

VISION BOARD FUN

MANIFEST YOUR DREAM
BUSINESS & LIFE



INTRODUCTION

Picture this: It's New Year's Eve. You're curled up on the couch with your biz bestie (or logged into the same Zoom room), streaming cup of hot peppermint tea in hand. You're surrounded by literal stacks of magazines, your favorite scissors (because yes, you do have a favorite) and glue sticks galore. And just a few short hours later? You have an absolutely beautiful vision board ready to hang up in your pristine little office...

....and promptly forget about until NEXT New Year's Eve.

Sound familiar?

If so, you're in the right place.

You're also in the right place if...

- You've always wanted to create a vision board, but felt like you didn't know how (or why) and didn't want to waste your time (or old magazines!)
- You've made a few vision boards (and had some fun!), but sometimes wonder if you did it wrong because you're not actually seeing your desires spring to life
- You're a total vision board pro (you've got your next workshop penciled in already), but wonder if you're truly utilizing yours to its full potential (and/or you'd love to be able to school your non-believer friends in the actual science behind vision boards—we've got that, too!)

Here's the deal. Vision boards aren't exactly the new kid on the Law of Attraction block anymore.

It's no secret vision boards are a fun & wildly inspiring visual way to set big goals and create big changes in your life.

A vision board can help you not only gain clarity on your life goals and biggest desires

(and your smaller, more “niche” desires, too!) but—if used correctly—turn them into reality with more ease and usually, a lot faster!

Unfortunately, most people don’t actually take the time to do the two most essential ‘must-dos’ when it comes to vision boards:

- 1.) Create them with intention (and not just rip loads of pretty pictures & inspiring quotes out of any old magazines they have lying around)
- 2.) Actually look at them and *use* them in their daily lives—and then, you know, take action!

There IS a silver lining: This means that the reason your vision board “isn’t working” isn’t because you don’t deserve a \$10k month or that new iMac.

Instead, it’s probably because you’re missing one of two key pieces of the “vision board” puzzle—and a part that many vision board trainings gloss right over.

Except for this one, of course.

Inside this planner, I’ll walk you through exactly how to strategize, create and use your very own personalized vision board so that it actually works for you and creates tangible results in your life.

(Most vision board trainings just cover the “fun” part—as in, cutting out images from magazines and gluing them on poster board. Don’t get me wrong—we definitely do that, too! But I want you to both have fun creating your board AND actually know how to use it to manifest.)

Over the next 20+ pages, you’ll learn how to actually get clear on what you want before you cut up a single *Cosmo*, plus we’ll dig into the science-based (and woo-adjacent) reasons vision boards actually work, as well as walk you through my favorite tips, tricks and techniques for using your vision board to draw your desires to you like a magnet.

Sound good? Then let’s do it!

STEP 1: WHAT IS A VISION BOARD?: MUST-KNOW VISION BOARD BASICS

Before you flip open a single magazine, let's get on the same paper (pun intended) about exactly what a vision board actually is and what it's designed to do.

The most basic definition of a vision board is just this: It's a collection of images, quotes and symbols that have meaning to you and which bring out feelings of joy, peace, love and happiness. They represent your dream life.

Vision boards are based on the Law of Attraction which says—put simply—“like attracts like.” (You might've heard other LOA-inspired catchphrases like, “thoughts become things,” “what we focus on expands” and “where attention goes, energy flows.”)

In short? The Law of Attraction states that our thoughts can influence our reality. And therefore, creating a visual representation of what we want will help us stay focused on what we do want and bring it into our lives faster.

But no matter whether you're The Secret superfan or not, one thing is undeniably true: We do attract what we think about.

For example, if you spend all your time worrying about money, it seems to slip right through your fingers. If you obsess over your weight, the pounds stubbornly hold on. And if you daydream about relaxing in the Caribbean sun, well, you're a lot more likely to find yourself on a beach chair in the near future.

That said, vision boards aren't magic. This is another major—albeit common—misconception!

In general, vision boards allow you to **gain clarity on and set intentions** for your entire life or specific areas of your life, in a way you most likely wouldn't otherwise. It also provides you with a touchstone so you keep your goals & desires top-of-mind.

This in itself can be very powerful, all metaphysical stuff aside.

Overall, there aren't a ton of hard & fast rules when it comes to creating vision boards. It's a fun, creative process with lots of room for interpretation. They can look how you want them to look, be digital or paper-based (we'll talk more about that in a minute) and they can either be focused on a singular goal (like manifesting a dreamy relationship), or the bigger picture of your life. We'll dive into all this later in the planner, too.

The single most important thing you should know about creating vision boards is this: They work best when you create them with intention and actually 'use' them and incorporate them into your life and routines in a meaningful way (instead of just stuffing them away in a drawer, never to be seen again).

What Are the Benefits of a Vision Board?

