

The Vision Board

A Law of Attraction Tool

What is a vision board? A vision board is a very powerful tool that involves a collection of pictures and words posted on a bulletin board or a big sheet of paper that represent your dreams and goals through imagery.

The idea behind this is that when you surround yourself with images of what you desire your subconscious is implanted with these images and begins to work to attract them into your life. Your subconscious speaks in images, so seeing your desires is helpful to magnetize them to you.

Step 1: Start by writing down your desires. It could be a new car, better health, more time, a relationship, more money, a new career, a vacation, a book you want to read, a pet you've always wanted, a project you want to finish, etc. If you're struggling to decide what you want, make a list of what you don't want. For example: I don't want to be lonely, unhealthy, or poor. Across from those things, write their opposites. Now you have a list of what you do want.

Step 2: Find pictures and words to describe those things. Search the Internet and go through magazines. Choose words like: wellness, happiness, joy, laughter, peace, prosperity, love, wisdom, time. If you can imagine it, it can be part of your vision board and it can become your reality. Make a big pile of images and phrases and words.

Step 3: Go through the images and begin to lay your favourites on the board. Eliminate any images that no longer feel right. This step is where your intuition comes in. As you lay the pictures on the board, you'll get a sense how the board should be laid out. For example, you might assign a theme to each corner of the board. Health, Job, Spirituality, Relationships, or it may just be that the images want to go all over the place.

Step 4: Glue everything on to the board. You can paint on it, or write words with markers.

Step 5: (optional, but powerful) Leave space in the very centre of the vision board for a fantastic photo of yourself where you look radiant and happy.

Step 6: Hang your vision board in a place where you will see it often. Feel the satisfaction deeply that comes from having these desires fulfilled. Really FEEL it.

Step 7: As things start to materialize, and they will, take the pictures off and put them in a box. This will become your box of accomplishments that you can reflect on often and celebrate!

Step 8: Give gratitude for the things on your board as if they have already come to you because they are on their way!!!



Natalie Reimer Anderson
Transformational Self-LOVE Coach