

ULTIMATE GUIDE TO **VISION BOARD**

written by

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*She believed
she could,
so she did..*





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1 I believe in the power of a Vision Board

Let me tell you my story first. Then you can be the judge if you should believe it too. I knew about Vision Boards for years. Read about them in different books, thought they are such a brilliant idea, and believed the science behind it. However, despite all that I never made one.

Why?

The story I was telling myself was, oh, I don't know. I am busy.
I don't have a colour printer (I know! Pathetic!).
It's a little bit silly
I don't know anyone who has a vision board....and so on, and on.




However, after I did a lot of work on myself, a lot of counselling, sessions with life coaches, digging deep in my belief system. I realized there was a different reason as to why I was hesitant to create my own Vision Board.

I was ashamed!
I was embarrassed!
I was ashamed of my dreams and goals.
Deep down in me, there was a little voice saying, *“who are you to deserve all this?”*
As I am writing this, all this old feeling of shame and guilt build up in me. And I am crying.
You see, these were my old programs and negative beliefs. Who I needed to be (and wasn't), for my parents, for my family, for my neighbours, for my society...Who I need to be to blend in, fit in, be accepted...
It was a very painful realization. I wouldn't have thought I had such low self-esteem. But we do. We all worry we are not good enough.
Especially women seem to be so hard themselves.

So we are afraid of dreaming big and living big as we are worried we will offend someone.

We are worried we are not worth it,

And let me tell you something – every single one of you is **fricking amazing !!**



Every single one of you deserves to dream big, to go out with guns blazing, and conquer the world!
You just have to start believing it!!

And what happened for me, after I finally stepped outside of my comfort zone and created my first, not one, not two, but three Vision Boards!!
I smashed it out of the ballpark.

Within 9 months I had to do another set of vision boards as 80% of my dreams came true!
It was insane! I was giddy with happiness.

And these were no small dreams.

1. I got a new job
2. I moved outside of London (that has been my dream for 15 years).
3. I bought my first property. Another huge dream that I had for 20 years.
4. I bought a car.
5. I took a first holiday together with the man of my dreams (a cruise—and I had a sailboat on my VB).
6. I took my son on a holiday to Greece...just the two of us.
7. I become a part of a community, a tribe of amazing women.
8. I trained with Dr Richard Bandler as an NLP Practitioner and decided to change my career and become a life coach. A very different career from Finance where I worked for the last 20 years.

*But it was so liberating, to realise what my true passion is.
To serve women. To help women remember how amazing and powerful they truly are!*

Do you need me to go on?

And I had no clue this could all manifest so quickly. I had no expectations. I was not expecting these things to manifest for years to come. Which I believe was the best thing I could have done. As I got out of the way, and just let the Universe do its magic.

2 My practice

The first thing I do after I wake up is meditate. Anyone who is at all interested in improving their life will start their day by meditating.

Meditation puts my brain into Alpha (relaxed) state.

“In alpha mind, our brain waves slow down into a much more relaxed and aware state. This state of mind is associated with creativity and feelings of flow. Alpha is characterized by cycles of between 7 -13Hz and mostly occurs while in partial consciousness, occurring naturally when we drift in and out of sleep.

At this brain wave state, we become aware of our subconscious activity, where we are open to mental imagery and lucid dreaming while still alert and conscious. While in this lucid state of flow, learning and processing new information is optimized.”

From: <http://www.mindbodyvortex.com/the-alpha-state-of-mind/>

After meditation, I take one of my Vision boards and place my hand on each photo, one by one. I move slowly and imagine myself already doing whatever that picture represents. For example, if the photo represents having coffee with girlfriends and laughing. I literary transport myself there. I feel relaxed and happy, I feel thrilled to have this time with my friends, catching up. Sharing stories and laughing so much our cheeks hurt.

And I have not only big dreams on my VB. I also have things that are simple but very important to me. Such as laughing. Laughing, and goofing around with my son. Going for walks in nature, and reconnecting with it. So, what's the point of making a vision board?



To focus every day on what you want to see more in your life. To feel how you will feel once you have all these things.

Happy, whole, joyous, abundant, proud, successful, fit, loved, kind, healthy...

3

Make a Vision Board to Create the Life you Love!!

So, here is my first question.

What will your life look like a year from now, or in 5 years or 10 years?