Vision boards are super powerful. There are quite a few benefits, like:

- Gaining clarity on your goals. We often think we know what our goals are, but if we don't have them visually represented somewhere, we're missing out.
- Helping you delineate your goals and desires (so you know what's most important to you now)
- Boosting creativity (not just because the entire process of creating a vision board is creative, but because over time, you'll get more creative and open up to more possibilities about how to achieve your goals)
- Providing focus and determination. You can't ignore your goals when they're staring you in the face every day!
- Forcing you to dream big! It can be easy to become complacent in life if we're not actively thinking about our goals and dreams

Another benefit of creating a vision board: It will boost your spirits when you face life's inevitable struggles.

Having a bad day? Spend some time working on your vision board, and you'll feel noticeably lighter at heart.

Feeling overwhelmed? Take a look at your vision board for an instant reminder of why you're working hard now, and what you stand to gain from it.

Struggling to reach a client? Read through some of the beautiful things other clients have shared about their journey with you (which you've pasted on your vision board, of course!). You'll be immediately reminded about how valuable you are, and why you do what you do.

(Of course, vision boards aren't just for improving your business, either. They have uses far beyond your monetary goals—and we're going to cover all of them!)

What Goes on a Vision Board?

Vision boards come in many different formats, both digital and physical. We'll talk more about that later, but for now, let's take a look at the types of content that make up vision boards.

Images. By far the most common item to find on vision boards, images can be photos, drawings, mind maps, sketches or anything else that has some meaning for you.

For example, if world travel is one of your goals, you might include photos of historic landmarks you want to visit, or airplanes or ships (imagine the feeling of freedom associated with those). If you dream of retiring young, then a photo of you and your family relaxing on the beach will serve as a happy reminder of what life will be like when you no longer have to work.

Motivational messages. You've seen those motivation posters that say things such as, "Challenge: Always blaze the trail; never follow the path." For some people, these messages can be extremely powerful. When you face a rough patch, simply remembering that phrase can be enough to get you fighting again.

Your vision board might include messages you see posted on social media, phrases you read and jot down in your journal, or even testimonials from your clients or nice things others have said about you.

Inspiring quotes. Inspiration is different for everyone. For some, the greatest source of inspiration is the Bible. For others, words of encouragement from industry leaders or historical figures is uplifting. You can have fun with these, too. Maybe your best inspiration comes from the notes inside a Dove candy bar or a fortune cookie. Whatever makes you smile or brightens your day is a good fit for your vision board.

Everything else. What else inspires or motivates you? The blue ribbon your grandmother's quilt won at the state fair? A small vial of sand from that secluded beach

you'll retire to someday? Your daughter's baby shoes? Vision boards can include these treasures as well, you just might have to be a little creative when it comes to adding them.

We'll talk about the materials for creating a vision board in a later section. But first, let's look at why you should create a vision board,

Why Create a Vision Board vs. Just Writing Out Your Goals?

Traditional goal setting encourages us to map out goals in some boring corporate-like list of measurable and deadlines.

But for a lot of us (especially creative entrepreneurs), that's the exact kind of thing that makes us feel stiff and anxious. We look at that list of dates and to-dos and we're instantly overwhelmed with the enormity of it all, so we file it away for "later."

(And we all know "later" usually means "never.")

The good news is, creating big changes in your life and business doesn't actually have to work that way.

Vision boards are a more fun—but still highly-effective—way to make major shifts in your life and start turning even the grandest dreams into reality.

Rather than a bland calendar or spreadsheet with dates and impressive sounding goals on them, vision boards give you the creativity to let your dreams grow.

For example, which is more inspiring to you? This:

- 7/30/23 – Launch new podcast
- 8/30/23 – Send Kindle book to editor
- 12/31/23 – Build mailing list to 10,000 subscribers

Or this:



Exactly.

Most humans are visual learners as well, so using visuals to motivate us toward our goals just makes sense.

Also, most traditional goal-setting protocols encourage you to think about the intended outcome or result you want to achieve (i.e., "Make \$10k this month.") On the other hand, a vision board is more about helping you tap into the FEELING of achieving your goals and desires. This slight shift in perspective will help keep you motivated day in and day out.

A powerful vision board will contain images and/or words that reflect your desires and goals and evoke a feeling in you.

Long story short: Vision boards are far from just a mish-mash of random photos, words and art. They're not meant to be pretty decorations (although they usually are!) or a fun art project (although they are definitely that, too!).

Instead, they're a powerful tool for helping you manifest your deepest (and largest!) desires, in any area of your life.

EXERCISE: Reflection question.

What did you learn about vision boards that you didn't know before?

STEP 2: THE SEXY & SCIENTIFIC POWER OF A VISION BOARD

Now that you know what a vision board is and how it can positively affect your life, let's go a bit deeper.

Over the years, vision boards have gained popularity and also garnered lots of cynicism and critics.

While there's no doubt vision boards are fun to make—and look at (when you remember), does occasionally staring at a piece of poster board (or desktop background) *actually* help you manifest your desires?

And if so, how?

