

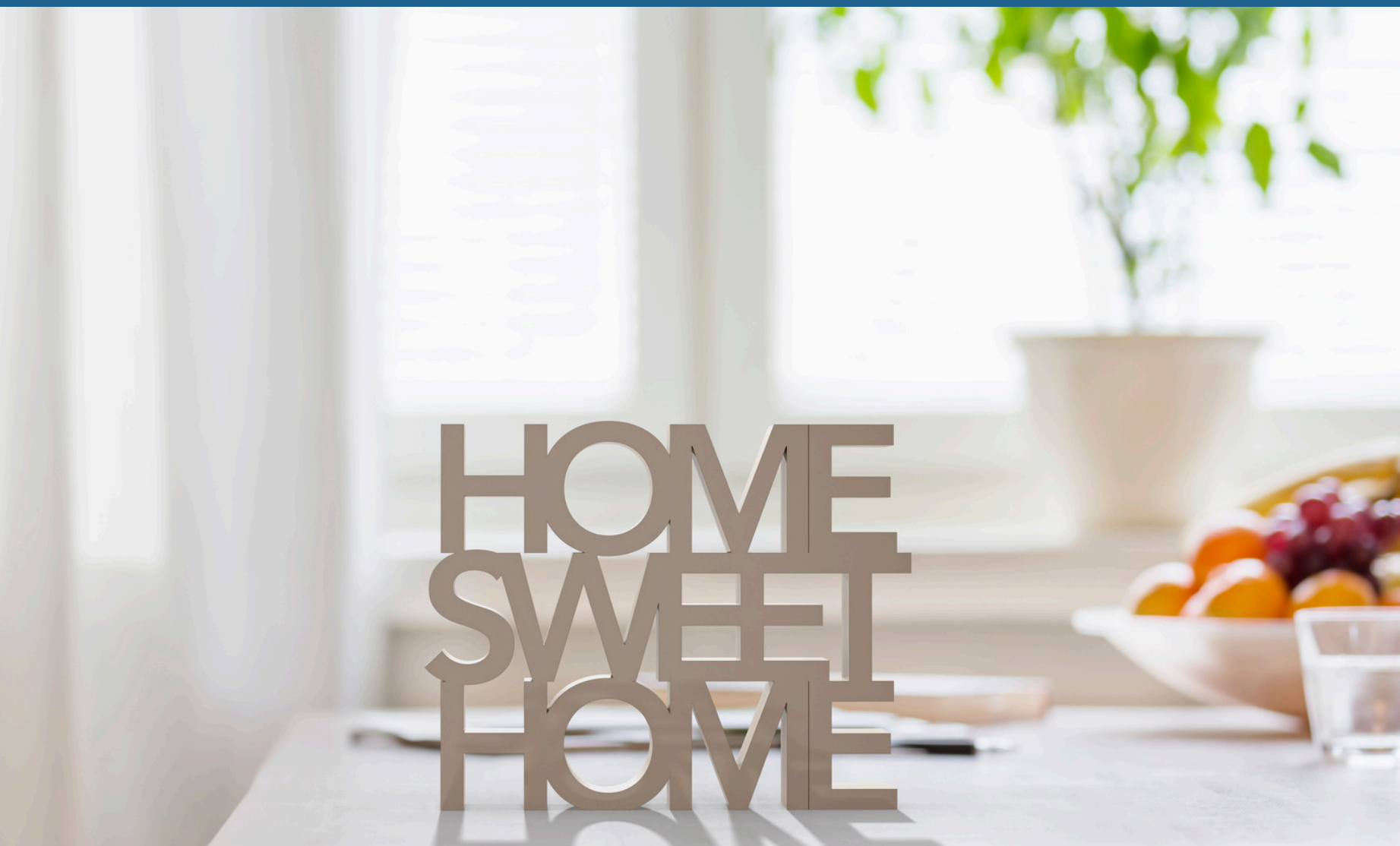
# Dream Board Kit



## STEP 1: SET YOUR INTENTIONS

BEFORE YOU START, GET CLEAR ON WHAT YOU TRULY DESIRE IN ALL AREAS OF YOUR LIFE.

WEALTH & CAREER  
HEALTH & VITALITY  
LOVE & RELATIONSHIPS  
TRAVEL & EXPERIENCES  
PERSONAL GROWTH & CONFIDENCE  
LUXURY & LIFESTYLE



## STEP 2: GATHER YOUR VISION

COLLECT IMAGES, WORDS, AND SYMBOLS THAT INSPIRE YOU AND REPRESENT YOUR DREAM LIFE.



PRINT OR CUT OUT PHOTOS FROM MAGAZINES  
USE CANVA OR PINTEREST TO CREATE A DIGITAL BOARD  
WRITE DOWN POWERFUL AFFIRMATIONS

## STEP 3: ASSEMBLE YOUR DREAM BOARD

- CREATE A VISUAL MASTERPIECE THAT EXCITES YOU!
  - USE A CORKBOARD, POSTER BOARD, OR A DIGITAL APP
  - ARRANGE IMAGES AND WORDS IN A WAY THAT FEELS ALIGNED
  - ADD TEXTURES, COLORS, AND PERSONAL TOUCHES



## STEP 4: ACTIVATE & ALIGN YOUR ENERGY

- YOUR VISION BOARD IS ONLY AS POWERFUL AS YOUR BELIEF IN IT!
  - PLACE YOUR DREAM BOARD WHERE YOU'LL SEE IT DAILY
  - SPEND 5 MINUTES VISUALIZING EACH MORNING
  - SPEAK AFFIRMATIONS AS IF YOUR DREAMS ARE ALREADY REAL

## STEP 5: TRACK & CELEBRATE YOUR PROGRESS

- MANIFESTATION HAPPENS WHEN YOU TAKE ACTION!
  - JOURNAL YOUR SMALL WINS & SIGNS FROM THE UNIVERSE
  - ADJUST AND UPDATE YOUR BOARD AS YOU EVOLVE
  - CELEBRATE YOUR GROWTH AND SUCCESSES

