



Creating Your Vision Board

The Big Picture

Write the overall feelings, actions, dreams, ambitions and/or focus you are creating. Use **BIG, BOLD** words to describe them!

Jot down your hopes for any specific areas in your life you'd like the board to focus on, the emotions you are creating and the experiences you want to attract. Remember to use positive, affirming words only.

Creating your Board

Using Magazines, cut out lots of images, words, quotes and affirmations that feel supportive and intuitive to your desires, dreams and focus.

When looking for images in the magazines, look for those that immediately make you say, *"Yes! That is what I want in my life!"* They don't have to be physical objects or literal interpretations of what you want in your life. Instead, focus on how the images make you FEEL.

Consider including a picture of yourself on your board. Choose one that depicts a happy moment. Consider surrounding the picture with affirming words.

Arrange and glue the pictures and words that really speak to you on poster board in a way that feels pleasing and intentional.

Creating an Affirmation for Your Vision Board

Affirmations are a powerful tool to help you assert that something is true or exists in your life. They foster positive thinking and self-empowerment which when practiced regularly leads you to feel and act from a place of abundance, joy and self-worth.

Consider adding an affirmation to your Vision Board as a powerful verbal cue to focus your attention on what you are manifesting.

Make sure it is a short, powerful, yet simple statement using positive language.

Here are some examples:

I am healthy. Money comes easily and effortlessly to me. I love myself deeply and fully. I give and receive love freely. I now choose to release all hurt and resentment. I am confident in my abilities. 2018 is my year!

YOUR AFFIRMATION

Tips for Using Your Vision Board

- Put your vision board in a place you can see it every day (especially look at it when you wake up and before you are going to bed)
- Spend time each day visualizing, affirming and believing in what you are manifesting
- After visualizing what you are creating then it is time to release it and let go, allowing yourself to be present in the here and now
- Celebrate the images that represent success and feel grateful that your dreams are beginning to manifest
- Be grateful for all the good that is already in your life each day