

# HOW TO

# Vision Board

A vision board is a poster board or can be done digitally on which you place images, phrases and inspirational words relating to your goals. It powerfully stimulates both your conscious and subconscious mind by reminding you visually of where you want to be or what you want to accomplish.

## HERE IS HOW TO DO IT:

1. Block some time in your schedule to begin to create your vision board. You can do this exercise solo or with a group of others.
2. Pick a color of poster board that resonates with you and that makes you feel good.
3. Pick a theme or if you want to visualize your desired life, you certainly can include diverse images that represent different facets of that reality.
4. Find magazines or books that you can select images to cut out and paste onto your board. Images, pictures, phrases, words and motivational ideas that are part of your desired life.
5. Enjoy the process and keep it free -flowing. Add and subtract at any time and place it where you can look at it every day.

## HOLD THE VISION...

*Trust the process*

