

CREATING YOUR BEST VISION BOARD



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Introduction

Vision boards have increased in popularity since the release of the 2006 book (and film) *The Secret*. A vision board, like a dream board, is a collage of visual images or words that reflect the life you wish to live. It is a physical image of your own dream. It is a tool used to help clarify, concentrate and maintain focus on what truly matters to you.

You can make one by hand, or you can make one online through a website like Pinterest or Canva. What matters is that you build it yourself (nobody else can do it for you), and that when you see it, it excites you. This may reflect your view of a particular area of your life (i.e., your career), or of your entire life in general.

What's the point of making a vision board? To put it simply, we humans are a very busy species, continually bombarded with distractions. Creating and using vision boards helps provide clarity on what we really want in life, reinforce our daily affirmations, and stay focused on our goals. Most importantly, it is part of the visualization process when you practice Law of Attraction where you align yourself with the Universe.

Some successful figures who use vision board are Steve Harvey, Katy Perry, Oprah Winfrey and Ellen DeGeneres. You could be the next.



What is a Vision Board?

A vision board (also referred to as a Map of Life, or a Law of Attraction collage), is a board where you handpick pictures, words, and quotes that you've found that resonate with what you want to attract your way. These items are a representation of what you want to happen in your life.

The best thing about a vision board is there is no right or wrong to it. This vision board belongs to you and you can decide for yourself the size, format and areas in your life that you want to achieve within a certain time frame. The possibilities are endless!

Everything that you want in your life can go on the board. If you love cars, find a photo of your dream car and put it up there. If you love to travel but could never afford it, go ahead and put up pictures of iconic places of countries that you wish to visit. If you want a big house with a lovely backyard where your dogs can roam freely, search for a photo of your dream house and pin it up there!

The items that you put on the vision board do not necessarily have to be big ticket items. Small things are perfectly fine too! If you'd like a particular watch or designer shoes, there's nothing wrong putting those up on your board as well. The vision board is not limited to just pictures, words of affirmation or motivational quotes can be up there as well! If you're someone who is looking for success, simply put the word "SUCCESS" on your board.

Remember, this vision board belongs to you. You are the owner of it and nobody can tell you otherwise. Just keep in mind that whatever you choose to put up there has to resonate with you! There is no point putting a picture of a yacht on the vision board if you are someone who hates being on the water.



Purpose of A Vision Board

A vision board has 4 purposes:

- 1) Commitment. The act of spending time to create your very own vision board is a personal commitment to your desires.
- 2) Clarity – The vision board helps you clarify what you really want and puts all your goals into one board that provides a good overview.
- 3) Focus – By placing your vision board at a place where you can look at them every day, you remind yourself of what you are trying to attract.
- 4) Visualization – Your vision board will prompt you to visualize your ideal life on a regular basis. This is an important aspect of Law of Attraction which we will be covering in the following lessons. Visualization magnetizes and attracts you to the people, resources and opportunities you need to achieve your goal. It also plays a crucial role in getting you motivated to achieve your goals.



Create Your Own Vision Board In 5 Steps

1) Create a list of goals you'd like to achieve.

Write down 10 things you want to achieve within the next one year. These goals can be big or small. If you are completely clueless on what to write, here are a few areas you can consider – Wealth, Health, Fitness, Love, Family, Career, Spiritual, Personal Development.

A point to note here is to make your goals **precise**. For example, if one of your goals is to lose weight, instead of writing “I want to lose some weight within a year”, write “I want to lose 5kg by June 2021.” Here’s another example, if your goal is in the personal development area, instead of writing “I want to improve myself by reading self-help books”, write “I want to read one self-help book every month starting from today [input today’s date].” Being precise on your goals helps you **maintain focus** on what you want to achieve in your life.



2) Find pictures that represent your goals or symbolize the future you wish to create

Step 2 is where you start looking for images, not just any image, but one that you can resonate with. These images that you handpick must be able to ignite the spark within you and get you excited the moment you look at it. For example, if you have a fitness goal where you aspire to have the body of a Victoria Secret model, find the model that attracts you the most and save her image. If your goal is to be wealthy, find a picture of your dream car or a beach house or it could be as simple as a picture of yourself holding a stack of notes.

Find up to 3 images for every goal that is on your list. Make sure that these are images that ignites the spark within you and puts you in a situation where you cannot wait to get on your feet and start working!



3) Make a collage out of all these images on a bulletin board. Feel free to get creative!

In this step, you are required to be artistic and creative because this is where you will be designing your very own vision board based on the images that you found previously. Here are some steps you can consider when it comes to designing your vision board:

Step One: Segment your board into specific areas that your goals fall into. If you have 4 areas, draw an imaginary line that cuts the board into 4 equal pieces. If you wish to, go ahead and add in a header for each of these areas.

Step Two: Keep it neat. Avoid creating a cluttered or chaotic board. You wouldn't want to attract chaos into your life. Design it in a way where it is pleasant to look at.

Step Three: Consider putting an image of yourself with the brightest, widest smile you can ever give. This allows you to visualize what you will feel like when you have accomplished your goals!

Step Four: Put down the date you created the vision board



4) Add affirmations and/or motivational quotes that represent how you want to FEEL.

Affirmations are suggestions and thoughts that you give to yourself and can be either positive or negative. As you give yourself these suggestions, you are feeding them into your subconscious mind, which is what ultimately helps to determine your mental attitude. A positive mindset will give you the strength and courage to believe in yourself and follow your dreams. Additionally, positive attracts positive opportunities (like attracts like). General rule of thumb is to start your affirmation with “I” followed by something positive. Avoid putting too many affirmations on your vision board because it may make it look messy!

