

The System of Creating a Vision Board



Member Monday January 30th, 2023
Haven't done one for the year?
Let's get you ready to do it TODAY!



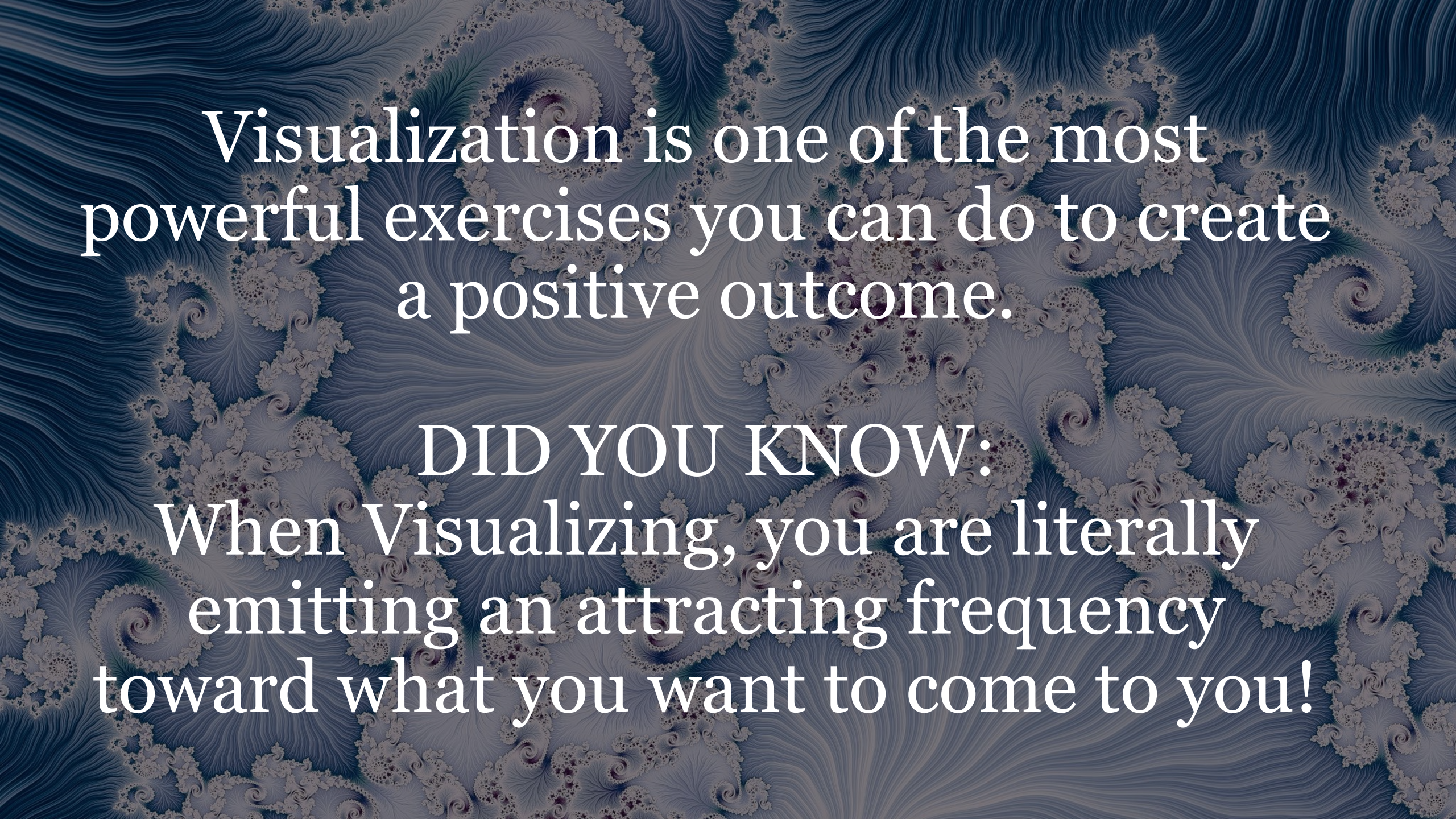


The best way to achieve your goals is to keep them in front of you all the time, so you are LOOKING AHEAD.

This allows you to be always consciously and subconsciously looking for ways to move yourself closer to them.

