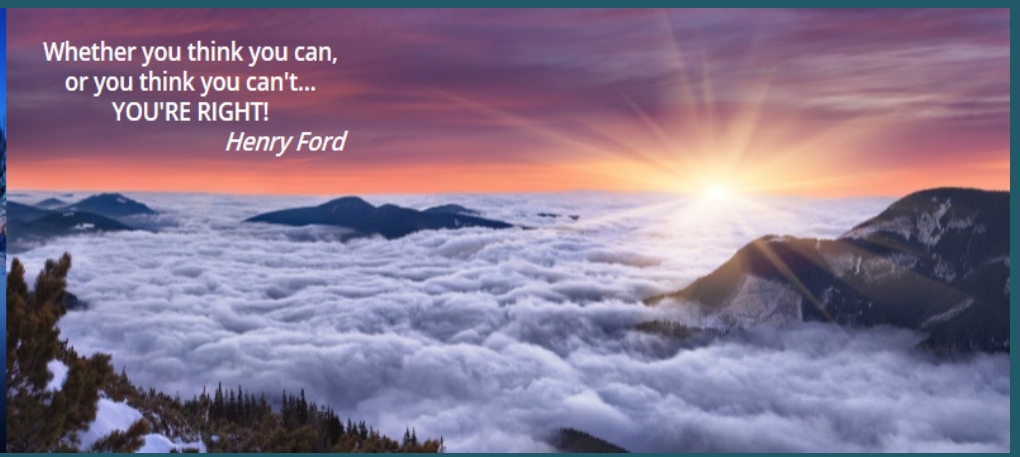


Whether you think you can,
or you think you can't...
YOU'RE RIGHT!
Henry Ford



How To Create A Vision Board

Having a vision without a plan of action is like having a dream without belief. Visions become reality through persistent and focused action.



There is a lot to be said about writing down your vision and plan of action as your mind reacts with your hand and in turn inscribes the vision in your mind.

In the same way, creating a vision board provides you and your mind with a visual representation of your dream, your goal/s and your vision. Many of the world's most successful entrepreneurs have utilized vision boards as part of their plan of action.

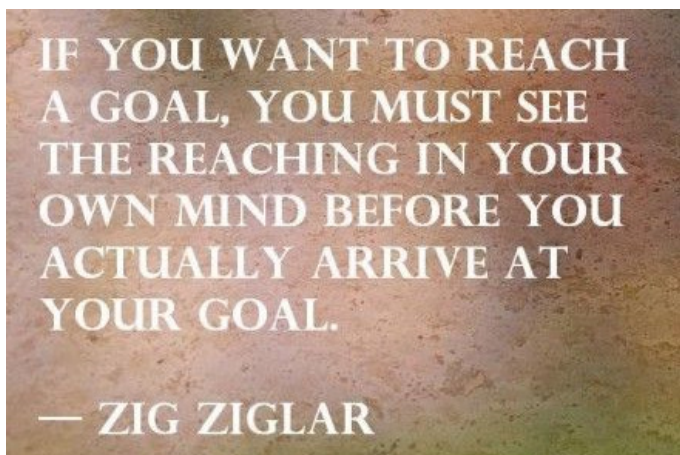
Creating a vision board also has a positive effect on your feelings as you piece together your dream in a visual format.

Visualization is a powerful tool which when used correctly has resounding success.



Creating a vision board is easy once you know your dream, your goal, and your vision. All you need to do is put your dream on one page (A2 or A1) using pictures and words that represent your dream. These pictures will be to do with health, wealth, family, love, business and material possessions.

Once you have finished creating your vision board and you are happy that it represents your vision as accurately as you can make it (be bold, be brave) then place it in a prominent place that you can look at it every night before you go to bed and every morning when you wake up.



When you look at your vision board, stand tall, stand proud, raise your chin and look at each picture, each word with the belief that it is already yours. This allows your body to feel the pleasure of achieving success, of achieving your goal.

By looking at your vision board every day you also imprint the image in your mind and if you want to, you can just close your eyes at any time and your vision is there as clear as if you were looking at the page on the wall.



"In order to succeed, your desire for success should be greater than your fear of failure!"

"Whatever you hold in your mind on a consistent basis is exactly what you will experience in your life" **Anthony Robbins.**

Your vision board can either represent your main vision in life or it could be a goal/s you want to achieve on route to your vision. Once you have achieved the goal/s on that vision board, put it away in a safe place and create your next vision board.

If one day you find yourself demotivated by a challenge or set back, just take a look at your vision boards and feel the gratitude for what you have already achieved and this will bring back the feelings of success.



To assist you with creating your vision board, I have placed some vision board samples in the resource section of our Resource Centre which you can download and either use by printing and cutting out or use to start piecing together your own pictures and words. The Internet is an abundant source of pictures and words, make use of it as everyone does.

Resources:

Vision Board Samples.pdf (in the Resource Centre).