

awaken  
S U C C E S S   C O A C H I N G

## Vision Board Instructions

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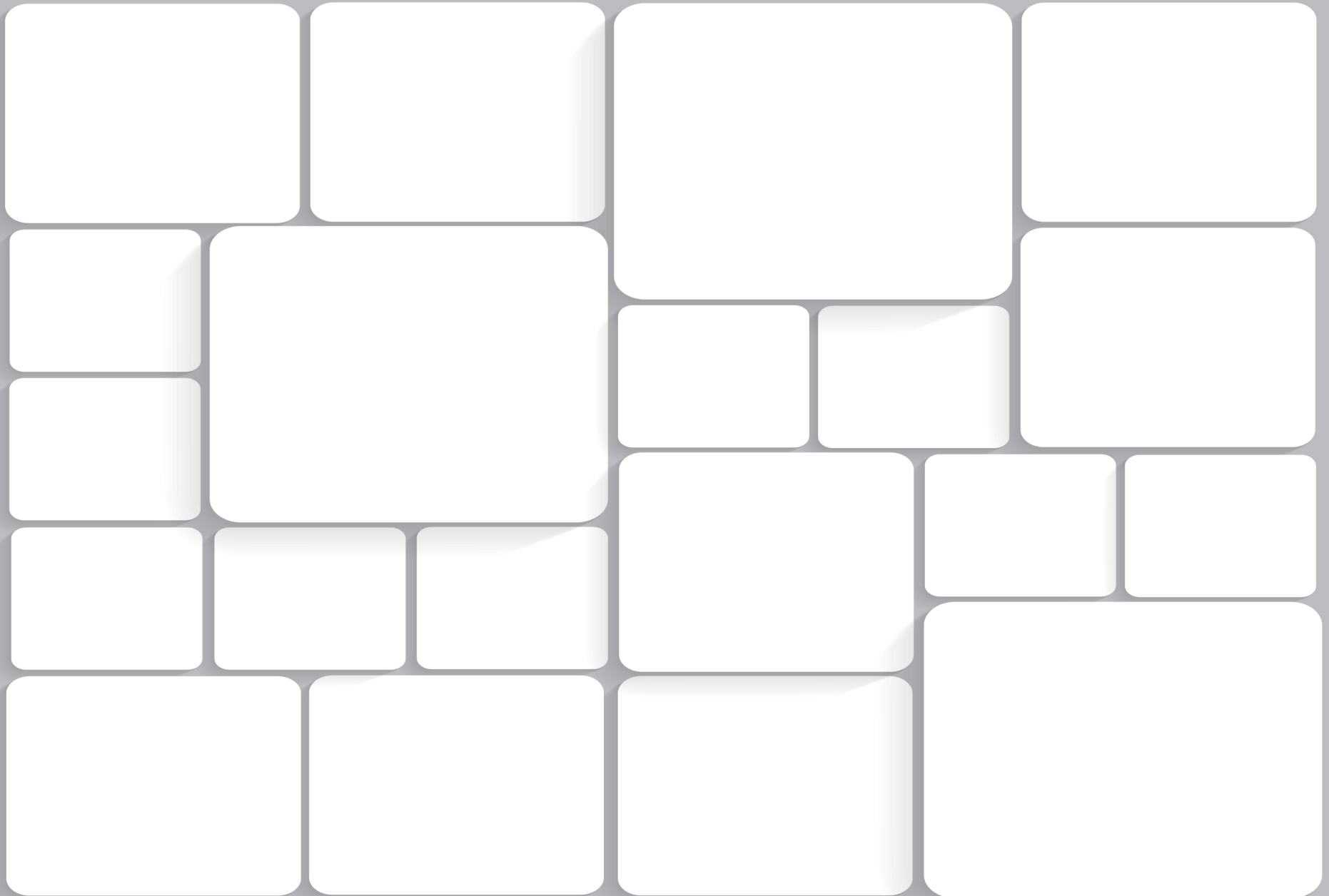
1. Sit in a quiet place, think about what you would like most in life, in ALL areas of your life. Take out a pen and paper, and start writing out a shopping list of your wants. From this list, write out your goals, i.e. new home, new car, new career or promotion, new relationship, improved health or fitness, weight release, etc.
2. Find images online or in magazines that represent those goals, or any images that stand out to you that motivate you. Save them to your computer or cut them out. Make sure you add an image of yourself, in the center, looking happy!
3. Add words or affirmations that motivate and inspire you. Those words will create feeling and emotion which adds strength to your board images.
4. Keep your board neat, it's not a messy collage or art project, you want to look at the board and be able to connect with the images as soon as you glance at it.
5. Put your vision board where you can see it often, the more you see it, the quicker you will attract your desires to you.

There are two kinds of boards attached, one you can edit in Adobe and upload images to it, or you can just print out the board, cut out images and glue them in place!

Remember to have fun with this! keep your vision board somewhere prominent so that you can see it often. You can make copies of your vision board and put them in other places too, like by your bedside, or in your car. A final note, the law of attraction is at work at all times, it doesn't switch off, just like gravity, it's always there... be careful of your thoughts, because thoughts are things, you don't attract what you want, you attract what you are, and you ARE the sum total of your thoughts!

Maria Sheehan  
Awaken Success Coaching.

