

How to Create a *Vision Board*

Your Tools:

:: **Blank Canvas + Vision**

The canvas could be as large or small as you like - if you want your vision "board" to be a collection of images and quotes glued into a purse size journal for easy reference, that counts! If you want it to be a 5 foot by 4 foot canvas you hang on your office wall, that works too!

:: **A photo of yourself or a representation of you**

:: **Photos from a magazine, book or website that represent you and/or your vision**

:: **Inspirational quotes, mantras, and declarations of gratitude**

Thoughtful Tips for the creation process:

:: **Design** your photos and words in a way that speaks to you. Feel inspired to do it your way!

:: **Believe** that you already have everything on the board and practice gratitude for it.

:: **Detach** from the outcome. Know that once you do your part via dedication and hard work the rest is out of your hands. The universe will manifest a life that's the best fit for you.

:: **Place** your vision board somewhere you can see it several times a day.