Vision Boards

*a treasure map for success*

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Learning Outcomes

• Learn about personal visioning and vision boards

• Write a personal vision statement

• Create a desktop vision board to take home
Law of Attraction

- Theory that everything that's coming into your life, you are attracting into your life. It's attracting to you by the images that you hold in your mind. You attract what is going on in your mind.

- A type of energy in quantum physics that connects us all.

- Remember your job is figuring out what you want not how you will get it.

- Embrace uncertainty and follow your hunches. Be open to opportunity.
Vision boards are one of the most powerful ways to visualize your goals and keep you focused.

A vision board is a collage of words and pictures depicting your dreams and goals, usually specific to one aspect of your life. It is a visual manifestation of the change that you want to bring to your life.

A vision board can set you on the path to achieving dreams and goals that may have previously eluded you.

The key to a successful vision board is to post it in a place where you have to look every day and it can serve as a constant reminder of what you are working toward.
http://www.youtube.com/watch?v=XZVIWZGheXY
GRABS
(coined by Joyce Schwarz)

- Start with **Gratitude**, be grateful for life: You are irreplaceable which makes you priceless!
- **Release** old ideas and **Receive** the new ideas
- **Acknowledge** your progress and **Ask** for guidance
- **Be** yourself and **Believe** your dreams will come true
- **Share** what you receive
Get Inspired

• Find a quiet place and wait to inwardly start to hear, see and catch what is intuitively coming to you.
• Record all thoughts (written, audio)
• Review all of the thoughts for patterns and similarities to find the bigger picture
• Write a simple personal vision statement (10 word or less)
• **Make it personal**
• Borrow from others
• Based on what you value or see for yourself
• Take a phrase and make it your own
• Use wordle.net to make a word cloud
• Think of a personal power word
Personal Vision Statement

- Is it simple and clear...10 words or less
- Is it a vivid, idealized description of the outcome/future you want?
- Is it a powerful representation of your passion?
- Is it highly personal?
- Are you being authentic to your values?
Be Creative

- Collect all of your notes from visioning and your vision statement
- Use your personal vision statement to inspire you
- Cut and paste photo’s that spark your interest
- Create a vision board that represents who you are
- Avoid clichés
- Create from the inside out
- Eliminate distractions
- Gather materials
- Use your own creative style
- Try starting in the center and working outward
- Overlap images and words
- Embellish with your own touches. Photos, magazines, sketches.
Relax

• **Stop thinking about achieving your goals.** Hang your vision board in a place where you will see it often. Try not to focus with narrow minded tunnel vision on your goals, let go of what you want.

• **Be open to the power of a vision board to help you achieve your goals.**
http://www.youtube.com/watch?v=oRBchZLkQR0
Seize Opportunity

- Vision boards aren’t a substitute for elbow grease! We need to be active about achieving goals – we need to progress forward. How? By walking through open doors, listening to our hunches, taking advantage of “coincidences”, and doing what comes naturally. And, by knowing what to let go of. Work on making your vision board an action board.

http://theadventurouswriter.com/blog/how-vision-boards-help-you-achieve-goals-tips-for-success
Resources:

- [http://christinekane.com/how-to-make-a-vision-board/?_sm_au=iVVLkR26GSRm4JJP](http://christinekane.com/how-to-make-a-vision-board/?_sm_au=iVVLkR26GSRm4JJP)
- [http://www.psychologytoday.com/blog/the-blame-game/201205/throw-away-your-vision-board-0](http://www.psychologytoday.com/blog/the-blame-game/201205/throw-away-your-vision-board-0)
- The Vision Board The secret to an extraordinary life by Joyce Schwarz
- Movie: The Secret
- 212° the extra degree by Sam Parker & Mac Anderson