

The Vision Board

Our sense of sight is powerful - both outer *and* inner vision.

When we use our inner vision, we are dreaming - visualizing.

When we utilize our outer vision (when it comes to manifestation, that is), we are giving *physical representation* to what we have visualized *internally*.

Even if we've never visualized a dream or desire internally, because we have somehow felt blocked from picturing what matches an energy or feeling we want to have, outer vision can help with that! We can always find physical representations that match (pretty closely, if not 100% exactly) the energy or feeling we want to be experiencing.

This is where vision boards come in.

They are physical representations of our visualizations, as well as our desired energetic and feeling states.

They are reminders that we get to look at every single day to align our thoughts, energy, words, and actions with where we are headed and what we are calling into our lives.

Ready To Get Started
With Yours?

Let's Go!

First - Choose Your Medium

Just like an artist chooses which medium is best to bring their art into the world (paint, clay, pencil, etc.), we've got to choose how we want to bring our visions and desired energies to the 3D.

We can have *physical* and/or *digital* vision boards.

With *physical* vision boards, you are printing out or cutting out (from magazines and such) pictures that match your visions and desires. This *can* be limiting, as we kinda have to work with what we got! But we can also utilize the internet and printing pictures, which broadens our option horizons. This could just take a heck of a lot of ink, though! One cool thing about physical vision boards is that the creation gets to be more of a process. It is something that could potentially be easier to immerse yourself in and get creative with, as opposed to the digital vision board option (which I'll get to next). There is also the limitation of size and space. Many like to make multiple vision boards (also more on this in a second), and that could certainly get cumbersome with physical vision boards! However, they do not have to be gigantic poster boards. You can opt for making multiple small vision boards, perhaps in a notebook or sketchbook.

First - Choose Your Medium

With *digital* vision boards, you have a lot more to choose from when it comes to what you put on there. Thanks to the wonderful world of the internet.

I have found that using Pinterest is the best and simplest for these digital vision boards, but you can certainly use any sort of collage software you like!

You also have the option of taking the digital vision board you've created and making it the background on your phone, computer, tablet, etc. (I guess you could do this by taking a picture of your physical vision board? Hmm...the digital version would just be much clearer, but you do you, my friend!)

A digital vision board can offer endless possibilities as to how much you place on each board.

The only limitation in this instance would be if you are using some sort of software to make a photo collage, you can still run out of space - those pictures will get small enough the more you try to cram on that you won't be able to tell what they are anymore!

But it's easier to make more digital space than physical space.

Second - Choose Where To Start

A vision board is not a "one-and-done" thing. You get to add, take away, completely scrap and start over *as many times as you want*.

And whenever you pivot, that doesn't mean you don't know who you are or what you want or that you did anything "wrong." It simply means you learned that you want something different or you've grown and changed! Plain and simple as that.

Often, when we're dreaming, we have *some* areas of life that are front and center in our attention. Areas we would like to address first.

What are those for you?

Home
Work
Relationships
Health
Appearance
Hobbies
Travel
Spirituality
Etc.

Think of these *broad* categories. Where would you most like to see change, right now?

To help you get a jump start on this if you are feeling totally lost, do the wheel of life exercise on the next 2 pages!

