

The Champion Season

Redefining, Reinventing & Rebuilding
Your Life



Creating a Vision Board
Champion Series

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How to Make a Vision Board

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Visualisation is vital in our manifestation of any dream or desire. To be able to see our dream and live in that space for even 5 minutes a day through visualisation, assures us of bringing it into physical reality. In that short time, it enables us see the dream, touch the dream, and feel the emotions associated with having the dream.

By doing this, we are sending very strong messages through our conscious mind through to our unconscious mind that this is what we desire. Our unconscious mind must then go about finding a way for its manifestation. Our unconscious mind does not have a choice, it must put into place all that is necessary for our dream to come true. This includes helping us to see what action needs to be taken, and moving us in that direction ... so much so, that we must act.

One amazing way to help you visualise your dream is to make a **Vision Board**. This is a very simple task, but a very rewarding one. It's like having your goals in pictures.

Follow these easy steps:

1. Find or buy a piece of thick cardboard or a cork board which is at least 60cm by 60cm (2ft by 2ft) I like to make it even bigger!!!! And you will also need scissors, glue or double-sided tape.
2. Cover the board with a lovely bright colour that makes you feel great, or you can choose the colour that represents what area of your life you are visualising.
 - Green is for business and money
 - Yellow and blue are for spiritual matters
 - Pink represents love; either that special relationship you are visualising, or family
 - Orange is for health

I love to cover my vision boards with a number of colours and then place the appropriate pictures, words or affirmations on each colour.

3. Find lots of pictures in magazines, on the net, or anywhere else you can, which best describe and illustrate your dream.

If you are wanting to live by the ocean, then find a picture of a beautiful home that is right on the ocean front.

If you are wanting a new relationship; then find pictures of people who are obviously in love and having lots of fun together.

Maybe you are looking for more money; then find pictures of money and pictures of what it will bring to your life.

If it is travel that you desire; then go to a travel agent and ask for brochures on the places you would love to visit.

Just make sure that these pictures make you feel happy and inspired as soon as you look at them.

If you are wanting all of the above, then cut out sufficient pictures to cover your board, but don't stick them on just yet!

4. Now find words, sayings or affirmations which inspire you and help to lift your emotional state to a place of happiness and joy
5. The final picture to find is a photo of yourself looking really happy and joyful. This is for the centre of the board - putting yourself in the picture!
6. Okay, it is now time to stick on all your pictures, photos, sayings, affirmations and whatever else is going to help you visualise in a happy, excited state. Take your time with this process, and feel, and see yourself actually having all that you desire.
7. I also like to write in felt pen across the bottom: 'this or something better, under grace, in perfect ways.'
8. Hang your dream board in a prominent place where you can see it many times a day. Even walking past the board allows your unconscious mind to take in all the details and begin its work.

Note: It is always best not to place your board where others can see it. Remember, there are lots of 'dream-stealers' out there, and you do not want anyone getting in the way of you manifesting your dreams.

9. Take 4 to 5 minutes everyday to sit in front of your dream board and imagine that you already have what you see ... and SMILE!
10. Expect it to happen!
11. The final and most important thing to remember whilst sitting in front of your board and visualising, is to feel the emotions that you would feel if your dream had already come true; the joy, the elation, the excitement, the happiness, the love and the beauty. It's the emotional feelings that bring our dreams into manifestation.

Happy Manifesting!