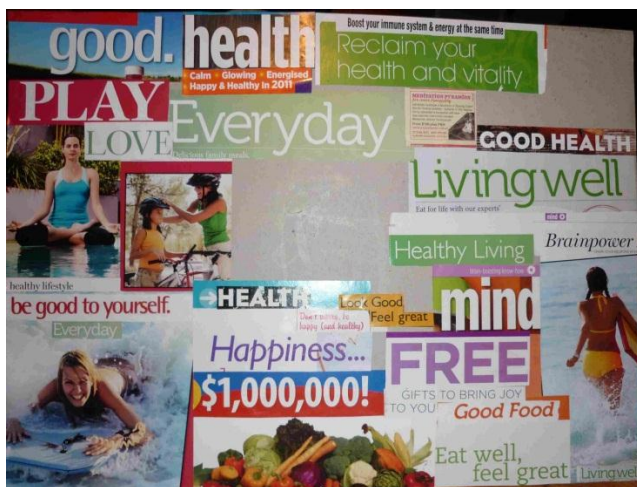




The Big Picture- Creating a Vision Board

A great exercise for clarifying and attracting your goals is to create a vision board. A vision board (also called a Treasure Map or a Visual Explorer or Creativity Collage) is typically a poster board on which you paste or collage images that you've torn out from various magazines. It's simple.

The idea behind this is that when you surround yourself with images of who you want to become, what you want to have, where you want to live, or where you want to vacation, your life changes to match those images and those desires. Have a little ritual before you begin your vision board. Sit quietly and set the intent. With lots of kindness and openness, ask yourself what it is you want. Maybe one word will be the answer. Images will come into your head. Just take a moment to be with that. This process makes it a deeper experience. It gives a chance for your ego to step aside just a little, so that you can more clearly create your vision.



Steps to creating a vision board:

- 1 Get a big piece of cardboard, either search through old magazine or jump on the internet, go to Google Images and start typing in images of things that you really would love to be, do and have.
- 2 Pick things that totally inspire you—your dream house, your dream spouse, whatever it is than really want.

- 3 Print out the pictures that resonate with you, the ones that really bring a smile to your face and bring joy to your heart, and lay them onto your vision board. Remove the ones that don't seem to fit, move the images around until they feel right. Glue them to your board.
- 4 You may also choose to put on their words or even affirmations that support the vision that you're creating. I would recommend that you focus mainly on the pictures, as your subconscious mind thinks in images and feeling rather than words and logic, and it's the subconscious that we want to activate with this process.
- 5 The primary rule for setting intentions or affirmations—we always set the intention as if we were already where we want to go/be and we always set the intentions for what we want, not what we want to get away from or for what we don't have.
- 6 Optional, but powerful step. Leave space in the very centre of the vision board for a fantastic photo of yourself where you look radiant and happy. Paste yourself in the centre of your board.
- 7 Once you've created your vision board I want you to stick it up somewhere where you're going to see it every day. I want you to spend at least a couple of minutes a day just looking at that board and allowing yourself to dream big.

Many people, rather than focusing on what they want, really focus on the lack of what they want. So if you would just simply look at your board as all things that you don't have, well, then all you are going to attract to yourself is more lack. So what I want you to do is look at that board and really experience the joy and gratitude that having those things in your life would bring. Experience all the positive feelings of actually having or doing those things. Because remember the power is in the feeling. That's what's actually going to magnetize your dreams and start bringing them towards you.

If you prefer the idea of a vision book (also called a goal book) to a vision board. I would suggest that you go out and find the most beautiful, interesting type of book you can. Pick something that really appeals to you, not just some scrappy notebook. For each goal or piece of your vision I want you to take a separate double page. On one side write out your goal, in the present tense, including how it feels to have achieved it. For example, "I am living in my dream house on the beach, which I own totally debt-free. It feels so amazing to wake up to the sound of the sea birds and the beautiful sight of the ocean each day. I love the smell of the salt air as the sea breeze washes over me while I sit on my balcony each morning. I am so happy and grateful to live this amazing life." On the other side of the double page stick in an image that resonates with your goal—in this case picture of a beautiful house on the beach.

Some people like to look through their goal book often to keep themselves inspired and on track, while others prefer the "set and forget" method. Do whichever feels right for you. Either way, as you write each goal, take a moment to relax, take a few deep breaths, get centered and drop into your heart and confidently thank the universe for bringing this goal to you, then consciously let it go.

Although it seems like a contradiction, once you have set the intention it's important to let it go and not become attached to the outcome, otherwise you're worrying about it will actually keep it away from you. This sounds counter-intuitive. I know, but I'm sure you have experienced this effect in your own life. Have you ever had a problem that you were so focused on, you just kept worrying and obsessing over it because nothing seemed to be happening, then as soon as you gave up on it, it came to you? Sometimes the universe is just waiting for us to let it go before it will manifest for us.

One of the most difficult things to understand, in manifestation work, is that you have to desire your outcome, but at the same time remain unattached to how and when it happens. What I have discovered in using goal books and vision boards is that as I look at what I have created, over time I usually begin to see how I actually already have those things in my life. For instance, as I visualize living in my dream home, I realize that I already live in a great place with my wonderful partner, close to my friends and loved ones... my dream home in other words! The more I focus on how grateful I am for what I have already in my life, the faster the images of my vision become my reality. I have heard so many stories of people who applied this process and then came back months or years later when they found their old goal book or vision board tucked away in some dusty old pile of stuff, only to be shocked by how exactly the details of this life matched the images and ideas that they had recorded. This seems totally incredible, but yet it happens over and over again. The vision that you create will manifest in your life, in one way or another, so it's worth spending some time and energy making sure it's really what you want. Don't forget the old saying "Be careful what you wish for, as you might just get it!" Make sure you focus on what is really important to you as you create your vision, not just on superficial surface aspects. Both of these are effective ways of manifesting your dreams into reality. Whichever feels more appropriate to you, creating a vision board or whether you prefer the idea of a goal book, get started today. Either take some time now or commit to yourself that you will put some quiet time aside this week to work on your vision. Even if you already have a pretty clear picture, it never hurts to add to it. Invest some time into thought, meditation or visualization reflecting on what you want in your life and then start putting it onto paper—this is the first step of manifesting the thoughts and dreams in your head into concrete physical reality.

Extracted from: *The Money is in the Mindset* by Dr Andrew Powell.