Do you ever stop and think about it?
Do you have a clear vision of where will you be, and what will you be doing?
Will you have things you are now saying you want to have? Will you feel about yourself and your life, how you want to feel?

I believe that by creating a Vision Boards you are giving yourself the best chance possible to set goals you will then go on to achieve.

Get clarity on what matters most to you.
Stay focused on those desires.
Turn your life in the direction you choose!

We seem to live by default – like helpless victims who can only wait until something happens and then figure out how to deal with it. We seem to rush through days just trying to get through and get all the things done that we feel we need to tick off our to-do list.

We don't seem to have time, to stop and re-evaluate. We don't seem to think about the future unless we are worrying about something.

And.....how's that working for you?

In his book *Secrets of the Millionaire Mind*, T. Harv Eker states that most of us don't get what we want because we don't



know what we want.

And let me blow your mind even more.
Even if we were crystal clear on what we want...

For example, we want a holiday home in Fiji, and we want a classic Mustang convertible, and we want to earn £500,000 a year and have a body like Hallie Berry. ***Even then, we don't want these things, we just want to feel the way we imagine we would feel if we had those things!!***

By making a Vision Board you will identify specifically what you want to achieve or become or have. How do you want to feel? And then your vision board will help lead you in that direction. At the very least, wouldn't you like to stop allowing negative thoughts to dominate your mind and focus on more positive thoughts instead?

It's your life, and it's your choice!
But I know what I choose.

4 What is a Vision Board?

A vision board is an amazing tool that helps you clarify, concentrate and maintain focus on a specific life goal.

A vision board is any sort of board on which you pin/stick/hang images on that represent who you want to be, what do you want to do, or have in your life.

Your dream board.



Creating and using vision boards serves several purposes:

- A. Identify your vision and give it clarity
- B. Provide you with your daily affirmations.
- C. Focus! Keep your attention on your goals and dreams
- D. Reprogram your subconscious brain

A. Clarity

For example, to say “I want a better life” is ok, but unless you get specific you won’t even know whether you have achieved the goal.

Have you given serious thought to exactly what that means?

Try to envision what your “better life” looks like. I guess that you will, like me and like most of us, find that somewhat difficult. You might picture a beautiful house on the beach, strolling on the beach holding hands with Mr Gray, but how do you connect to it? How do you make that jump from seeing an image in your head to feeling as this is your house, and that is you happily in love?

That is why making a vision board can be a tremendous help.

To create your vision board, you must actively seek images that represent



specific details of this wonderful new life. That means narrowing it down to specifics.

For some, a better life might mean having a new car, or a spectacular new home. Others may be looking for love and a new relationship. Or lighting up the flames in an existing relationship.

Most people want financial freedom, not having to work 9-5 jobs, and to be able to take many holidays a year.

But as I said previously, most of us never get what we want because we don’t know what we want.

By having your clear goals and dreams on your Vision Board and looking at it every day, and connecting to it every day,



and feeling how you want to feel when you achieve those goals.....every day you are fine-tuning yourself and your brain to find best ways to get you to that goal.

Let's say one of your goals is to learn a new language. That was always my desire. To learn Spanish!

I have attempted to learn in over the years, and each time I have gotten excited about it, bought the books, enrolled in the lessons...and that enthusiasm kept me going for a while.

And then I missed a few lessons due to work commitments, and then it got hard to juggle, so I kind of found an excuse not to continue

And then..... I simply forgot about it.

And every few years or so, I thought to myself, I wish I could speak that language.



Now imagine, you have a photo on your Vision Board that represent you speaking a new language. And every morning you look at that photo, and you feel excited, you connect with the feeling of how you will act and feel when conversing in that language. And how you are travelling (another thing you love to do and it's on your vision boards), and on your travels, in Latin America, you are conversing with locals in Spanish. And they love you for it, and you get a completely different feel for the country. And you feel proud and happy that you have achieved such an amazing goal and having so much fun with it.

Need I say learning Spanish is on MY Vision Board.

Need I say I have not missed a day of practice in 120 days and counting?



B. Daily Affirmations

Once you dream it, the next step is to believe it. In addition to images, vision boards can include words, phrases or sentences that affirm your intentions. Or in another word, affirmations.

I am a huge believer in affirmations. I read my affirmations every morning. And have been doing so for a year. Same affirmations every day, and strangely enough, I am not getting bored.

