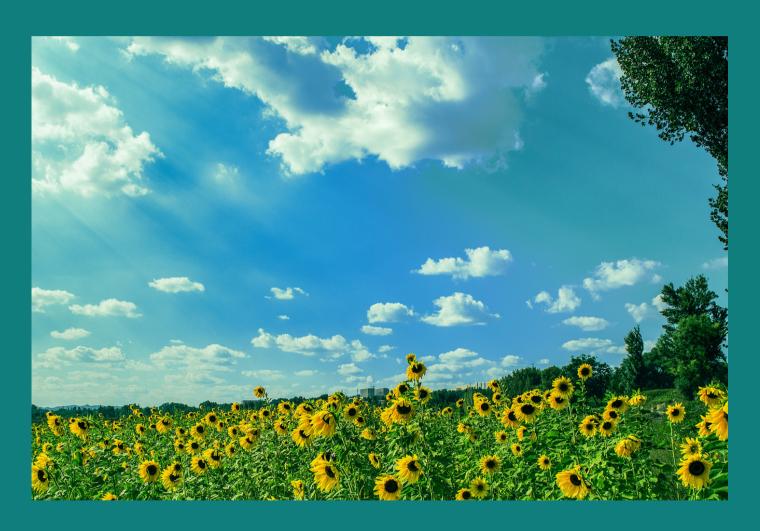
# VISION BOARD STRATEGY 2022 AND BEYOND



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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.

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# 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 <b>you</b> to include on your board
6	Set your environment up/ food/ music/ lighting and get ready to make magic

<sup>\*</sup>If you are creating a physical vision board (which I recommend!)

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#### **COMPONENTS OF** A VISION BOARD THAT WORKS

**Business/ Personal/ Directional** 



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



# **IDEAL**

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

#### 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



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Ideal Life	Family & Relationships
Health & Wellness	Focus
Perfect Business	Time Management
Periect Business	Time Management
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# **DURING THE PROCESS**

1	Pick a time frame for your board to tell your subconsious when to note these things *this step is optional
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

#### CONCLUSION

Here is where the magic happens. I know, magic? The closest science has come to explain why Vision Boards work is via Mirror Neurons, when we see someone doing something, we will mirror that in our minds. So when we envision ourselves "in action" we may take action with less effort than if we do not vision it. Hey, and as my dad always said, "It can't hurt and it might help". Thank you! – Carolyn