In short: yes, vision boards work. And the reasons are both scientific and mystical.

Below, you'll find a list of everything you need to know about how—and why—vision boards are one of the most powerful manifestation tools on the planet.

- Looking at a vision board activates your RAS (reticular-activation system). Have you ever noticed that when you start thinking about wanting a new car, you start seeing that particular car model, make and even color seemingly everywhere? That's your reticular activation system at work. According to the University of Minnesota, it's essentially a big bundle of nerves that filters out unnecessary information. For example, if someone asks you to find everything 'blue' in the room, the RAS kicks in to help you. When you look at images on a vision board, your RAS will begin to focus on those images and filter out the rest. You'll be more open to possibilities and start to 'see' your dreams happening everywhere!
- It also causes your brain to 'value-tag.' As neuroscientist Dr. Tara Swart explains: "Looking at images on a vision board primes the brain to grasp opportunities that may otherwise go unnoticed. That's because the brain has a process called 'value-tagging' which imprints important things onto your subconscious and filters out unnecessary information." She continues: "The brain assigns a higher 'value' to images than written words on a to-do list. And the more you look at those images, the more those images move up in importance." Translation? The more you look at

your vision board, the more 'important' your brain deems the images (and associated goals) on your board. Fascinating, right?

- Vision boards also work thanks to visualization. Most people 'use' their vision boards by looking at them and then visualizing themselves achieving their goals—and it works! That's because the brain sees little difference between something actually happening and a strongly imagined vision of it.

This isn't some airy-fairy make-believe stuff, either. We've known for decades that visualization (read: daydreams!) have power, and that purposeful visualization is the key to greater success in every area of life.

For example: We all know top athletes practice endlessly, not only on the field, but in their minds. They actually see that perfect shot, winning race, or stunning backflip. They concentrate on the minute movements that make it possible, how their muscles will react every second, and how they will feel at the end of a stellar performance. This type of visualization creates neural pathways that are virtually indistinguishable from those caused by completing the act itself.

The result? Nearly the same as with actual, physical practice.

This isn't just a trick for top athletes, though. It works for you, too. When you visualize your ideal business, your happy home life, your dream vacation, and even your biggest income goals, you're priming your brain (in various ways—which we'll dig into!) to help you achieve them.

Especially when it comes to big, legacy-building dreams, you'll meet those goals much faster and with fewer stumbles than if you simply list your goals (and deadlines) on a calendar.

Like anything though, effective visualization takes practice. As kids, we spend much of our time daydreaming and playacting, but those are skills we lose as we age. A vision board can help kick start those creative visualization skills again.

- The repetition of looking at your board lowers the stress response to big, hairy goals—and increases the likelihood you’ll go after them. Dr. Tara Swart also says that looking at a vision board can help you overcome fears around trying new things—making you more likely to take action toward achieving your goals.

“Normally, when you try something new, the body has a stress response, releasing cortisol and adrenaline. In other words, new things can be scary,” she says.

“However, when you repeatedly look at images related to your goals, your brain no longer sees them as new,” she continues. “The process reduces the [physiological] fear response to any new situation or person, making you more likely to take healthy risks, collaborate and embrace opportunity.”

Pretty neat!

- Creating a vision board just feels good. The actual process of creating a vision board boosts positive emotions and energizes the brain. And every time you look at your board, you’ll be transported back to how it felt during the process—thus activating all those feel-good feelings again.
- It opens you up to creative solutions. According to Swart, “Looking at images on a vision board primes the brain to grasp opportunities that may otherwise go unnoticed.” This means you’ll be primed to see possibility instead of obstacles, especially when it comes to the goals on your board.

EXERCISE: Reflection question.

What did you find most fascinating about the science behind vision boards?

STEP 3: REFLECT & DREAM BIG FIRST FOR MAJOR MANIFESTING MOJO

We've discussed what a vision board is and why it works. Now, it's time to start planning your vision board.

If you're going to take the time to create a vision board, it's important that you take time to strategize first (before launching for the scissors!)

I know it's super tempting to just pick up a stack of Cosmo or Better Homes & Gardens, grab the rose gold scissors and start cutting away, but in order to create the most intentional (and therefore, powerful) vision board, you need to do a little work upfront.

During this step, we're going to both reflect and daydream. Because it's hard to figure out where you want to go without first reflecting on where you've been. It's also important to get clear on your values before you start getting into specific, nitty-gritty goals. In fact, according to *Psychology Today*, creating goals based on your values will makes them that much easier to achieve.

Reflect

EXERCISE: Use the journaling prompts below to gain clarity and a big picture view of your current desires.

What did you accomplish last year?

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Which experiences, people and/or locations had the biggest impact on you?

What was your biggest accomplishment of the last year? How about the last three years? Five?

What did you not accomplish last year, but still feel inspired to strive for?

What's one thing you keep thinking, "I really should have done that"?

--

Daydream

Now it's time to turn your attention to the future—as far out as you can.

