

VISION Boarding

EXPLORE • EXPAND • PLAY • CREATE

Permission to let this be easy

Before we get started I want to remind you that this whole process is about getting clear on how you most want to *feel* and how you can best generate those feelings in your everyday life. With that in mind, I invite you to let this entire process feel really good to you. Let it be easy, fun and lighthearted.

Put on your favorite playlist, light a candle, say a prayer, mutter some mantras... whatever helps you to slip into a state of relaxed ease. There is definitely nothing to stress about here, you cannot possibly do it wrong!

If at any point you find yourself tense or stressed, step away and come back to it when you're feeling good.

Let's begin with a few questions

Copy and paste the set of questions below into an email or word document. Complete the sentences, fill in the prompts and expand on them as much as you'd like. This process will help you to clarify what you want and why you want it. *Don't over think it!* Write the first answer that comes to mind. Go with your gut, your heart, your first inclination. Skip any questions that don't apply or feel good to answer.

- Is there a specific area of life that you would like to focus on for this particular vision board? If so, tell me about it.
- I've always dreamed of ...
- I'm extremely grateful for ...
- I wish I had more ...
- My biggest complaint is ...
- I'd give anything to ...
- My favorite time of day is ...
- I can't stand ...
- I love to ...
- If I had more time I would ...
- If I weren't so scared I would ...
- I want to feel _____ when I lay down to sleep at night.
- I want to feel _____ when I go to work.
- I want to feel _____ when I get dressed.
- I want to feel _____ when I'm interacting with other people.
- I want to feel _____ when I'm folding the laundry.
- I want to feel _____ in my skin.
- I want to feel _____ when I look at my finances.
- I want to feel _____ when I'm with my family.
- One habit I'd love to stop is ...

- Something new it would be fun to learn ...
- When I was a kid I wanted to be a ...
- I feel rich when ...
- I feel satisfied when ...
- I'm happiest when ...
- I feel confident when ...
- Joy is ...
- Love is ...
- Peace is ...
- Sexy is ...
- A year from now I hope to have ...
- Five years from now I hope to be ...
- Ten years from now I dream to ...

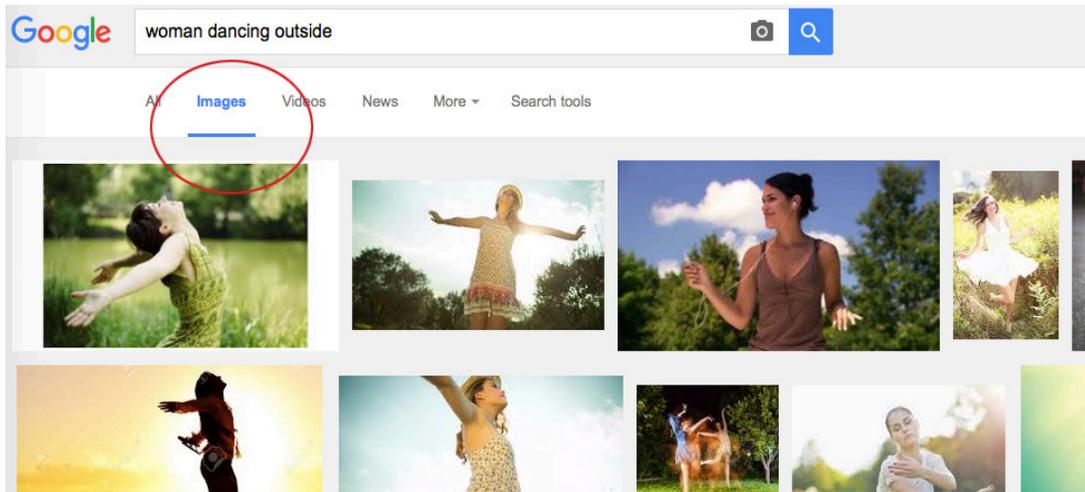
Create an image collection

Once you've explored what it is you want to create, it's time to start collecting images. I highly recommend Pinterest as a place to collect images. The internet will provide you with a greater range and variety than simply using magazines with advertisements. If you don't have a Pinterest account you'll need to set one up for this purpose. It's super easy! www.pinterest.com. Once you have an account set up you will create a board specifically for this project.

You'll want a minimum of 50 and up to 100 on your Pinterest board.

Basic tips for collecting images:

- Use your answers to the above questions + notes from our conversation to search for relevant images on Pinterest and/or Google. You can be as specific as you want here. If you identified that one of the ways you most want to feel in your particular area is ALIVE and to you that looks like dancing outside, you should google that. There will undoubtedly be images to choose from. Pick the one that best represents that feeling for you. You can easily pin directly from Google.

