

VISION BOARD STRATEGY

2022 AND
BEYOND



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INTRODUCTION

The human brain is an amazing piece of equipment. It does many projects at once. But the most fun you can have with your brain, is to tell it what to focus on.

Creating a Vision Board and **putting it somewhere you see it every day**, gives your brain a consistent focus and messages it will continuously look to manifest in your world.

Keeping your goals and intended future outcomes top of mind, allows your subconscious to work toward bringing them into reality. You will find yourself taking action and acquiring resources that will cause the images and words on your board to become real.

STEPS TO CREATING A POWERFUL VISION BOARD

To create your own vision board, there are steps to take before/ during and after the process. Remember, this process is fun, and once created, your brain will do the work to create the magic that you've requested

1

Before

The set-up is the key to executing on any project. In creating a vision board, you want to have a clear vision of what you want to bring into your life

2

During

This is where your creativity, vision and fun comes in and you make your board real

3

After

Right after, you will assess your board and be sure everything on it brings you joy. Then place it somewhere you will see it all the time

BEFORE THE BOARD

1	Make a list of your goals and intentions
2	Set a dedicated time to create and make your board
3	Invite whomever you want to create with/ share the experience with
4*	Gather your supplies/ magazines, pics from the internet/ scissors/ glue sticks/ poster board/ markers
5	Get some happy pictures of you to include on your board
6	Set your environment up/ food/ music/ lighting and get ready to make magic

**If you are creating a physical vision board (which I recommend!)*

COMPONENTS OF A VISION BOARD THAT WORKS

Business/ Personal/ Directional



PERFECT BUSINESS

Your ideal clients
Your ideal environment
Your ideal team members
Aspirational projects
Words of Wisdom
Logos of Companies



IDEAL LIFE

Where you live
What you do
Where you spend your time
Vacations
Spiritual Actions
Creative Endeavors
Philanthropy
Projects



HEALTH AND WELLNESS

What your body feels like
What your body looks like
Your exercise preferences
Mental Uplifts
Affirmations
Reading/ Meditating
Gratitude!

FAMILY AND RELATIONSHIPS



Who you spend time with
What your partnership looks like
How your family spends time
together -kids- inlaws
People in your inner circle
Friend time
Pets



TIME MANAGEMENT

Make your priorities big
What will pull you forward
Words to move you forward
What do you say "yes" too

FOCUS



What do you want to focus on
Be sure to put at least one
picture of YOURSELF
in your vision

MONEY \$

Represent the amount of money you intend to attract
Surround yourself and your ideas in luxury
Symbols of Abundance

Ideal Life

Family & Relationships

Health & Wellness

Focus

Perfect Business

Time Management

\$Money\$

DURING THE PROCESS

1	Pick a time frame for your board to tell your subconscious when to note these things <i>*this step is optional</i>
2	Place GRATITUDE/THANK YOU somewhere on the board
3	Allow/ note the feelings that come up when looking at and holding the images, words and ideas. Only put items that evoke happy/ energetic responses
4	Place your affirmations, images inspirational words, quotations, and thoughts anywhere that feels right for you . Put yourself on your board now

DURING THE PROCESS

5	Lay out your board before glueing it down to be sure everything is where you want it to be, and that you did not forget anything
6	Glue it down and commit to having it influence your world as it is
7	Pick a place and put your board somewhere you can see it every day. Frame it, hang it up

AFTER YOUR BOARD IS MADE

1	Notice where your board is hung/ placed and make sure it is somewhere your brain will notice it
2	Share it with only the people whom you know have your back and want what is best for you
3	Begin to take note of how each piece of your board is showing up in your world
4	Start a file with images/ words/ thoughts for the next board

