



THE KEY

TO WEALTH, HEALTH & HAPPINESS

GIVING YOUR
DREAMS FOCUS &
ATTENTION WITH A
VISION BOARD

CREATING A VISION BOARD

What is a vision board?

A vision board is a simple but powerful visualisation tool to activate **The Law of Attraction** (also known as a treasure map, creativity collage, or goal board). It helps you to manifest your dreams into reality, by getting you to focus on the life that you want, using a collection of personal and feel good images that you look at many times in each day.

When you **regularly** and **consistently** focus your attention on the **most important things** to you, those most important things have to become your reality. That is how **The Law of Attraction** works – **what you FOCUS on, you attract!**

A vision board usually consists of a poster board, or corkboard, with cut out images, pictures, drawings and/or words/writing on it, of things that you desire, or things that you would like to be. The purpose is to increase your **positive focus** on your desire, with images that get you to feel your passion and that activate **The Law of Attraction** so that your desires can be manifested.

A well-designed and effective vision board should be:

1. **Visual.** Because your subconscious mind works in pictures and images, your vision board needs to be highly visual, with as many pictures as possible. If you find that it increases your positive emotional response, you can also include words and phrases.
2. **Emotional.** Each image (photo, drawing, cut-out) on your vision board should evoke from you a positive emotional response. Just looking at your vision board should be uplifting and will increase your passion for achieving your desires.
3. **Strategically-placed.** For faster manifestation, your vision board should be carefully placed somewhere that you will often see it, so that its messages regularly reach your unconscious mind.
4. **Private.** Unless you feel complete support from your family/house mates, it is best to place your vision board somewhere where only you will see it. Other people's negative feelings, doubt, or criticism can be detrimental to the subtle energy that your vision board emits.

How to make your vision board

Your vision board is very personal to you and can be made up of just a few simple images or it can be a complex piece of artwork. The only thing that matters is that it amplifies your desire by stimulating strong and positive emotion. You do not need any artistic ability or expensive equipment. An effective vision board can be very simply created in the following way.

You will need:

1. A cork or felt notice board, or poster board
2. A large collection of colour magazines, catalogues, travel brochures etc
3. Glue, or map pins
4. Scissors
5. Access to the internet and a printer (optional)

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Step 1 - Cut out and collect together the pictures/photos/images that appeal to you, that are relevant to your goals and dreams and to which you have the strongest emotional response. You can, if you wish, use the internet to find and print relevant images.

Each image that you select should **resonate with you** and be **exciting** and **inspiring**. It's also useful to think about how your life would change when your goal is achieved and to select images that reflect that change in your lifestyle. For example, if your goal is to have a new career then select images that show symbols that represent your new career or successful people who have this career.

Step 2 - Arrange and secure your images creatively on your board, in a way that makes you feel good. Pin, or glue the images when you are happy with what you see. The images should activate the feeling of having achieved your goals. If it feels right to you, you can also add printed words, writing, or drawings.

Step 3 - Strategically position your vision board. It is very important that you place your vision board somewhere that you will see it often throughout your day. It can be helpful to place your board somewhere you will see it first thing in the morning and last thing at night.

Step 4 - Update your vision board. If you use pins, rather than glue, then you have the option of easily updating and refining your board. It is important that you are inspired when you see it and that it renews your passion for your dreams. Fresh images or photos can have the effect of reigniting your passion. It is designed to be a dynamic piece of artwork, rather than a finished piece.

Conclusion

Essentially, a vision board is a set of visual images representing the story you tell yourself about who you are and what your life is like. We may be unaware of it but we are constantly telling the story of our life, sometimes based on what we have been told by our family and friends and usually based on what has gone on in our past.

The vision board gives us a way of telling a new story, of how we would like our life to be. The most powerful story you can ever tell is the one you tell yourself, in your own mind, through **words** and **pictures**. This story that you hold in your mind's eye is what shapes your beliefs and it is your beliefs that make you who you are. A vision board is **the story of your life in pictures**.

A vision board can be the most incredible success tool. It costs you so little in terms of time, or money but potentially has immeasurable value.

Decide what it is **YOU** want to have, do, or be, then commit to creating your vision board and activating **The Law of Attraction** to manifest your dreams.

Tell the story of your lifethe one that you WANT!