

HOW TO USE A VISION BOARD TO BUILD YOUR BUSINESS AND IMPROVE YOUR LIFE

**Vision boards have transformed the lives of celebrities like Arnold Schwarzenegger and Oprah Winfrey – and they have the power to transform your life and business too.**

Vision boards are a modern manifestation tool combining concepts taken from creative hobbies like scrap booking with motivational mind-mapping techniques and brand development methods used by marketers.  A vision board is quite literally a collage of pictures, phrases, poems and quotes that visually represent what you would like to experience more of in your life. For example; if you want more clients – a vision board can help you turn into a “client magnet” or if you are looking for a relationship – a vision board will help attract your perfect mate.

But vision boards don’t work for everyone. This is because most people make the mistake of beginning a board without first connecting to their inner wisdom.  The result is a board filled with images and words that aren’t aligned to their authentic desires.

**For a vision board to attract like a magnet it is important for it to be created with gratitude, positive intention, self-acceptance and a sense of flow.**

Another common vision board blunder is to create a collage crammed with ‘wishful thinking’ rather than overflowing with belief that you can truly have whatever you put on your board. Once completed it is crucial to hang your board somewhere that you actively spend the majority of your day.  Poor positioning is something that can completely stifle vision board success.

If you’d like to kick start your life/business with a new vision for a new you, then a vision board is a powerful way to take stock on where you are at in your life and reflect on what you would like to do differently during the year ahead.

I recommend Seven Simple Steps to creating a Vision Board that will transform your life/business and act as giant magnet to attract what you want into your life/company.

**How to Create a Vision Board – 7 Simple Steps**

1. **Board Basics –** Choose a large piece of card, poster board, cork board or canvas big enough to spaciously arrange your selected words and images so that they have plenty of space to grow. You’ll also need pens, scissors, glue or pins, sticky tape, current photograph of yourself, and a big pile of assorted magazines.

**2. Prepare a Space –** Find somewhere quiet where you can be undisturbed and completely relaxed.  Gather all the materials you need together so that they are within easy reach. Do whatever it takes to make the space feel as comfortable and special as possible.

**3. Mindset Magic –** Let go of anything you feel you ‘should, ought to or must’ aspire towards.  Give yourself permission to explore the things that you really want to welcome more of in your life/business.

**Ask yourself the following questions:**

*“What would I like to be, do or have in my life and my business if I knew it was okay to have anything I wanted?  If I knew I deserved it? If I had full support from others?  If I knew I could succeed? If I had no fear? If I had abundant resources and all the time I needed?”*

**4. Mission Statement** – Connect with your sense of purpose and write a mission statement to summarise what it is you want to manifest in your life.  Often we expressed the essence of our life purpose in the things that intrigued and occupied us as children.  Also in the dreams we had of what we wanted to do when we ‘grew up’.

Take three deep breaths, turn your focus inward and ask yourself **“what am I here to do”.** Notice what thoughts, feelings or sensations you get.   Write your mission statement in the first person.

**Underneath your mission statement write the things you will experience as you actualize this vision of yourself.**

Write your mission statement accompanied by a current photo of yourself at the centre of your board.

**5. Flick, Snip and Stick –** Have fun flicking through magazines for images and words that inspire you.  When you feel you have enough images sit for a few minutes sorting through your images.  Simply focus on keeping all the images you love looking at and trust your intuition on any pictures that don’t feel right.

Then experiment by arranging all your other images on your board in whatever way feels good.  The important thing is to arrange your images with plenty of space in between, so that you send out a message to the universe that you are always open to receiving more!

**6. Position with Pride –** Proudly display your board somewhere in your home or office where you are most active during the day and will see it regularly (even if this is from your peripheral vision).  Ensure the space around your board supports your vision, clear away any clutter or things that don’t reflect the words and images on your board.

**7. Ongoing Process** – Allow your vision board to be a continuously moving creation with room to add more images as your ideas develop and change. Whenever you bring something on your board into being, celebrate and express gratitude for this success. E.g. pop a little smiley face next to the word ormage, make a tick mark or write ‘thank you!’