

# Vision Boards

Visualisation is powerful exercise of the mind

Law of attraction = our attitudes and beliefs create a magnet to attract events, circumstances and opportunities to live out those attitudes and beliefs

Athletes have been using visualisation for decades and there has been evidence of improving performance.

## **What is a vision board?**

- \* Visualise your future
- \* Exercise your power of choice
- \* Remind yourself of your life goals

## **Visualising/Imaging**

- \* Self-fulfilling prophecies
- \* Brain trains the body to prepare for action
- \* When we imagine ourselves preparing for an activity our brains run through the process to send signals to the rest of our bodies to complete this action

## **Consistency**

- \* Having a focus of ALL your goals and desires in one space in a place you see every day keeps focus
- \* Trains your body and mind to manifest your desires

*Visualisation is a powerful exercise of the mind*

# Vision Boards

## Vision board should...

Focus on how you want to feel, not just what you want

Include things but focus on feelings (this is what brings contentment)

Images can include things that make you feel good, not that you want them e.g. a sea shell, because it reminds you of a certain beach trip

Hand written sentiments are especially powerful - yours and others

Don't get caught up in appearances (include what's important and the natural beauty will flow through)

Include things that inspire you - NOT things that make you feel bad

Positive inspiration - things that motivate you! WHY do you want to get on top of your health? What motivates you - who or what do you do it for?

Nothing is cliched, nothing is stupid - it's all personal and individual, take pride in your story.

Hand written goals are powerful

You don't have to cover every aspect in the same way or the same amount

The most important can be the smallest - size/ content doesn't reflect importance.

An image is just that, an image, but it speaks a thousand words

*Hand written goals are powerful*

# Vision Boards

Don't think your vision board needs to make sense to anyone but you:

- It doesn't owe explanation
- Feel free to talk and explain it
- Don't worry about it being confusing though
- Word association

Use whatever you like to reflect whatever you like - if you want to put a photo of a spider that somehow for some reason reflects to you your family DO IT.

It's amazing how much you can do in your own mind

Vision boards provide clarity - they help you sort thoughts and gain focus and 'tidy' your goals/ desires/ ambitions

## Where to keep your vision board

- Move around
- Have a few
- 'work' specific vs. 'home'

## Ideas to start

Goals for your:

- o Relationships
- o Career
- o Finances
- o Home
- o Travel
- o Personal growth (spiritual, social, education)
- o Health

What brings you happiness and what do you wish you had more of in life?

*Vision boards provide clarity*