A vision board is one tool to do that.

Do you have one?



Visualization is one of the most powerful exercises you can do to create a positive outcome.


DID YOU KNOW:
When Visualizing, you are literally emitting an attracting frequency toward what you want to come to you!



Most of us have done a Vision Board of our visualizations before... *but don't do the work consistently* because:

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- A. We don't PAUSE to even think about what will go on it. We are BUSY.
 - B. We don't want to BOTHER building something – *where will I get stuff?*
 - C. We don't know where we will put it? *It's not going in my living room!*

We will solve those today.



**For today's Member
Monday you need a few
pieces of Paper – get
them now. Copy Paper,
Notebook, The back of
Envelopes, whatever.
Grab at least 2-3.**



This a Workshop designed that when you leave today, you can set up your Vision Board in less than an Hour of your time later this week.

Stay with us and do these exercises with us -- and I promise you will leave:

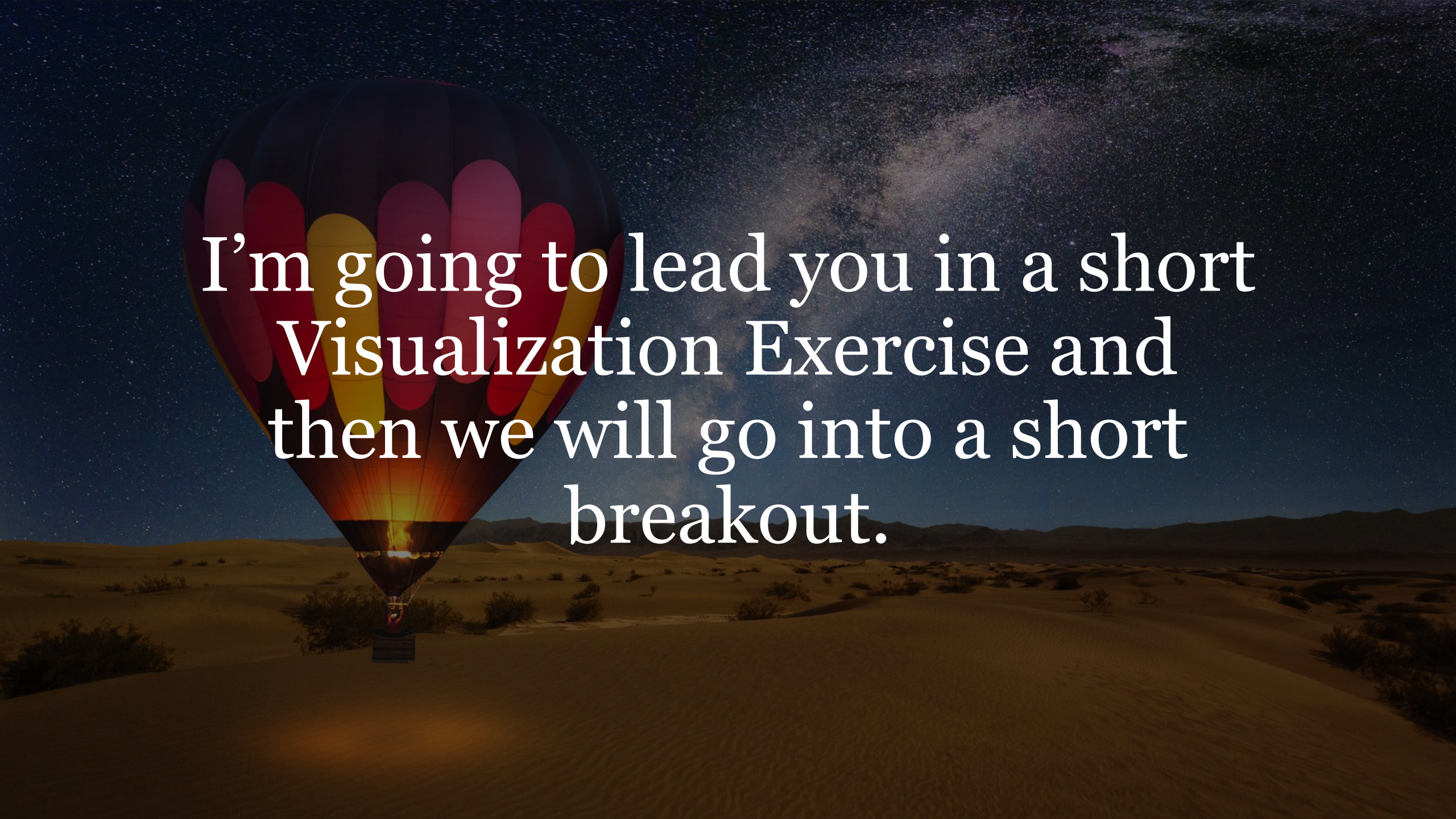
1. Knowing WHAT exactly will go on your board.
2. Knowing WHAT tools you will use to MAKE your board.
3. Knowing WHEN you will complete it and where you will put it!