EXERCISE: Use the journaling questions below to get clear on your values and big life dreams.

Who do you want to be?

--

What do you want to ultimately achieve? What legacy do you want to leave?

How do you want to spend your time?

Where would you like to travel? What would you like to do?

What really matters to you?

--

What gives you a sense of meaning?

--

Vision Boards Work in Every Area of Your Life

Now that you're feeling excited about the general direction you want your life to go, it's time to get more granular.

As I mentioned, vision boards can be focused on a singular goal (for example: feeling confident in your body, hitting a certain income goal, etc.) or cover multiple areas and focus on the bigger picture (or your life overall).

It's up to you whether you want to create one vision board for your life, or break it down into smaller vision boards.

You can even create one large vision board to hang in your office that touches on the most important areas of your life, but also create a more specific "business-only" vision board on Pinterest, for example. (More on how to do all that in a second!)

All that said, let's take a look at the various areas a vision board can help you with. After each life area, you'll find a list of journaling questions to help you get clear on goals in that specific category.

Feel free to work through them all, or skip to the sections you already know are most important to you. They'll help you break down your goals into specific areas of life, or brainstorm ideas for areas you haven't even thought about!

You'll also find suggestions for what types of images to eventually look for to best represent your goals.

Business

Business—and the related lifestyle—goals is probably the most common topic of vision boards, and with good reason. Chances are you started your business with the goal of creating a better life for you and your family. It's likely one of your driving motivations, so it's natural to seek out tools that will help you achieve the outcomes you desire.

Vision boards are the perfect choice.

As far as images go, you might want to look for images and other items that represent your ideal business day, your perfect client, and your ultimate dream job.

EXERCISE: Brainstorm your business vision board ideas. When you re building your business vision board, consider the following questions:

How do you want your days to go? What do you want them to look like?

What clients do you want to work with?

What projects do you love?

What do you want your typical workday to look like?
Where will your “office” be?

Wealth

Here’s another favorite topic for vision boards, and if big financial goals are part of your life plans, it's one area you should pay close attention to.

The reason many people don’t reach their financial goals is because we let those negative internal voices hold us back. You know that voice. It says things like:

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- “You’ll never earn that much.”
- “No one will pay you to do that.”
- “You’ve always been financially irresponsible and you always will be.”
- “You’re just not ‘good ’with money.”
- “They’ll never accept that price increase.”

We let this voice create our income cap, and unless we take steps to silence it, we will never earn what we’re truly worth.

Use the prompts below to get clear on your financial goals. Then, find the images that represent the feeling of fulfillment and joy you’ll have as you’re able to achieve these goals and more. Maybe that’s a photo of needy children your church group helps support, or an animal rescue organization you love. Or maybe it’s just a big pile of money so you can retire young and live on a yacht. It’s your dream, and it can be anything you want it to be.

The point is, your vision board is the perfect vehicle for finally silencing that negative voice in your head that’s keeping you from your financial goals.

EXERCISE: Use the journaling prompts below to get clear on your financial goals.

What does financial freedom mean to me?

--

How can I change the world if I earn more money?

--

What charities will I support when I start earning \$X amount of money?

--

Self-Care

How's your health? For many online business owners, it could be better.

We spend far too much time inside, sitting down, staring at a computer screen. We don't exercise enough. We don't eat right. We don't drink enough water.

How can a vision board help? By making it clear how much better you will feel (there's that word again) when you do eat healthy, work out, and are hydrated.

A vision board filled with images of fun activities in relaxing locations is just the thing to remind you—the next time you reach for another slice of pizza—that you're working toward an achievable goal.

EXERCISE: Brainstorm goals for each of the “Six Pillars of Self Care” below.

<i>Mental health</i>	
<i>Emotional health</i>	
<i>Physical health</i>	
<i>Environmental</i>	
<i>Spiritual</i>	
<i>Recreational</i>	
<i>Social</i>	

Family, Friends & Relationships

We don't often think of vision boards as being helpful with building relationships, but maybe that's just because we don't put enough emphasis on setting goals to improve them.

Creating a family, friends and relationships vision board just might change all that.

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If you choose to represent this section on your board, be sure to your vision board with items that represent the best relationships you can imagine, and soon enough, you'll begin creating those bonds in your own life.

EXERCISE: Use the prompts below to get clear on your relationship goals.

What kind of relationships do you want to have?
What's most important to you as a wife? Mother? Daughter? Friend?

How do you want your husband to feel when he sees you?

How do you want your kids to feel when they're teenagers?

Fun

Here's where you can really go crazy. You might not be able to afford an around-the-world cruise (yet) but there's no reason you can't put it on your vision board. No matter what silly, unrealistic adventure you're dreaming of, create it on your fun board.

EXERCISE: Use the prompts below to brainstorm your “fun” goals and desires.

What do you wish you had more time for?
What do you love to do when you're alone?
What are 3-5 material possessions you know would incremental improve your wellbeing and/or fun?

Where would you like to travel in the next 1-3 years?

