if one doesn't believe in the affirmation. By practising affirmations in the 'old' way I wasted valuable time.

**Intention Statements** are my new thing, and I'm using them on my new vision board.... make that **Intentions Folio**.

I am constantly moving, riding buses to work and to gather material for my writing projects, running errands, and spending quality time at the gym and with my ballroom dance instructor. I decided to create a file of images that I

can take with me, one that is flexible enough for me to add and subtract images as my needs change. Per the instructions of one self help guru I decided to make two or three folios, one for each area of my life in which I intend to manifest changes.

I bought two pocket folders, the light weight cardboard kind that students use for school projects. I also bought glue, markers and a magazine. On the front of one folder I glued a picture of a door that I cut from the magazine.





Above the door I wrote  
“Welcome.” Below the  
door I wrote “Home.”

When I open the ‘door’, I  
see samples of the things  
that will fill my future  
home.



When I open the  
folder, this is  
what I see:

An open and  
inviting living  
area - a place to  
relax and unwind  
after a day’s  
work.

A cozy dining table  
and chairs - a place  
to eat healthy  
meals and to enjoy  
an occasional snack  
based on the  
healthy food  
choices I will make.





Soft, comfortable, and stylish clothing - I have simple but good taste and know what I like.

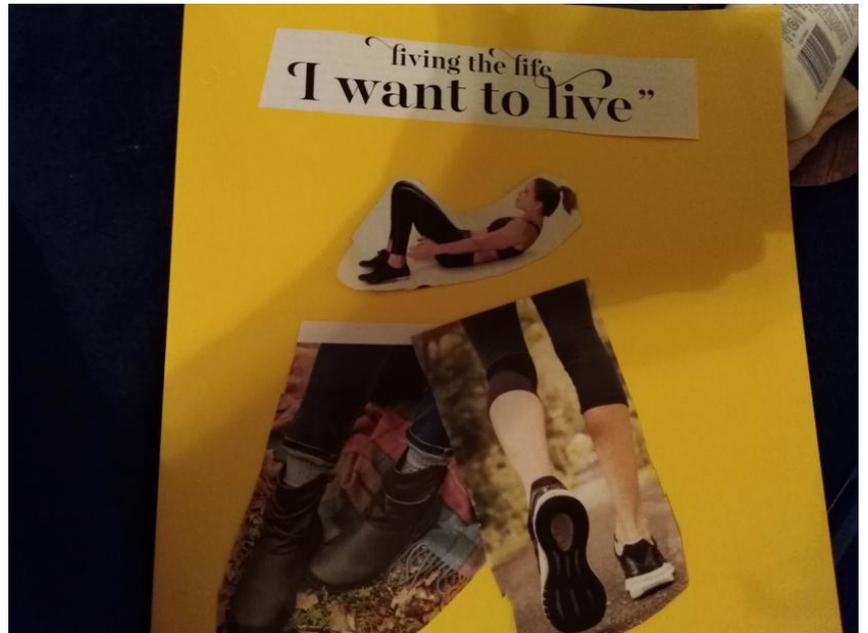
Pumpkins, decorated to fit in the interior of a home.

I've always loved decorating for the seasons, and fall has always been my favorite time. I looking forward to decorating my home in fall colors, and in spring colors, and for other times as well.



There are blank areas as well as pockets to store more images. My Intentions Folio is ready for my vision to expand as my confidence grows.

The second folder is blank, but it is filling with pictures of what I see as a healthy lifestyle. Images of running, walking along a leaf-covered path in the fall and many other pictures cascade from the folio pockets. I may add my visions of competitive ballroom dancing to this one, because I believe with all of my heart that dance is a way to create and maintain a healthy lifestyle. Dance may take up a separate folder. I haven't made a decision, yet.



There will be a third folder as well, filled with my dreams of becoming an established author.

I'm excited about these folders. They are small, lightweight, flexible, and I can take them with me when I move into the home in folder number one.

Do you use a vision board or an "Intentions Folio?"

What does yours look like?

Please feel free to share your inspirations, aspirations, and projects with BDC readers.