Understand that Monkey Mind is right up there on your shoulder as you do this. **Nevertheless**, we will ask Monkey to take a break, go play, have a banana, and we will use our voice of wisdom to do this work now.

Be **WILLING** to stretch up on your toes here in the Physical Island of here and now...and **look over at the Island of Vision and Possibility**. What do you see? Are you willing to **LOOK**?





I'm going to lead you in a short
Visualization Exercise and
then we will go into a short
breakout.

We will start with #1. Knowing WHAT exactly will go on your Vision Board.

- What you want are words and/or pictures of what you'd answer when you stop asking "How?" **and start asking "Why not?"**
- Think about who you want to be, what you want to do, where you want to go, what you want in your life/home/office.
- Think about your Life Intentions. Think about your Standards of Integrity. And go into breakout to talk with another 1-2 people.

Maria says "Give yourself permission to serve up some new fresh new life experiences from a hot oven!"



Write down a few of
these Questions and
Answers on your
paper.
We will take a minute
here.

- What does it mean to have a “good life.” If I know someone having a “good life” what do I see so I know that about them? Is that something YOU want too?
- What makes your life valuable... what are you here for? Life Intentions.
- What do I want to be known for when I am gone?
- What do I want more of in my life?
- What ONE dream do I have that this may be the year for it to come true?

What goes on my Board?

1. Who do I you want to **be** when I think “why not?”
2. What do I want to **do** when I think “why not?”
3. Where do I want to **go** when I think “why not?”
4. **What do I want** in your life/ my home/ my office when I think “why not?”



Did any
SMART GOALS
come from this
Exercise?

What do SEE NOW... that
you want on your Board?



**Great work! We will
move onto #2.
What TOOLS you will use
for your Vision Board.**

Boards can be made ONLINE or In Physical Reality.

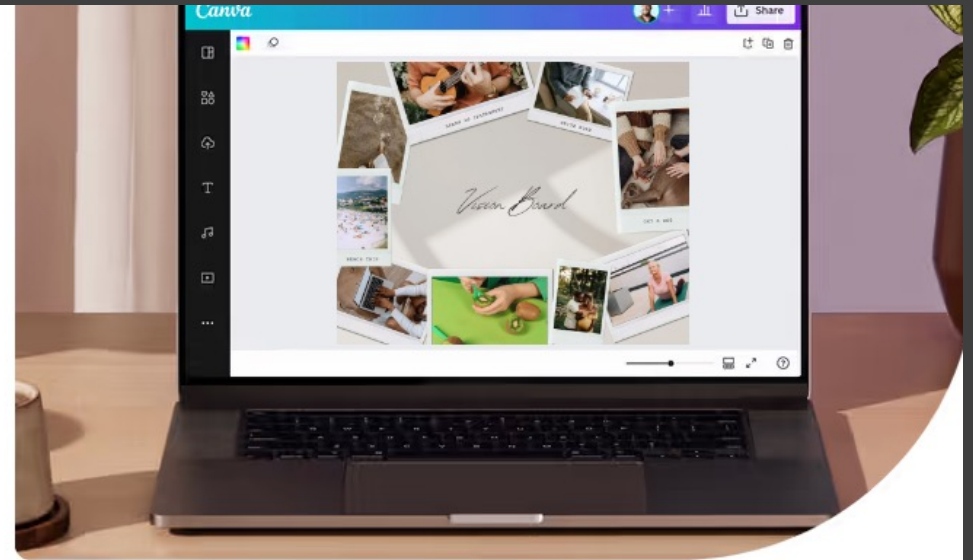
**Either way, you must HAVE
SOMETHING PHYSICAL for your
space to see all the time.**


One many people use is on Canva...

