



“your thoughts are things”

**What you feel, you attract.
What you imagine,
YOU BECOME.**

For 14 January 2011 GOAL SETTING,

We want you to create YOUR OWN Vision Board – a visual depiction of areas in your life that you want to improve. Think of abundance, do not limit your imagination. What makes you feel POSITIVE, GREAT, AWESOME and HAPPY ?

That WOW factor ...

These goals should inspire, motivate, energize , “wow !” you, each time you look at them !

Start by placing your picture in the middle of the VB, expand your goals & dreams, make ‘em alive by placing pictures (cut from magazines, internet, etc), add words of encouragement, affirmations & feel good captions.

You can put all your dreams, goals, aspirations in ONE VB or have several VB (each for the different areas in your life). We will assist you with the biz/career aspect of your goals during 14 Jan 2012 event.

Remember, if you can visualize them, you can attract them.

You are given a “Board” when you make your payment to the event. So use them to paste ALL dreams, goals & aspirations.

BE CREATIVE !

Some key areas in life (add if you have more) :

- health & fitness
- career/work & biz
- relationships/social life
- personal development (good habits, new skills, hobbies)
- finances & quality of life (car, big house, travel etc)
- Spiritual & contribution.

Goals and dreams with S.M.A.R.T
(Specific, Measurable, Achievable, Realistic with Timeline)
followed by Action Plans
will enable your mind, body and actions to stay focus.

So start attracting them today



What is a Vision Board?

A Vision Board is simply a visual representation of your aspirations in life. It is a tool for you to be able to manifest all of your dreams into reality by focusing your energy on them.

It is based on the Law of Attraction that simply states that "like attracts like". Your thoughts are a form of energy and whatever energy you send out to the universe, the universe conspires to bring like energies back to you. For the religious, the 'universe' is God—that infinite force that creates all things.



Simply stated, we create our life according to our thoughts. "*The Secret*" further tells us that the Law of Attraction works if we focus on what we want instead of the lack of it. For example, if you want to be happy think of yourself as 'actually being' happy as opposed to you 'wanting to be' happy. If you want to be rich, focus on being rich instead of NOT being poor. The law does not recognize the NOT so if you focus on not being poor, the universe identifies only the part where you think 'poor', and that certainly won't get you where you want to be!

How to Share Your Vision Board!

Creating a Vision Board is one of the most powerful gifts you could give yourself and others.

Through visualization you will start to align your actions with your thoughts.

Dream, Create, & have Fun!



Create your Vision Board with your unique flare and desires. Paint, draw, or create a collage.

Take a Photo of your Vision Board



Snap a photo of your Vision Board with either a digital camera or your phone camera (if the image quality is good!) Make sure to take the photo in good light and preferable standing over it or directly in-front of your Vision Board.

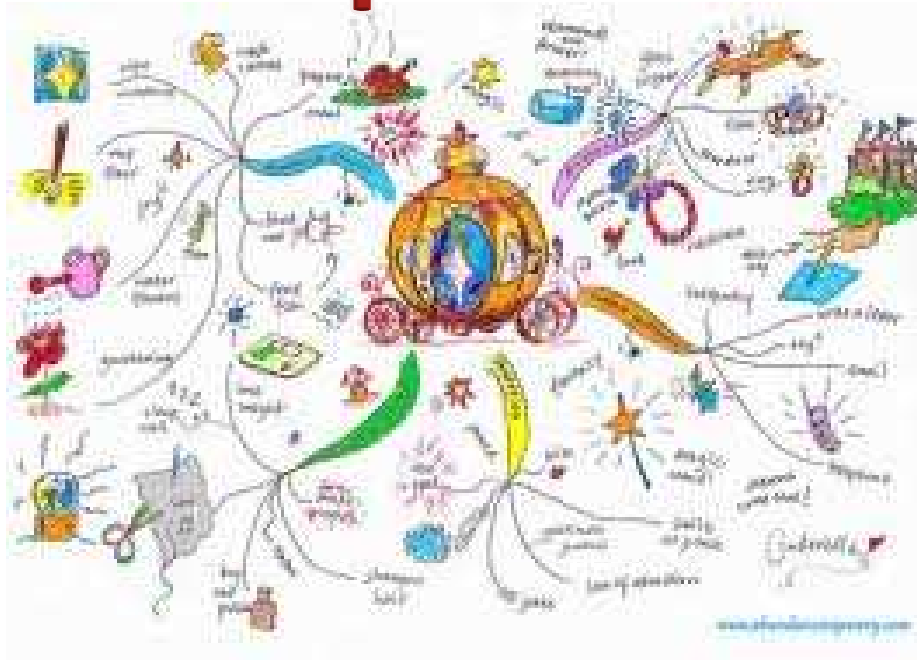
for "Love/Relationships"



Vision Board Categories

- ★ All
- ★ Business/Career
- ★ Family
- ★ Love/Relationships
- ★ Sports
- ★ Travel

Examples of Vision Boards



- Using Mind-mapping technique – in words and simple pictures.





- Pictures (from magazine, albums) with **AFFIRMATIONS & positive words.**



- Goals & dreams for specific area in your life “Well being”



**Have fun creating
your Vision Board !**