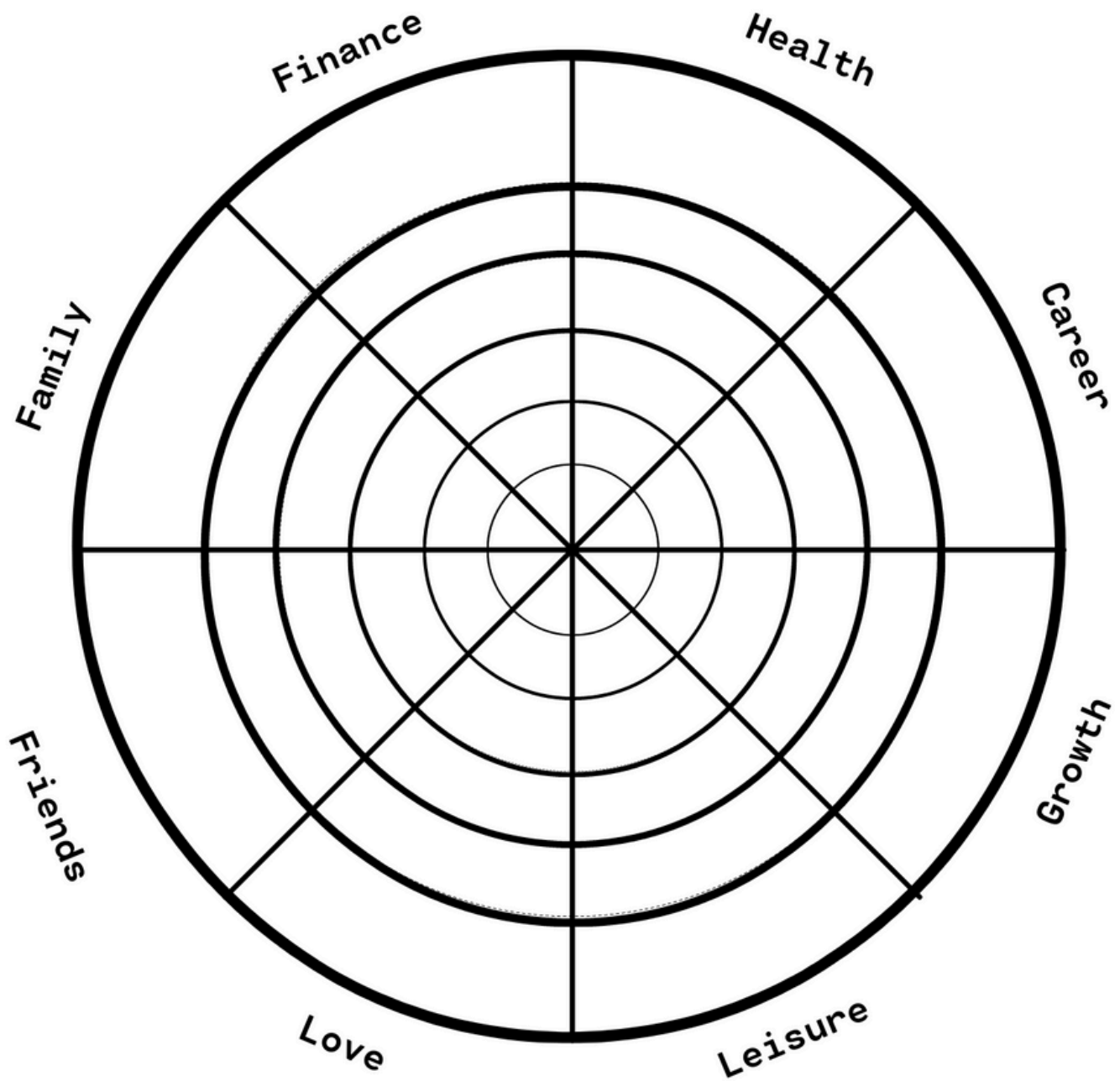
On the first page, color in (from the inner circle to the outer) the *current* level of satisfaction you have with each of these areas of your life.

On the second page, color in your *ideal* level of satisfaction for each area.