<https://www.canva.com/create/vision-boards/>


Free Vision Board Maker

Create a vision board



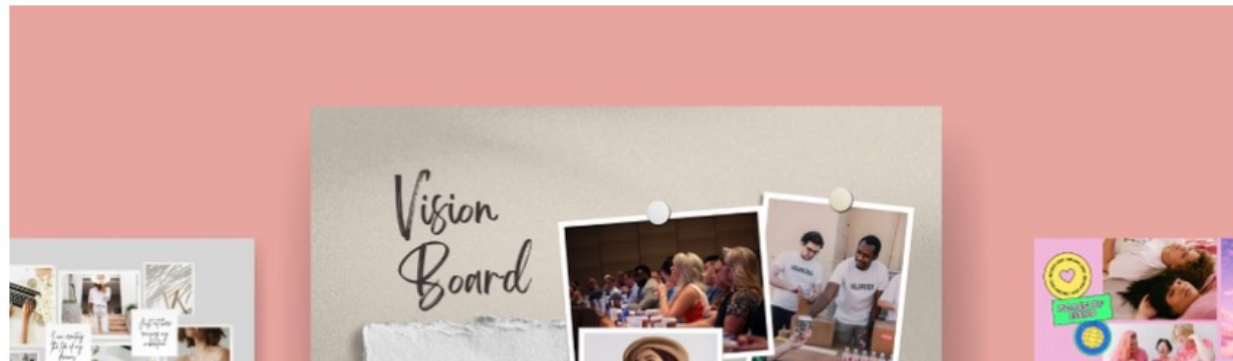
 100% fully customizable

 Beautifully designed templates

 Millions of photos, icons and illustrations

 Easily download or share

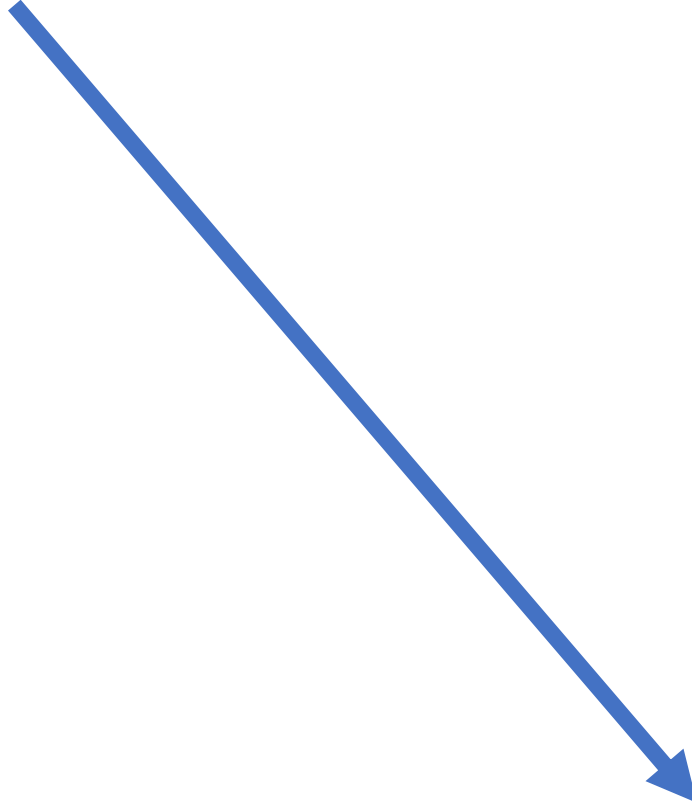
Craft a stunning vision board for every area of your life — from health and career to relationships. Drag and drop images, quotes, affirmations, and other vision board ideas to create a design that will inspire and motivate.



Other Online Sources can be found under this article:

<https://www.developgoodhabits.com/online-vision-board/>

But check out the last thing on their opening...



10 Online Vision Board Apps and Websites for 2023

[Home](#) » [Success Habits](#) »

June 14, 2022 by [S.J. Scott](#)

694
SHARES

397

294

3

There might be affiliate links on this page, which means we get a small commission of anything you buy. As an Amazon Associate we earn from qualifying purchases. Please do your own research before making any online purchase.

