



Vision Boards

Aligning to your Vision

A vision board is one of many tools used to help you manifest the life of your dreams! I have put together some simple instructions on how to create a vision board that works and helps you align to not only the things your desire but how you would like to feel, which is the key!

A vision boards uses images, affirmations, quotes and words that inspires you and most importantly triggers an emotional response of how you want to feel. This tool serves as an image of the life you want in the future, a tangible representation of where you are going.

“If you see it in your Mind, You can hold it in your hand”

Steve Harvey

Step 1: Intention

Take some time and think about what you would like to attract in your life and most importantly how you want to feel.

Look at the areas in your life that you would like to create change this could be Financial, Relationships, Career, Travel or health and Fitness

Then go through each area and make a list or think about the alleviated emotions that creating this change will bring you.

Step2. Inspiration:

Gather pictures that inspire you, images that bring up positive emotions of the life you want to create. You can get pictures from magazines, google images, Pinterest etc. You may also wish to include symbols, affirmations or quotes that represent the future self or scenario. Also include an image of yourself on the board so you can relate directly to the vision that you are creating.

Step3. Align Emotions to your Intentions

The most important question is to ask yourself HOW DO I WANT TO FEEL?

Collate these words, type them out or find images of them, choose the elevated emotions that bring about a physical reaction, you know what they feel like and you attached it to an image. If the image you have makes you feel lack or scarcity, choose something else, it's more important to align emotionally to the images, in order to create an elevated emotional response.

e.g Love, success, security, beautiful, peace, fun, Abundant, comfort, luxury, excited, courage and perseverance.

Step 4: Collate & Create

Place the images, words, inspirational quotes on the board with the related emotions near the images.

Keep the visions board neat and simple, too many images and words can be distracting and harder for your subconscious to focus on.

If you have different areas of your life that your want to create change in, you can do different boards for each or separate the board into areas or quadrants.

Example:

Personal/	Career /Financial Goals
Relationships	Travel

Step 5: Daily Practice

Repetition

Ensure that your completed vision board is in a conspicuous place so that you can see it often, to ensure the repetition of visualising and feeling your desired result.

Repetition is the key to re-training your conscious mind to creating the new self and manifesting your desires.

Try and look over your vision boards in the morning while you are getting ready and especially before bed. The thoughts and images you see before bed are the images that will replay in your subconscious mind while you are sleep and this is enormously powerful in creating the life you want.

Gratitude

Ensure you have a gratitude practice of always acknowledging how far you have come and how you can feel the emotions that you want to feel everyday with what you already have!

Surrender

Surrender how these things will show up and faith that all will be received in the right time and the right way. When we try and control how things show up in our life we can sometimes block them from coming in.

Finally, we desire things, people and experiences in our life because we believe that we will be better once we have them, the key is to focus on how do I want to feel!!

Good luck and happy Manifesting!!