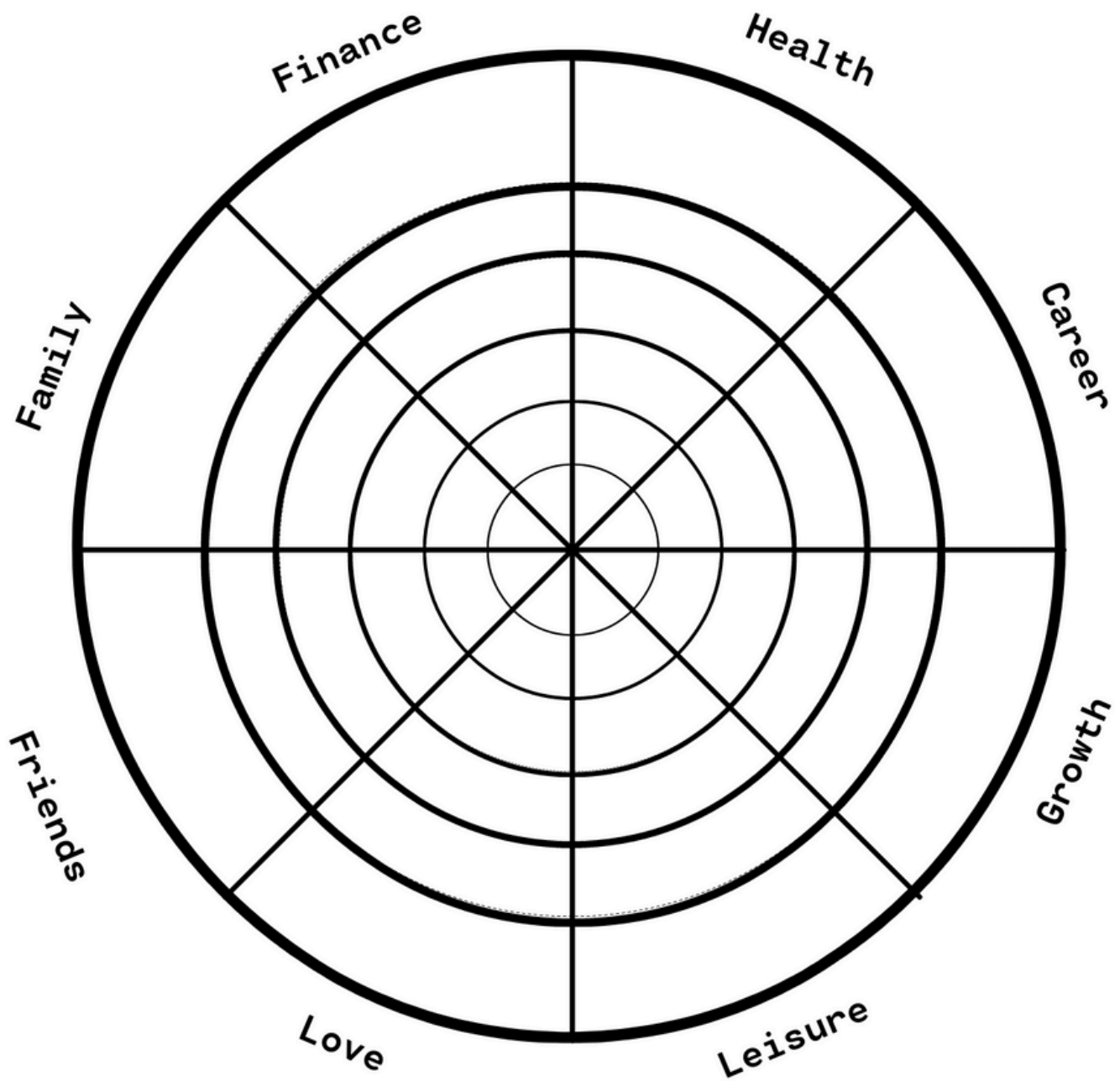
Compare.

What needs attention first?

Wheel Of *Life*



Wheel Of *Life*



Second - Choose Where To Start

Now, again, these are very broad categories, so they are just a *starting point*.

Next, you'll have to get even more specific about what it is that you want *exactly*. (The specificity will vary based on whether you are a specific vs nonspecific manifestor!)

It's okay if this takes some thought!

And here is something to comfort you...

You can't get it wrong.

This is supposed to be fun! Dreaming is supposed to be fun.
Manifesting is supposed to be fun.

Life is supposed to be fun. Do we experience contrast? Well, yeah! But that doesn't mean that life isn't supposed to be fun. The contrast just gets to help us have even more fun.

Okay, getting off on a tangent there. Bringing it back.

Take your time. There is no rush. Get super specific *for yourself*.

You don't have to figure it out all at once. This is an ongoing process.

Which brings me to step 3...

Third - Pick A Time Frame

Now, I want to preface this whole section by saying that time can get a little tricky.

When we put time limits on anything, manifestations or not, we can sometimes end up putting pressure on as well.