Every day I feel these words as I say them out loud, they are raising my vibrations. I am filling with good energy like a battery...none of my other morning routines do this for me. Only affirmations.

Why are affirmations important?

*"Affirmations are statements that you repeat until they become new beliefs. They can be used to **eliminate negative thinking** and to create situations that help you achieve your goals through the Law of Attraction.."*

I simply find them empowering!

There are huge amounts of websites that will offer you positive affirmation, and inspirational quotes. Mindvalley is one of them. Pinterest is also one of my favourite places to look.

Or you can write your own affirmations. Just stick to these rules:

- Write out an affirmation that offers you the positive flip-side of your negative beliefs about yourself.



- Write in the present tense.
- Reflect deep kindness to yourself.
- Make it personal.

For example,

If you are fed up with being a Mum that, yells a lot, is busy and rushing all the time, and feels she is always the bad guy, say something like. "I am a fun mum and have a lot of laughs with my kids"

Somehow, we must silence the negative self-talk that is with us all every minute of every waking hour. You know that little voice in your head that never shuts up, the one that lists all your limiting beliefs by repeating an endless litany of every shortcoming you could have (and some you couldn't possibly have) and every reason why you can't or shouldn't or won't ever be, do or have what you want.

Affirmations are that little voice's worst enemy.

Affirmations express who you really are, release you from those limiting beliefs, and allow you to know that the possibilities really are Unlimited.

C. FOCUS

I had a huge A-HA moment recently, in which I realised that the universe has an algorithm. In the same way that Instagram has an Algorithm.

Let me explain. See, Instagram's algorithm reads your likes and dislikes. It knows which posts you like, what interests you, what posts you share, which photos grab your attention.

So, what it does, *it gives you more of that!* More of everything that you seem to focus on!

Did you know that the Universe has the same algorithm (just like Instagram)?

*What you focus on it grows !!
Where you put your attention to, you will get more of.*

Did you know that?

Simply put, we humans tend to be a very busy species and constantly bombarded by distractions. How do you stay focused when you are constantly bombarded with information, overwhelmed with demands placed on you?

How do you stay focused when you are constantly distracted?

With the news.

With your phone.

With social media.

With fear

There is no magic cure.

But there is a big difference in how you will feel by how you start your day. If you start your day with meditation, and then a visualisation. A Vision Board.

Where your dreams and desires and clearly stated.

Crystal clear

And with photos and affirmations that make your little heart soar and sing. So every day you focus on what you want. Instead of on what you don't want.

And guess what?

You will see more of what you want during the day.

I promise you that.



D. Reprogram your subconscious brain

Most of our “core beliefs” were created before we were 7 years old. Everything that was told to us up until that time, we take in, believing it to be the truth.

What are we supposed to do (don't be an artist, you won't have any money), feel like (boys don't cry), what's acceptable, and what's not, what's possible (for us) and what's not? all this is programmed into us by our parents and people around us. Our school teachers and trainers.

But we cannot blame them, after all, everyone is just doing the very best they can. Same as we are doing now with our children. We do the best we can too. But, we are at a slight advantage here, we are more conscious of our own programming.

Now, as an aware adult... you can look at these “core beliefs” that were instilled upon you.

You can decide what you want to keep and what you choose not to believe anymore.



The beliefs are within your subconscious mind, but you can choose to not only examine those beliefs but also reprogram your subconscious mind, with more positivity, more self-esteem, more self-love, with more beneficial beliefs.

SO HOW DO YOU REPROGRAM YOUR MIND?

Simply (yet not always so simple) :

Choose better thoughts !

When you find yourself spiralling into negative thinking, stop yourself, and *choose a thought that feels better*. It does take a conscious effort. No one even said inner healing and true happiness are for the lazy.

The healing won't happen by default, and usually, the happiness won't either for those of us who have to overcome negative core beliefs.

BUT IT IS WORTH IT.

It's worth it to feel joyful, to be successful, and to feel like a million bucks every day!

By starting your day with visualizations and affirmations every day you are reprogramming your subconscious mind.

Every day you are shouting (yes shouting, or at least saying it out loud), that you are amazing!

That you can achieve whatever you set your mind to!

That you are worth it! You are enough!
There are no limits to what you can achieve, learn and change.

How to Make a Vision Board?