What have you always wanted to try, but keep putting off?

Big Scary Goals

Here's where many of us falter. Maybe you have a few goals. Say you want to increase your income by 15%. Or run in a 5k. Or vacation in Greece.

These are all fine, respectable goals, worthy of your vision boards. But what if you turn them up a notch...or three?

Instead of increasing your income by 15%, increase it by 150%.

Rather than running a 5k, run an ultra-marathon.

Instead of a vacation in Greece, move there.

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With your vision board populated with meaningful images, thoughtful and motivating quotes, inspirational messages, and plenty of creativity, even these big scary goals suddenly feel much more attainable.

And you know what? As we said earlier, that which you can visualize, you can achieve.

So don't be afraid to start a vision board for your biggest, most intimidating goals. You might not get there tomorrow or even next month, but if you keep your focus, you will get there.

EXERCISE: Use the prompts below to get clear on your big, hairy, scary goals.

What are your biggest, most audacious goals?
When you think about the end of your life (morbid, but useful!), what do you know you want to have accomplished? Think back to the "Daydream" questions from earlier in this step.

EXERCISE: Write out your most important goals. As *The Complete Idiot's Guide to Vision Boards* describes, the images and phrases that make the board should represent your highest priorities. So let's get clear on them!

<p>After reading, which life areas do you want to make sure you include on your vision board?</p>
<p>What are the top 3-5 goals you want to focus on in the next year?</p>
<p>How could you best represent them in images on your board? Brainstorm a few ideas for each goal.</p>

Don't Make the 'Vision Board Mistake'

One of the biggest mistakes people make when creating vision boards is that they focus on the goal, rather than the feeling of the goal.

For example: Imagine your goal is to visit England. You could express that by simply writing "England" on a whiteboard. But so what? The word itself is unlikely to evoke feelings of joy or anticipation. In fact, the more you see that word, the less meaning it will have.

As a vision board item, it's pretty weak.

Imagine instead, a photo of Stonehenge. The sun is just peaking over the horizon, bathing the scene in a golden light. Thick mist clings to the ground, the ancient structure rising out of it like a circle of ghosts. You can almost hear the voices from 5,000 years ago, as they worshipped their gods, healed their sick, and buried their dead.

When you look at the picture, it doesn't just say "England." It instantly transports you there and immerses you in the moment. It's a feeling. Not a goal.

When you create your vision board, regardless of which of life's aspects you're focusing on, be sure to look for images and words that make you feel the way you imagine you'll feel when you achieve your goal.

It's truly not so much about what you want to have, it's about how you want to/imagine you'll feel once you have whatever it is you want.

STEP 4: GATHER SUPPLIES FOR SUCCESS & INFUSE YOUR BOARD WITH ARTISTIC FUN

You've done lots of hard work getting clear on your goals, desires and even your most audacious, out-there dreams.

And now, it's time to start preparing to create your vision board masterpiece. The good news is vision boards are inexpensive and easy to create.

No matter if you're super tech-savvy or more a pen & paper kind of person, you can create a vision board that positively impacts your life this year—and for years to come.

Like I mentioned, creating a vision board can be as simple as cutting photos out of a magazine and tacking them up on your office bulletin board, or it can be as complex as a hand-made frame with personal photos and trinkets.

Here are a few of the most popular ways to create vision boards:

- **Digital:** Digital boards are created with software designed for the task, or with Photoshop or other image-editing tool. Ease of use is the obvious benefit with this kind of vision board, because you can quickly add and edit your board. This also (usually) makes your board portable.
- **Physical:** Paper, bulletin boards, whiteboards, or even a wall in your home with hanging pictures. Your creative options are endless here, but your vision board will obviously be less portable.
- **Mobile:** Created on an app made for tablets and phones. The advantage here is that you'll have your vision board with you everywhere you go.

Ultimately, it doesn't matter how you create your vision board, it only matters that you do create one.

EXERCISE: Decide what type of vision board you want to create.

What Do You Need to Create Your Vision Board?

Your actual supplies will look slightly different depending on what type of board you're going to create.

If you're creating a physical board, the options are pretty much endless!

Remember when you were a kid in art class? Your vision board materials can be just as much fun—especially if you're creating a physical board to hang on your wall.

Start by gathering up a selection of materials to work with:

- Swatches of fabric and ribbon
- A stack of old magazines (hit up your local library for their outdated copies)
- Colored pencils and markers
- Construction paper
- Poster board
- Crayons
- Glue and tape
- Scissors
- Stamps & ink pads

When creating a physical vision board, it can be fun to turn it into an entire experience. (You can do this if you're creating a digital or mobile board, too!)

What can you do to create an amazing ambiance?

- Invite a friend or colleague
- Light candles or incense
- Meditate beforehand

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- Drink a glass of bubbly (especially if you're doing this on NYE!)

If you're creating a digital board, you'll need to choose what type and where you're going to create it. You might need to do some additional research to find the perfect tool for you.