If you're in a hurry and just want to find out what the best online vision board app is, then we recommend [Canva](#) as the best choice.



MANY prefer to use actual STUFF verses Creating Online. You only need 4 things:

1. Some “canvas” to put it on. *Consider the SIZE of where you want it to live (we will cover in part 3 today)*

- Painting Canvas (Blick or Walmart or order on Amazon)
- Cardstock, Posterboard or Cardboard (big or small)
- Corkboard, Wood, Metal, Fabric.... Whatever you choose!

2. Materials to put ON it. Consider starting with sticky notes and then flesh out later.

- Words (find already printed to cut up, or simply PRINT it and pick your font)
- Pictures you find or print out
- THINGS (think: Fly-fish hook or a Housekey).
- Pens, Paint, or other art supply options. Scissors are usually needed!

3. Adhesive to ATTACH #2 to #1!

- Glue, Elmer's or Hot Glue sticks
- Staples, Nails, Pins, Paperclips

4. A general LAYOUT PLAN. How will you organize it?





And finally, #3.

Knowing WHEN you will complete it and where you will put it!

- Look at what you decided... allowing for more creativity to appear as you work. Do you have an idea of what you want it it? Great.
- Look at what you decided on how to make it. Will you do it online and print it out? Or will you gather materials and physically put it together (Tip: Can you do with a friend or two?)
- Based on the above, how much time will it take? I highly recommend you do it in ONE SITTING whether that's a half or full day physically... or 2 hours online.
- Look at your schedule NOW and put in a no-waffling time will do it.
- **LASTLY... let's breakout again for this...**

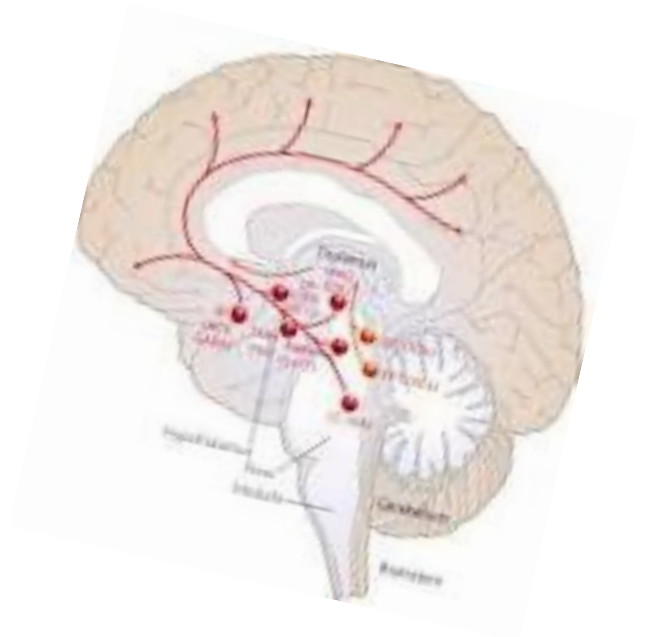


Breakout is ONE MINUTE

- Tell your partner(s) **WHERE** you will put up your Vision Board and be ready to tell us all when you get back.
- Office wall? Office back door (if you keep it closed)? Your closet? Your bathroom wall? Your garage?
- Where will **YOURS** GO?

Great... you are READY now... But wait... WHY are we going to do this?

- A Vision board uses the Reticular Activating System (RAS) in your Brain (Yep you have one) to move some focus TO your visions.
- The RAS filters out what is NOT important and puts emphasis on what IS important. But it's up to US to TELL it what's important!
 - Want Ideal Clients? Put that on the board.
 - Want to be better support for your family? Put it on there.
 - What to earn \$XXX ? Put it on there?
 - What to buy another house or rental? Put it on there.
- **USE the images and words on your Board to ACTIVATE your RAS.**





One last point:

- Vision without action is just a daydream. (*And action without vision can be a nightmare!!!*)
- *Share your vision board with your coach. Work together to create goals to reach around them. Goals that require actions to be taken.*

Make sense?

Don't let your Visions stay in a bottle out at sea... Bring them to LIFE in a Space you see EVERY DAY! Let your subconscious work FOR you. You will notice opportunities that may have been there all the time, but you didn't see them.

Activate that RAS!