It doesn't get more personal than a Vision Board. And it will look different for everyone.

I remember when I did my first Vision Board that I felt a bit self-conscious.

As I was doing it with two wonderful, beautiful and accomplished friends. Ivona is a Doctor, Rita is an Architect. And they both own their businesses. A little voice in my head whispered...what will they think of your dreams?

It was a little bit uncomfortable, but just for a second. Because I will let you in on a little secret...everyone, no matter how accomplished, beautiful, rich...everyone is scared of letting the world know their biggest, wildest dreams.

Nobody has it all figured out.

So, it might feel a little bit uncomfortable for you. It might feel so uncomfortable to the point that you don't want to do it.....which is the sign you have to do it.

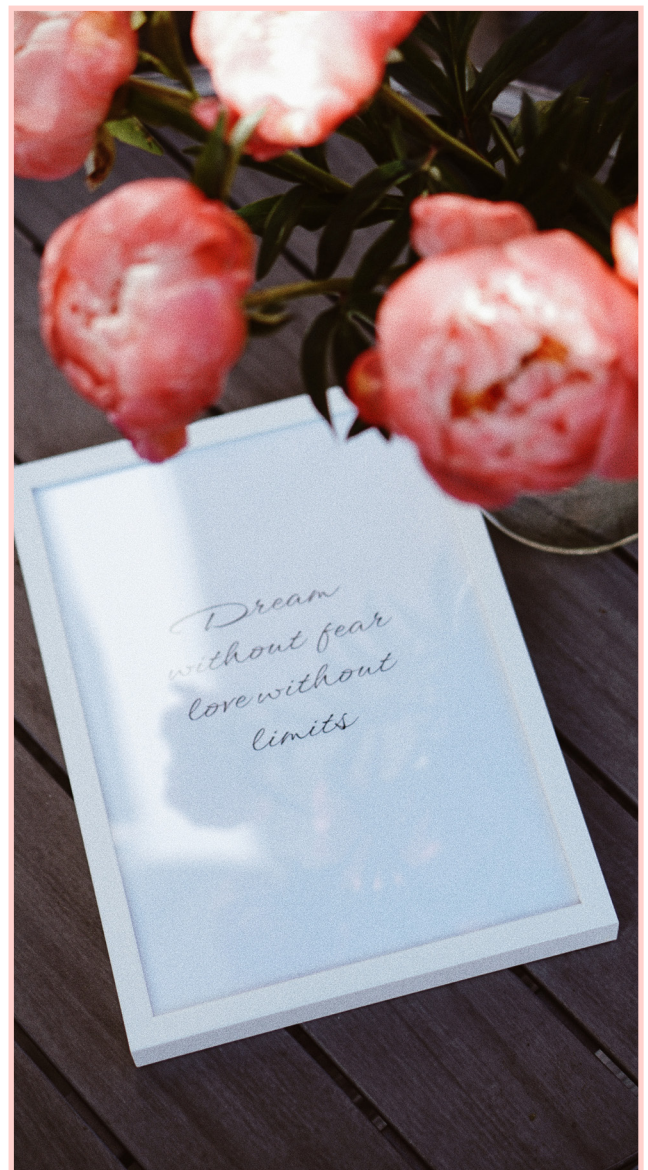
It's time to step outside the comfort zone!!

We shouldn't be comparing ourselves; we should be celebrating each other ourselves for exactly who we are. And our contribution to the world.

You may make a vision board with just a single goal in mind.

Other vision boards blend several goals.

The choice is really up to you.



And this is how I want you to figure out what to put on your Vision Board. I know by now you are already itching to get onto Pinterest and start looking for photos what will inspire you. You are probably surfing already.

But stop for a moment first.

This part is very important.

I want you to close your eyes and imagine the best version of yourself. Imagine 10 years have gone by and you are living the absolute best version of your life. You have had all these years to create the life of your dreams, so let inhibitions drop and SEE the most amazing version of your future self.

How do you look, and carry herself?

What clothes do you wear?

What restaurants do you eat in?

Do you look after yourself, work out?

Do you eat healthy?

What car do you drive?

What does your house look like?

What do you do for a living?

Are you married? Do you have kids?

What are your relationships like? With your partner, your family?

Are you a valued member of the community?

Do you like to travel?

Are you kind and how do you treat people?

How do they treat you?

Let your imagination run wild.