There are several web-based apps that will help you create your boards.

One favorite is DreamItAlive.com, which not only provides the tools to create your "dreamboard" (as they call it) but also a community of like-minded dreamers to support and encourage you.

Best of all, Dream It Alive is free to join.

The screenshot shows the DreamItAlive.com website. At the top left is the logo "DreamItAlive®" with the tagline "An online community that empowers you to achieve your dreams and goals." To the right of the tagline is a red square icon with a white grid. Further right are two buttons: "Join Now" (blue) and "Log In" (dark grey), followed by three red dots. Below these is a link "Start Dreamboard".

Below the navigation bar is a "Featured by:" section with logos for Microsoft, Forbes, WALL STREET JOURNAL, Entrepreneur MAGAZINE, TechZulu (All the Good of Tech), THE HUFFINGTON POST, and OPEN Forum.

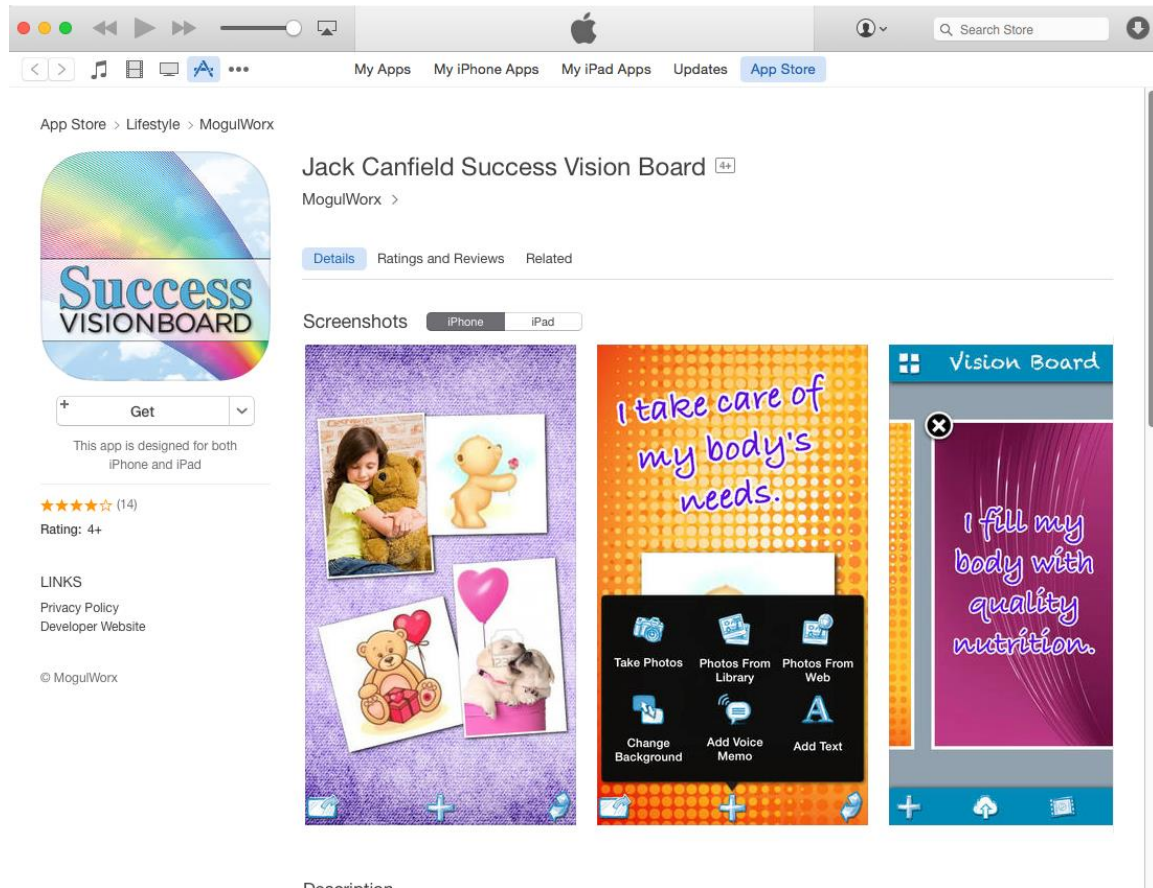
The main content area features the headline "DISCOVER YOUR DREAMS *and* LIVE YOUR BEST LIFE." To the right of the headline is a collage of 12 images: a couple embracing at sunset, a close-up of a woman's face, a beach at night with string lights, a green smoothie, the Taj Mahal, a woman playing guitar, hands holding puzzle pieces, a group of people, and a man in a suit.

Below the headline are three bullet points:

- Create a virtual **Dreamboard®** in minutes!
- Meet like-minded dreamers
- It's all FREE!

At the bottom left are two buttons: "Got a Dream?" (blue) and "Watch Video" (dark grey).

Another popular option is Jack Canfield's Success Vision Board app for the iPad. This ultra-portable solution lets you take your vision board with you wherever you go.