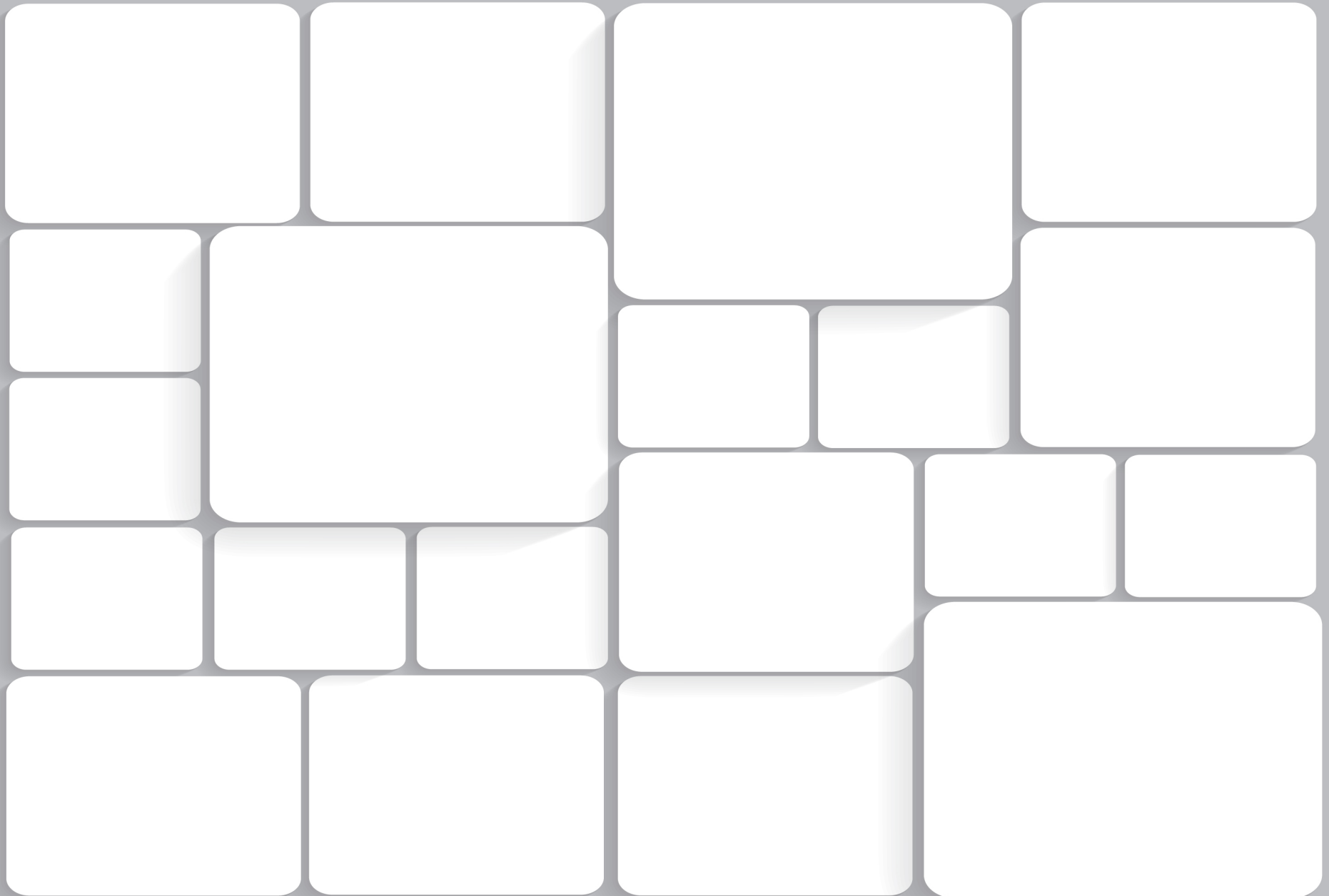
# — Vision Board —



A collection of 18 white rectangular boxes of various sizes arranged on a gray background, intended for creating a vision board. The boxes are arranged in a grid-like fashion, with some larger boxes and some smaller ones, providing a flexible layout for users to place their vision board content.

*"If you can see it in your mind you can hold it in your hand" - Bob Proctor*

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# Visioneering

Visioneering is based on universal laws, so it's as effective today as it was 100 years ago. And it will be just as effective 100 years from now.

Start using visioneering today to create something you want. As you practice, keep the answers to the following common questions in mind:

## **What viewpoint should I use?**

When you are creating the vision of what you want, it doesn't matter whether you are looking at yourself or you are seeing the scenario through your own eyes. Either way will work fine. However, it is critical that you view things as if your dream has already taken place. Like you already have the good that you desire.

## **What if I can't see images in my mind?**

No problem. If you have trouble creating an image, create a written statement of your desire including as much detail as you can from all of your senses. Be specific about what you want to be, do or have. Remember, visioneering is not only visual – experiencing strong positive feelings and emotions can be an even more powerful element of the creative process.

## **What else can I do to increase my odds of success?**

- Don't worry about how you'll manifest your desire. Most people fail because they get overwhelmed with thinking they have to figure out how they will get what they want.

Once you've implanted and nurtured the image, the Universe will deliver the pieces of the plan in response to your effort. So there's no need to be concerned with how it's going to happen. Just prepare yourself to receive by being aware of new impulsive ideas, opportunities and events.

- Act on the thoughts and ideas that come to you. When synchronistic events occur, such as being in the right place or with the right people to move you closer to your dream, don't ignore or dismiss the opportunities. Act on them.
- Practice monitoring your thoughts. Repetitive thoughts always serve to attract their equivalent from the Universe. So even when you are not actively practicing visioneering, be aware of your thoughts and immediately dismiss all that are negative.

Visioneering always works with persistence, strong desire and action. So remember, use this process to get it working in your favor:

1. Create a vision (or a detailed idea) of what you want in your imagination.
2. Use your will to hold on to the image.
3. Conjure up the feelings you would have if you already had your desire.

When you start to see positive changes occurring, remember the power you're using was always there. And as you become more effective and efficient with visioneering, share it with others.

To more and better,

Sandy Gallagher (Proctor Gallagher Institute)