Are you happy?

Energetic?

Ambitious?

Are you living the best version of your life?





And now go even bigger!

What is the bigger version of the life you just imagined?

What are your highest values? What are your priorities in your life? Is family, work, growth?

Be very specific and very honest with yourself.

There is no judgment here.

Your inner being will thank you for it!

And then you write it down, no hesitation, no analyzing or overthinking.

And now it's time to let yourself loose on those photos.

Photos that will represent the best version of your life in 10 years.

You can put as many photos and dreams as you like on your Vision Board.

However, you can only have ONE GOAL ! One huge goal to where you are going to put all your energy in.

One single photo on your Vision board. And once you achieve that goal, you take it off and put a new goal on.

Dr Joe Vitali is a big supporter of a single goal. As it gets all of your focus.

But remember to plant your seeds and let them grow. Some dreams will manifest faster than others, and all you need to do is get out the way. Just because you cannot see that little plant, doesn't mean it's not growing. It just means you cannot see it YET!

6

Where to keep your Vision Board

There is not much point going through all this work to create an amazing Vision Board and then stick it in the cupboard, and eventually forget about it.

The most important thing to know is that you **MUST put your Vision Board somewhere where you will see it every day**. And to **USE it every day**. All it takes is a few minutes.

Be brave with your dreams, put them up in your bedroom or even your living room. Look at them every day.

If you have created an online vision board then take time to watch it every day when you start up your computer or smartphone.

If you make a habit of this, then you will be seeing the picture of you achieving your goals every day.

Dr Joe Vitale likens this process of creating a board to ‘...having the universe as your catalogue. You flip through it and say, “ I’d like to have this experience and I’d like to have that product and I’d like to have a person like that etc “.

A vision board is you placing your order with the universe. It’s that easy. If this is all new to you, just do it and watch what happens!



7

Big names that are a big fan of Vision Boards

Consider another example, this one from John Assaraf. He is one of my favourite lecturers. And another participant in the movie “The Secret “. He is an entrepreneur and brain science expert. I love when he tells a story of a dream board that he once created representing his ideal home. He put away the dream board, and forgot about it for five years, then stumbled across it during the move into a new house. To his surprise, the house he had recently moved in was exactly like the one on the old vision board.

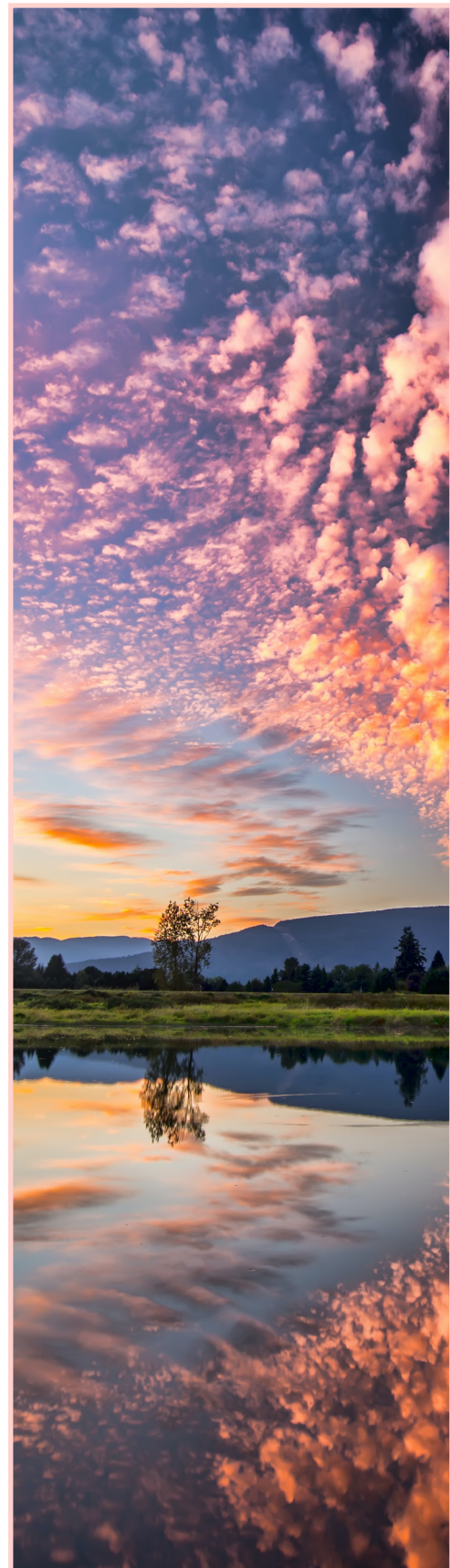
Bottom line is, it's about Visualisation.