Other popular options include:

- Udreamr.com, another web-based vision board app.
- Pinterest. Create a secret board on the popular platform and then pin images to the board that's for-your-eyes-only.
- Evernote. You can also use online apps or software like Evernote to clip images from the web and save them in a 'VISION BOARD' notebook. You could do something similar with a visual app like Trello, which allows you to create different lists and pin images you can see at-a-glance.

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- You can also use an app like Canva to create your vision board. (There are free templates available to create vision boards in the app.) This will allow you to download the image and save it to your desktop.

If you go a more mobile route, you can choose to:

- Download your vision board photo to use as your phone background. You can use one of the web-based apps above to create the image.
- Create a new 'watch face' on your smart watch that cycles through images you've chosen.
- Use a vision board app like "Vision Board" on Google Play or the Apple App Store.

EXERCISE: Experiment! Play around with the options for creating your board, then decide exactly where and how you're going to create it.

STEP 5: PUT TOGETHER A PRETTY & PRACTICAL PHYSICAL BOARD

Finally, it's time to start actually creating your board!

This section will walk you through creating a physical vision board that inspires, energizes and attracts your dream business & life.

First, it's time to start gathering the actual images. Your physical board will likely contain a combination of magazine images, images printed from the Internet (or Pinterest) and/or your own doodles and drawings.

Start by flipping through the magazines you've chosen. Resist the urge to get sucked into the articles, and instead, concentrate on how you feel as you see the photos.

Do they make you happy? Do you smile at a particular shot? Does it bring to mind a particular goal or dream? Cut out the images that speak to you in some way.

Don't worry about organizing them or categorizing them at this point. For now, just make a stack of images that have meaning for you.

Next, take your board—and it can be a single piece of paper, a full-size poster board, or even the bulletin board in your office—and begin arranging your images, quotes and other materials.

You can have a single board with areas devoted to each aspect of your life, or a different board for each. Your board can be a hodgepodge of random images, or a carefully laid out plan that progresses naturally from one to the next. It can be color coordinated or not. Ultimately, it has to please no one but you, so let your creativity flow.

Don't be afraid to use your pencils and markers to decorate your board, draw attention to certain images, or divide it into distinct quadrants. You can add dates and dollar figures if you like, or the names of people you want to think of as you work with it.

Most importantly, just have fun!

EXERCISE: Create your physical vision board! You'll want to start by gathering your images, then arranging the images on your board, then gluing (or pasting or taping or pinning!) them in place.

STEP 6: CREATE A DREAM-ATTRACTING DIGITAL BOARD

For those of us who love computers and the speed and efficiency they give us, digital vision boards are just the thing to get your creative juices flowing.

Digital boards have the advantage of being portable, so you can enjoy and be inspired by them anywhere. Plus, they're easy to recreate and reimagine as your goals, dreams and values change.

And let's face it—they're a good deal less messy than the physical kind.

You'll follow the same basic steps as when creating a physical board.

First, you'll start by collecting inspiring images.

There are a few tips for collecting inspiring images perfect for your digital board:

- Check out Google images or another image search engine. Try typing in your goal (i.e. "Travel to Barcelona") and see what comes up.
- Search Pinterest. Even if you're not using Pinterest to actually create your board, it can be a fun & inspiring source of beautiful imagery (and quotes).
- Create your own graphics using Canva or draw/paint your own images. If you're artistic (or even if you don't consider yourself to be), you can create your own images that represent the goals and feelings you want portrayed on your board.

Pro tip: Be sure to save all your images in a designated folder on your desktop to make them easier to find.

The rest is pretty self-explanatory. There's no right or wrong way to place your images on your preferred app. Do it in a way that looks—and feels—right to you.

Make sure each image you choose represents a goal or feeling you desire to have in the next several years and that will make you feel happy, inspired and/or motivated when you see it.

When you're done, take a step back and ask yourself if you feel the board represents your dream life.

EXERCISE: Create your digital board! Collect—or create!—your digital images and save them to your designated folder. Then, add them to your app of choice.

STEP 7: ROUTINES & RITUALS TO SUPERCHARGE YOUR MANIFESTING POWER

You've created (or are soon-to-create) your vision board. Congrats—you've done half the work!

Yep, I said half. Because in order for your vision board to truly make an impact in your life, you'll need to treat it like the tool it is—not something magical.

Unfortunately, you can't just sit back, peek at your vision board every few hours (or days) and hope for the best. (Actually, you totally can—but if you truly want to manifest your dreams, there are a few things you can do to really make your vision board work for you.

1. Pick an easy-to-see location.

Where should you put a vision board for maximum results? Most importantly: Somewhere you can see it!

Options for a physical board include:

- Bedroom
- Office
- Even next to the TV!
- You can also try the bathroom (because you know you'll be there everyday!)

You'll also want to make sure your digital board (if you created one) is somewhere you'll actually see it.