Pressure can lead to forcing. Pressure can lead to rushing. Pressure can lead to overwhelm.

And we just don't have time for that!

So, when we put time parameters on our dreams, desires, and manifestations, we've gotta do so with a heavy dose of healthy detachment.

Healthy surrender and trust to the Universe.

Begin by settling in and trusting Divine timing.

Hop in right from the get-go to partnering and dancing with the Universe in bringing about your dreams and desires.

Otherwise, we might try to force and rush it all ourselves, and that's just not how manifestation works!

Third - Pick A Time Frame

With that little preface done, let's move into picking our time frame.

We want a sweet spot - not too soon, not too far out there.

Okay, gotta jump in with one more little nugget here. If we set a "too soon" time frame, this can be indicative of us wanting a manifestation to be something for us we feel we're lacking - safety, security, joy, peace, etc. *But nothing in this physical reality is meant to provide those for us.* The Universe provides them, they just get to come through different aspects of our 3D reality. That's a story for another day! But, just brushing the surface, if you feel yourself wanting everything on your vision board *now*, ask yourself *why*. Is it purely because it is all aligned with your soul and this is the life you dream of living? Or is it because you are feeling so uncomfortable where you are now that you are looking to these things to fix it all? There is a difference in excitement and desperation. Just get honest with yourself, sweet soul.

Also, if we set a "too far out" timeframe, this could be indicative of not believing something is possible. Think about it. If you say "X" could happen between now and when you exit this earth...that's kind of letting yourself detach from thinking about the likelihood of its coming to fruition. You get to detach from it. *And not in the healthy way.* It turns into, "Oh, that'd be nice..." rather than, "Yep, this is coming to me! I know it!"

Third - Pick A Time Frame

But what is also true? *Picking a wonky time frame can also just come from not really knowing how to or why it's important!* I just wanted to offer those perspectives so you can get clear before you jump into this process.

Now, when it comes to time frames, we usually like to pick a season.

Not necessarily a weather/climate/calendar-related season (although we'll get to those in a minute!). But rather, a season of life.

Say you're in a transition period away from your job. You're moving into creating your own business. Perhaps you have goals of becoming a millionaire with your business venture, and right now you're just starting. Well, having a vision board representing your millionaire status and putting the time frame on it of "the next 6 months" might not be the best fit! Is it possible? Of course! Because anything is. But there is a beautiful progression in everything (and yes, progression can always happen in the blink of an eye!). We have to move up the ladder. At the very same time, there *are* such things as quantum leaps where timelines get to be collapsed. So, if you feel this is where you're being led, intuitively, go for it! I'm not saying "be realistic" but I am also saying that everything is a beautiful process.

A process I promise you do want to be a part of. You came to this earth to create your reality. I know it may seem like it sometimes, but you really don't want everything just falling into your lap! And if you had all your dreams manifested tomorrow...then what?

Third - Pick A Time Frame

None of your dreams are impossible, sweet soul. None. They just follow a process! That process could take *any* amount of time. That is up to you and the Universe.

Follow your intuition on this one. You don't have to outline the baby steps in the process if you're feeling pulled to big huge leaps! Quantum leaps, perhaps. Listen to your Soul. Listen to the Universe.

Choose what is aligned. Just check in with yourself and make sure you're not falling into one of the traps I talked about on the other page - rushing a manifestation because you believe you need it to provide something for you OR putting one off too long because you don't believe it's really possible.

Okay, so, seasons. A job transition is one season. A move can be another. Perhaps you're getting married soon. Maybe you're wanting to travel more. Whatever your area of life that you're focusing on, as well as that area's current season, is going to impact the time frame you choose.

Again, just like choosing the area of life, this doesn't have to be complicated! Not at all.

For certain seasons of life, it's most common to go for 6 months - 1 year. This time frame range is ideal because...

Third - Pick A Time Frame

It gives you a goal. It gives you a measurable space to work within.

It's not putting pressure on the Universe nor yourself.

It's declaring what you believe to be possible within a certain amount of time. And, just like with choosing a specific manifestation, you know that if it doesn't come through in your chosen time frame - something even better is happening.