Here are a few examples that you can consider:

Affirmations for Health

1. I am full of energy and life.
2. I am in control of my state at all times.
3. I am happy and always have control over how I feel.
4. I choose to be full of joy and gratitude.
5. I am more than I seem to be, and within me are all the powers of the Universe.
6. My reason for eating healthy food is to fuel my body.
7. Being healthy is better than any other taste in the world.
8. My healthy body is created by my healthy thoughts.
9. My body is my temple.
10. I am worthy of being healthy.



Affirmations for Wealth

1. Wealth pours into my life daily.
2. My bank account grows daily.
3. I have achieved financial security in my life.
4. I am filled with gratitude and joy, and I love that more and more money is flowing to me daily.
5. Money is flowing to me in avalanches of abundance from unexpected sources.
6. I deserve to be prosperous and to have an abundance of money in my bank account.
7. All my dreams, goals, and desires are instantaneously met.
8. The Universe is on my side, and it is guiding me toward wealth and abundance.
9. I love money and all it can buy.
10. I feel grateful that my net worth increases substantially each year.

Affirmations for Happiness

1. Every day, and in every way, I'm experiencing more and more joy and happiness in my life.
2. Happiness is my natural state of being.
3. I deserve to be happy.
4. By being happy every day, I can help others to become happy in their lives.
5. I am grateful for all the happy feelings that follow me everywhere I go.
6. I spread happiness to others and absorb happiness from others in return.
7. I am so happy and grateful for my life that my outlook on life is incredibly positive.
8. Being happy is easy for me.
9. I am grateful for every moment of every day because I know that it will never return.
10. My future is bright, and I am incredibly thankful for it.



Positive Mind.
Positive Vibes.
Positive Life.

Affirmations for Success

1. I am proud of what I have achieved in my life.
2. I have the potential, power, and ability to create all the success, prosperity and abundance that I desire in my life.
3. My mind is completely free of resistance and is open to all the new and exciting possibilities before me.
4. I deserve to be successful, and I am worthy of receiving all the good that life has to offer me.
5. I am thankful for all the abilities, talents, and skills that contribute to my daily success.
6. The Universe is filled with unlimited possibilities and opportunities for me to have a career I love.
7. I am open-minded and eager when it comes to fully explore new avenues and possibilities for success in my life.
8. I recognize every opportunity that knocks on my door and seizes it immediately.
9. Each day I discover exciting, promising, and interesting new paths to travel.
10. I see and experience prosperity everywhere I look.



Motivational quotes

Motivational quotes can help you find the inspiration and motivation that you require to push yourself to achieve your goals. If you have a quote that you come up with yourself and lived by your entire life, put it up there. But if you don't, here are some for you to consider:

1. Don't be afraid to choose a different path from others.
2. That risk you're afraid to take could change your life.
3. Don't be afraid to give up the good to go for the great.
4. Dreams don't work unless you do.
5. The secret of getting ahead is getting started.
6. Don't limit yourself. Many people limit themselves to what they think they can do. You can go as far as your mind lets you. What you believe, remember, you can achieve.
7. If people are doubting how far you can go, go so far that you can't hear them anymore.
8. Do one thing every day that scares you.
9. Impossible is just an opinion.
10. Invest in your dreams. Grind now. Shine later.

You can also consider using single words like "SUCCESS", "RICH", "LOVE", "INSPIRE", "FAMILY". It's completely up to you! So go ahead and start looking or brainstorming for affirmations, motivational quotes or words and put them up on your vision board.



5) Find a special place for your vision board and do these 5 exercises daily

Once you're finished with your vision board, it is important to find a special place for it, a place where you can see it every day. This helps keep the positive energy flowing out into the Universe.

Vision boards are great tools that will aid you in your visualization process when you practice the law of attraction. By taking a look at it every day, you will naturally become more motivated to reach your goals. You will start to unexpectedly do things that will move you closer to your ideal life, things that you would never have done in the past. You will find yourself borrowing books from the library for the first time in many years, or exercising after getting home from work instead of crashing on your sofa immediately. You may even find yourself volunteering to take on more projects at work, taking up bigger responsibilities, or even start exploring ideas that you could never have imagined previously.

When you get up from bed every morning, spend three minutes to do these five exercises:

- 1) Read your goals and affirmations out loud.
- 2) After each one, close your eyes and create a visual image of the completed goal or your dream life in your mind.
- 3) Make use of your five senses – sight, smell, hearing, taste and touch
- 4) Throw in emotions and the bodily sensations you would feel if you had already accomplished your goal.
- 5) Let go of your goals, and spend the rest of your day being in the present moment.

If you are someone who has the habit of snoozing your alarm in the morning until the very last minute where you have to rush to prepare for work, you can do the five exercises just before bed too! The thoughts and images that are present in your mind during the last forty-five minutes before going to sleep are the ones that will replay themselves repeatedly in your subconscious mind throughout the night, and the thoughts and images that you begin each day with will help you to create a vibrational match for the future you desire.

Conclusion

As some time goes by, and your dreams begin to manifest, look at those images that represent your achievements, and feel *gratitude* for how well the Law of Attraction is working in your life. Acknowledge that it is working. Don't remove the pictures or images that represent the goals you've already achieved. Achievement of the goals in your vision board are powerful visual reminders of what you have already consciously and deliberately attracted into your life.

And as the saying goes, "A journey of a thousand miles begins with a single step." Start today, create your best vision board, and work towards your dream life!