

How to Create an Empowering Vision Board

Create a powerful vision board

Your brain will work tirelessly to achieve the statements you give your subconscious mind. And when those statements are the affirmations and images of your goals, you are destined to achieve them!

Creating a vision board is probably one of the most valuable visualization tools available to you. This powerful tool serves as your image of the future - a tangible representation of where you are going. It represents your dreams, your goals, and your ideal life.

Because your mind responds strongly to visual stimulation-by representing your goals with pictures and images-you will actually strengthen and stimulate your emotions... and your emotions are the vibrational energy that activates the Law of Attraction. The saying "A picture is worth a thousand words," certainly holds true here.

If you have already defined your dreams, it's time to illustrate them visually.

How to create a vision board that depicts the future you wish to create.

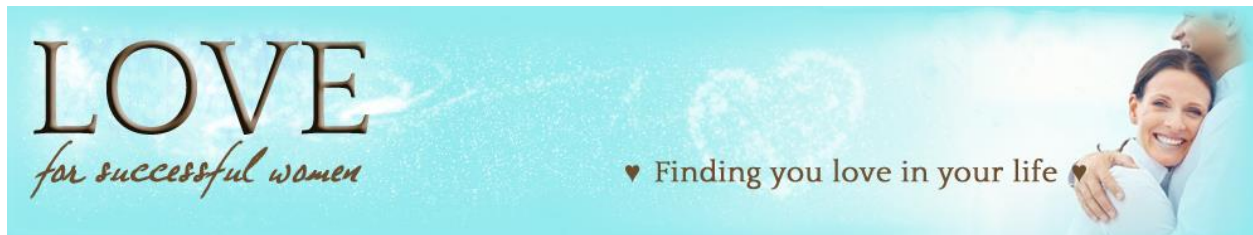
Find pictures that represent or symbolize the experiences, feelings, and possessions you want to attract into your life, and place them in your board. Have fun with the process! Use photographs, magazine cutouts, pictures from the Internet--whatever inspires you. Be creative. Include not only pictures, but anything that speaks to you.

Consider including a picture of yourself in your board. If you do, choose one that was taken in a happy moment. You will also want to post your affirmations, inspirational words, quotations, and thoughts here. Choose words and images that inspire you and make you feel good.

You can use your vision board to depict goals and dreams in all areas of your life, or in just one specific area that you are focusing on. Keep it neat, and be selective about what you place in your vision board. It's a good idea to avoid creating a cluttered or chaotic board... you don't want to attract chaos into your life.

Use only the words and images that best represent your purpose, your ideal future, and words that inspire positive emotions in you. There is beauty in simplicity and clarity. Too many images and too much information will be distracting and harder to focus on.

If you are working on visualizing and creating changes in many areas of your life, then you may want to use more than one vision board. You might use one for your personal goals and another



for career and financial goals. You might even want to keep your career vision board at the office or on your desk as a means of inspiration and affirmation.

How to use your vision board

Try keeping your vision board on the nightstand next to your bed. Leave it standing in an open position as often as you are comfortable with, and spend time each morning and evening visualizing, affirming, believing, and internalizing your goals.

The time you spend visualizing in the evening just before bed is especially powerful. 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.

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.

I recommend you write down the date you created your vision board. The universe loves speed, and you will be amazed at just how quickly the Law of Attraction responds to your energy, commitment, and desires. Much like a time capsule, this board will document your personal journey, your dreams, and your achievements for that particular year. It will become a record of your growth, awareness, and expansion that you will want to keep and reflect back upon in years to come.

It's a good idea to create a new vision board each year. As you continue to grow, evolve and expand, your dreams will too. Your Vision Board is meant to be kept and cherished. They chronicle your not only your dreams, but your growth and achievements.

Final thoughts on using your completed vision board:

- Look at your vision board often and feel the inspiration it provides.
- Hold it in your hands and really internalize the future it represents.
- Read your affirmations and inspirational words aloud.
- See yourself living in that manner.
- Feel yourself in the future you have designed.
- Believe it is already yours.

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- Be grateful for the good that is already present in your life.
- Acknowledge any goals you have already achieved.
- Acknowledge the changes you have seen and felt.
- Acknowledge the presence of God in your life.
- Acknowledge the Law of Attraction at work in your life.
- Look at it just before going to bed and first thing upon rising.