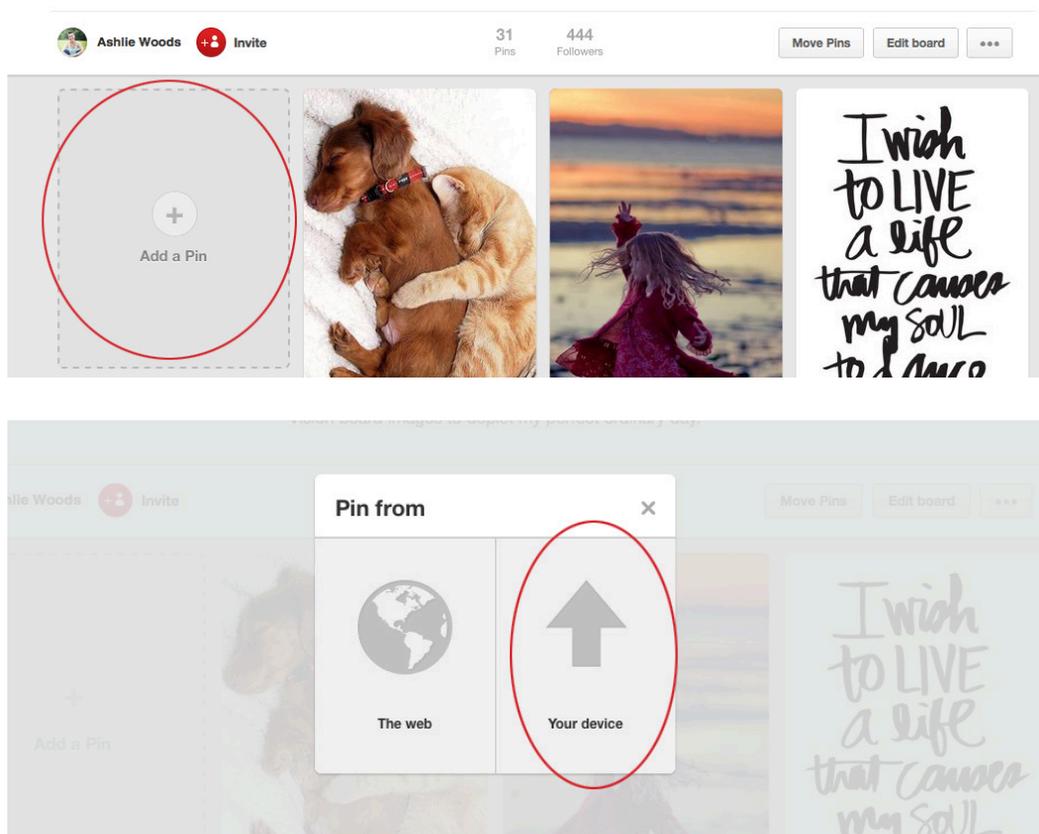


- Don't overthink this! If you see an image that you're drawn to, include in your collection. You don't have to understand why you're attracted to it only that you are. That's enough.
- Move quickly. This will help you to not get stuck trying to do it right or find the perfect photo. Go with your gut and just keep moving. That said, don't settle. If an image doesn't really resonate with you, skip it. There will be others that do!
- Think beyond the obvious. Maybe you want to represent travel opportunities in your vision. Perhaps Paris has always been on your bucket list. The Eiffel tower would be a fantastic representation. But a google search of *Parisian cafes* or *streets of Paris* might get you closer to the feel of actually being there.
- Include words or quotes that speak to you. Sometimes you read a quote and it says exactly what you feel – perfect! Include it.

- Think about yourself in that future. How would you dress? Carry yourself? Move? If it's appropriate include photos that represent that. Maybe it's a dress that you'd love to feel comfortable wearing or a pair of great shoes you want to own.
- Pin a few photos of yourself or people in your life. I love weaving photos of Adrian and I (usually on an adventure) into my scenes. It captures what I want more to have more of in my life. So choose photos that symbolize something for you or remind you of a special moment or experience. It's easy to upload a pin from your computer.

My Perfect Average Day

Vision board images to depict my perfect ordinary day.



- Lastly, but most importantly, *have fun!* If at any point this feels like work then it's time to step away and do something else. Come back when you feel inspired to dream big and are ready to play!

Put it all together in a visual format

Once your collection is complete it's time to put it all together. Compiling all the images into one visual board turns your vision into a powerful tool for shifting your focus and attracting more of what you want into your life.

Pull up your pinterest board and print off the images. You can use your own style and intuition to put them together in a way that is visually pleasing to you. Cut around the edges, paste them in like puzzle pieces.

There are also a handful of apps that will allow you to create a digital version which you can then print off or place as a wallpaper on your computer. One I recommend checking out is the [Hay House Vision Board App](#).

Remember that the most important parts of this process are clarifying what it is that you want and feeling into the energy of having it. The final product of a vision board is a bonus that will help return you to your desires and intentions on a regular basis.

If you have any questions along the way, reach out to me via [email](#) or [Facebook](#) so that I can support you.

Happy visioning!

From my wildheart to yours,
Ashlie