And that has been around since, well, forever.

Swimmers, golfers, runners, and other athletes have successfully used creative visualization techniques for years. I remember watching an interview with Novak Djokovic. When he was only 5 years old, his tennis coach asked him to visualise holding the most coveted trophy in tennis, the Wimbledon Championships Trophy.

In 2018, I was watching Novak Djokovic beat Roger Federer to win the Wimbledon Championship. And for the 4th time in his career, he got to hold that trophy. He was lifting it in the air and kissing it, while the crowd was clapping, and cameras were clicking like mad. And I thought to myself...he has been visualising this moment for 20 years.

Another amazing story I want to share with you is from Rachel Hollis. She does visualisation in a form of journaling, and this is an amazing method too. For those of you who are not familiar with her, she is a writer and motivational speaker. And she says she was writing down her dream that she is sharing the





stage with Tony Robbins, every day for 5 years, 5 years, people.

Every day, she was writing it and visualising it. How would she feel how would she look, what would she do on that stage?

And then after 5 years, a call came through her assistants and it was a request from Tony Robbins to come and join him ON THE STAGE at his next event. She said her office went mental, but she remained calm. When asked about it, she said.” I have been experiencing this joy and euphoria for 5 years now. This is not news to me!”

How brilliant is that!?

Same as Novak, she had a clear goal and persistence. Consistency.

Desire and discipline to do it every day. And to feel it, feel the emotion of this dream come true... every day.

I am telling you now, from personal experience, if you do the same, you are going to achieve your wildest dreams.

There is no other way!.

8 A little science behind it

This is the extract from Joe Dispenza's website

THE BRAIN: A RECORD OF THE PAST OR THE MAP TO THE FUTURE?

“Not more than thirty or forty years ago, there was a unanimous belief in biology that the brain was hardwired, meaning that we are born with a certain amount of neurological connections and the finality in life was that we were going to turn out like our parents. It was an accepted perception that this delicate organ was unable to upscale its hardware. But with the advent of the latest technologies in functional imagery, it is apparent that it is very possible to make the brain work differently.

The research out of the University of Wisconsin has proven something as simple as attention or focused concentration is a skill just like golf or tennis. In other words, the more you practice being conscious or mindful the better you get at it.

In addition, functional imagery has proven that we can also change the brain just by thinking differently.

Simply put, when we are truly focused and attentive, the brain does not know the difference between what is happening in our mind's eye and what is happening in the external world."

Dr Joe Dispenza

Visualization is a way of tapping into the amazing power of the mind so that you can train your brain to help you create the kind of life you want. The life you will LOVE! Also by creating the life you love; you will inevitably inspire people around you to make changes in their lives too. And that is such an amazing feeling. To go from feeling like a victim, to feel like an inspiration!!



9 Why do I want you all to do this?

Because I want you all to shine!

Because the world needs your light! The world needs your energy. The world needs you to show up for your life and take the seat at the table with the big boys. We need your enthusiasm. Your ideas. Your strength. I want to see your courage. Stepping up. Stop thinking you are not enough. You are enough. Be brave and become who you were meant to be.

By shining your light you shine the light on other people too!

10

About me



I am a life coach and a qualified NLP Practitioner, trained with Dr Richard Bandler. The co-creator of NLP. And that was an experience I will never forget.

What he taught us was 'decide to feel good on purpose every day, for no reason at all'. And taught us, all our fears, and self-doubt comes from having a 'bad picture' in our head. And to simply replace it with 'good picture'.

Today, I look at life with different eyes. I challenge myself to try new things. I am opening to new experiences. I am mindful of the present and capable of being in a moment. While that was near impossible before.

I believe that I can do most things I put my mind to. And I believe that my clients can do most things they put their mind to, too. I believe my job is to remind you just how powerful you really are. As you have forgotten it!

The bottom line is that you can change your life for the better. It's totally within your reach, even if it feels almost impossible.

— THANK YOU —

Thank you for taking the time to read this book.

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