The Universe is showing you something, redirecting you in some capacity. Now comes time to get curious. Now comes time to be open to guidance.

But that's jumping a bit into the future, isn't it? Okay, back to time frames.

Instead of the time frame of 6 months to 1 year, you can choose a certain season. This time, I *am* talking about a specific time of the year.

What do you want your summer to look/be like? Your fall? Christmastime? You can pick or make any season you like, sweet soul.

Now, what if there is no time frame on something you're manifesting...?

Third - Pick A Time Frame

That's alright, too. Sometimes, you're going a bit more *broad*.

It's always okay to start out wider and broader, narrowing down as you go. The Universe will help you do this.

This is very common when it comes to creating vision boards about who you want to be - how you want to express your Soul/your true identity.

How are you being in the world? What are you wearing? What are you doing? Etc.

The reason these do not have time frames, per se, is because they are rather *ongoing*. You're working on implementing these now, and whenever all that is on your vision board comes to you, great! Awesome! You're ready.

These also become largely about alignment and action on your part. Yes, the Universe is still working with you! But because these have more to do with how you are expressing, the changes out in the 3D are coming from you.

I know there were a lot of examples, here, so don't get overwhelmed! Just start out with one vision board, one manifestation at a time (and one manifestation can encompass many aspects). Take it slow so that you can give it all the energy you possibly can. Speaking of energy...

Fourth - What's the Vibe?

"Vibe" is a word that's thrown around a lot, isn't it?

It refers to energy, the energy felt from a person, place, thing, or experience.

Your manifestations, what you're calling in, have a vibe. They have an energetic signature.

It's what you are aligning your energy to in order to bring them into your 3D reality.

So, think about what you're manifesting...experiences, people, a job, a home, a wardrobe, etc.

What do they feel like?

Make a list of these feelings/emotions!

You want whatever you pin or place on your vision board to match.

And if you get stuck? You can always search for/find pictures that purely represent that feeling or emotion. Even if what is in that picture is not directly what you are manifesting. The feeling is enough. Pictures speak 1,000 words and pictures with feeling speak even more!

Five - Search Time!

Now that you've laid that groundwork? Find what you want to place on your board!

If you're doing a physical board, look around in magazines and such to find pictures to place on the board. You can also always print them out from the internet.

If you're pinning on Pinterest, you know what to do! Just search and start pinning.

You're now in the creation process! Yay!

Now, do you have to focus on just *one* manifestation at a time?

That is up to you. Check in with yourself and go with what feels right.

Don't go after a million vision boards because you think you have to do it all NOW and it's all gotta come NOW. Do it out of sheer excitement!

Just make sure you can give each board the energy it needs! Don't spread yourself too thin, sweet soul. This is not a chore. This is fun.

This is manifesting!

Six - Regular Check-Ins

Remember, this ain't no "one and done" deal. No way! You *get* to keep this up.

Adjust.

Add.

Make new boards!

Make as many boards as you like!

This is up to you & your soul. Whatever is aligned - do that.

Check in at some pretty regular intervals! Pick a time frame that works for you. Monthly is a pretty common one! I like that.

Just see what you've already manifested, what needs adjusting (i.e., what you've changed your mind on), and what you want to add.

And if you do your check-in and don't want to change a thing?
Awesome! Keep going.

In these check-ins, you get to get back into the energy. Focus.

Yet, you kind of want to be doing this energy piece all the time...

Seven - Make It A Part Of Life

The check-ins are not the only time you get to look at your boards

You want to be doing that *regularly!*

Reminding yourself of what you're calling in.

Getting into that energy on the daily!

Have them where they are easy to see - on your wall, on your phone as a wallpaper, on your computer as a wallpaper...

Or, if you have multiple boards on something like Pinterest, just get on there every day and have a scroll!

Feel into all of what is on your board coming to life.

Feels pretty awesome, doesn't it?

And if you have multiple boards, don't think you have to look at them *all* every single morning (or day or night or whenever)! Go where the Soul leads.

What's aligned for you to tap into *today?*

Lastly? Let it go. Leave it to the Universe.

"It's always this or something better."