

VISION

BOARDING.

WHAT IS A VISION BOARD?

A vision board is a really lovely way to make your dreams, goals, visions and intentions a reality. Creating a vision board is the powerful process of:

- Setting your intentions
- Finding images, words and inspiration which represents your intentions.
- Putting them onto a board to remind yourself what your intentions are and how you're going to achieve them.

The actual ritual of the vision board ignites your divine feminine, it unleashes your creativity, your ability to flow and your intuition. I find it's a really nice way to ease into a New Year or to visualise and manifest your visions of a new home, a new office. If you're feeling stuck in your business, I find a vision board a really lovely way to tap into your inner wisdom and allows you to set goals which are in alignment with your values and helps you to stay authentic.

STEP 1.

setting intentions

Get clear on the what, the why and the how: what do you want to manifest, why is this important to you and how are you going to do this. (Checkout my free manifesting intentions worksheet to get super clear on your intentions - under "on the house tools" on my website).

STEP 2.

get creative

Gather pictures from magazines, from Pinterest, inspirational words, draw, paint and write down all the things that connect you with your intention and make you buzz with excitement. You can do this as a collage or create one digitally.

STEP 3.

manifest. manifest. manifest

Now it's time to bring your vision to reality. Hang your vision board above your desk, print it out and stick it in your journal, have it on your phone - wherever works for you. Create a mantra which you can repeat to yourself every time you look at it. If you want any support or guidance manifesting your intentions, finding your purpose or speaking your truth, book in your free manifesting intentions call with me.