- For example:
 - Can you bookmark your Pinterest board so it show up in your Bookmarks bar?
- Can you use the Canva image as your phone or desktop background—and your phone lock screen?
- Can you curate inspiring images so they show up on the 'face' of your digital watch?

Get creative!

2. Create a morning vision board ritual.

As a creative entrepreneur, you probably have at least some kind of morning routine in place. What if you added looking at your vision board to your daily routines?

Maybe you look at it every single morning. You can make it fun & easy—you light a candle, sit on your meditation pillow and go through a visualization. You look at each individual image on your board and use it as a way to set your intentions for the day and remind you what you're working toward. This will help you stay inspired and focused on your goals.

3. On the flip side, create an evening ritual.

Did you know that it's scientifically proven that looking at your vision board right before bed can help the ideas imprint even stronger in your brain?

It's true: Your brain is super impressionable right before you snag some shuteye. That said, sneaking an intentional peek at your board before you drift off is a fantastic ritual to put in place.

Looking at your vision board often—and especially before sleep!—can activate the “Tetris effect” (yes, like the 1980s video game!). According to Wikipedia, “The Tetris effect occurs when people devote so much time and attention to an activity that it begins to pattern their thoughts, mental images, and dreams.” Before you know it, you could be dreaming about your upcoming trip to Bali—and then, booking it!

4. Do a quick visualization every time you see it.

If you're having trouble creating a daily ritual around your vision board, you can also do a simple visualization practice every time you see/notice it.

We've talked a lot about how visualization is a very real and powerful tool in manifestation.

You can sit with your board for a while every day and visualize your overall dream life.

You can also do a quick visualization every time you see it (which is why having it a space you actually see is ultra-important!)

Here's what that might look like:

Look at each individual image for a few seconds and feel into the feeling of having that thing. Do your best to conjure up the feelings of excitement about what's to come and gratitude for what's already unfolding. (Some Law of Attraction and manifestation experts suggest consciously thinking positive thoughts as you're looking at the images is super important.)

Side note: There is some discussion in the psychology field about whether visualizing the outcome (i.e. seeing \$10k in your bank account) or the process (i.e. watching yourself post sales-based Instagram Stories and seeing DMs flood your inbox) is more beneficial. If we're taking a cue from the athletes we mentioned earlier, though, it's probably best to imagine it all!

5. Use it as motivation.

Feeling a little disenchanted? Worried you're not going to hit your launch income goal? Feel like you're just nowhere near where you want to be? You can also turn to your vision board for motivation and inspiration when you're not feeling your best, too.

Simply the art of turning your focus away from what you don't want and back onto what you do want can be very powerful—and motivating.

Plus, since you had such a blast creating your vision board, looking at it will also bring back those positive memories. (Another reason why it's super important to have fun while creating it!)

6. Re-frame your vision board as an 'action board.'

Remember Tara Swart, the neuroscientist we talked about earlier? She actually prefers calling vision boards 'action boards' since that's the real magic behind a vision board.

As she explains, "I prefer the term 'action board,' as we are looking to create something

that will inspire and manifest in your future through your actions, rather than merely a vehicle for daydreams of second homes abroad and lots of money.”

While looking at your vision board, you can visualize and feel into it, and then ask yourself one simple question:

What action can I take today to start making this a reality?

Remember: A vision board is just one tool in your manifesting toolkit. It’s only one way to bring your dreams to life. And again—it doesn’t work on its own. Instead, you’ll also need to take inspired action toward your dreams and goals.

7. Lastly, don’t be afraid to update your vision board.

You’re an evolving being and your vision board is a living document. The truth is, your dreams and goals will change with time, so feel free to add new images, remove images or start from scratch at any time. You want to make sure your vision board feels aligned—true to who you are and what you want—each time you look at it.

Hanging onto images that no longer feel aligned doesn’t serve you.

EXERCISE: Write out the following statement below to commit to your vision board ritual.

I _____ [NAME] commit to _____ [ACTION].

Example: “I commit to looking at my vision board once a day, in the morning.”

And that’s it!

Having this tool in your arsenal makes it much more likely you’ll achieve your dreams, as well as virtually ensuring your dreams will be larger than they were before you began your vision board adventure.

Vision Board Fun: Manifest Your Dream Business & Life

Before you begin though, here are the most important things to remember about your vision board.

1. It's yours. There is no right or wrong way to create your dreams.
2. Dream big! Your vision board is the perfect place to put your ultimate desires and goals.
3. You have to spend time with it. A vision board is a living document, and it will work better when it has your attention for at least a few minutes every single day.

Whether you choose to create a stunning collage of individually framed images you carefully collect over the course of a year, or you build it on your iPad from stock photos, give vision boards a try.

You might just be pleasantly surprised at the power they can wield in your life and your business.

If you need any help, please reach out to me at alejandra@alliecoaching.com to schedule your complimentary Goal Setting and Achieving session!!!

Thank you for reading through and completing this Planner!!

With love,

