



This exercise is a fantastic way of attracting the positive things you want in life. This is also a wonderful opportunity to discuss with your kids what they dream of, what they want to pursue, ways to display gratitude, positive and encouraging quotes or sayings, and strive to do and be more. It's a wonderful bonding experience and way to display forward-thinking... and just a fun way to set goals!

Make a vision board in 6 simple steps:

1. Create a list of goals you'd like to achieve.
2. Find pictures that represent your goals or symbolize the future you wish to create. Use photographs, magazine cutouts, images from the web, or whatever inspires you!
3. Make a collage out of all these images on a bulletin board, wall, or in a binder. Feel free to get creative! Consider including a picture of yourself in a happy moment.
4. Keep it neat. Avoid creating a cluttered or chaotic board - you don't want to attract chaos into your life.
5. Add motivational "affirmation words" and inspiring quotes that represent how you want to FEEL, like "courage," "love," or "imagination."
6. Take a few moments to review your vision board every day, especially when you wake up and before you go to bed.

Checklist:

To make your visualization practice even more powerful, this checklist should help you evaluate your vision board's effectiveness.

- ✓ Vision board depicts goals and dreams in all areas of your life, or in just one specific area that you'd like to focus on.
- ✓ The images you choose should represent or symbolize the experiences, feelings, and possessions you want to attract into your life.
- ✓ There are positive affirmations, inspirational words, quotations, and thoughts on your board.
- ✓ Your board has words and images that best represent your purpose, ideal future, and words that inspire positive emotions.
- ✓ Vision board should be relatively neat and selective about what you place on it.



- ✓ Keep it somewhere prominent, such as near your bed or desk.
- ✓ Spend time each morning and evening in prayer or silence visualizing, affirming, believing, internalizing your goals.
- ✓ The images should represent your future achievements and you'll feel gratitude as your dreams begin to manifest.
- ✓ Write down the date you created your vision board.
- ✓ Create a new vision board each year.

Daily Rituals

Daily rituals help to establish the right balance between thinking about the future and living in the moment. Start by picking a time during when you'll review your goals and visualize your success. Ideally, do this twice a day; the first thing in the morning and right before you go to bed. The process typically will take 10 minutes or less.

Research has revealed that images or scenes that are accompanied by intense emotion will stay locked in our memory forever. To multiply the effects:

1. Read your goals or affirmations out loud.
2. After each one, close your eyes and create the visual image of the completed goal or your dream life in your mind.
3. Add sound, smells, and tastes.
4. Add the emotions and bodily sensations you would be feeling if you had already achieved your goal.
5. Once you have visualized each goal as complete, it's time to release.
6. Let go of your goals and spend the rest of your day being in the present moment.