



Your Vision Board

In order for us to create and manifest what we want, we need to be very clear and specific on what we want. A vision board really helps you achieve this specificity and is a physical representation of your dreams. Keep it somewhere you can see it for inspiration.

Bear with me while I get a bit woo-woo...by mapping everything out you get really clear on what it is you desire - and the UNIVERSE loves this! It raises your vibration and if you believe in the Law of Attraction, where your energy goes - everything grows.

Even if you aren't convinced about manifestation...a vision board channels your focus, helps you to be open (look for & create) opportunities and take inspired action.

The more you are able to describe what you want, the clearer your goals become. the more vivid your desires are, the more your energy aligns with those desires and so manifesting (or creating, if you prefer) is much more fruitful.

PREPARATION:

Spend some time over the next week collecting images for your vision board. They could be physical images from magazines, words you print off, photos etc. It might be useful to pick up some magazines, flyers or Sunday newspaper supplements.

You could use Pinterest to find relevant images. You can also print off a "blank cheque" <https://www.theseecret.tv/gifts-for-you/the-secret-check/> Fill it in with the amount you would like to receive if the idea of this aligns with you.

You will also want to think of specific words you may want to pin to your vision board that represent how you want to feel (use the values exercise) or perhaps places you want to go?

If creating a physical board you might like to buy a noticeboard or get some cardboard to pin or glue your items on.

You can also create a digital vision board on Canva - then you can print it out, save it to your phone, use it as a screensaver etc.



Vision Board – cont.

CREATING YOUR VISION BOARD:

Relax and enjoy!! Make a nice drink, light a candle, totally immerse yourself.

Aim to create a board that reflects the life you want and the person you want to be.

You can then go to another section of your board and repeat the process.

Create the energy of the board AS IF what you want on the board is ALREADY yours.

When you come back to the board, it will be easy for you to feel the feelings and energy of having the items on the board and having created the life you want.

DAILY USE OF YOUR VISION BOARD:

Try and incorporate your vision board as part of your daily routine or morning ritual.

Each day come back to the board and spend some time to look at it to remind yourself before choosing a section to focus on and create the feelings of already having it as you did above.

the more you can create the feeling of having what is already on the board and hold onto that energy, the quicker it will manifest into existence.

