

# HOW TO CREATE A FERTILE FUTURE VISION BOARD

## WHY VISION BOARDS WORK

A vision board allows you to create a special place that displays what you truly want and desire in life. This simple action can bring these thoughts and desires to life through the Law of Attraction. It allows you to calmly and intensely focus on those things you would like to manifest.

*"Your brain will work tirelessly to achieve the statements you give your subconscious mind. And when those statements are the affirmations and images of your goals, you are destined to achieve them!" - Jack Canfield*

A vision board allows you to get clear on what you truly want and then take action. Walking by your vision board multiple times a day is like doing mini-visualization sessions. And visualization works! The pictures and images that represent your goals and desires stimulates your emotions and strengthens them. This allows your brain to become more aware of the resources that are at your fingertips. Then it's up to you to start using them.

## HOW TO MAKE YOUR VISION BOARD: A Step by Step Guide

1. Define Your Intentions:
  - What do you want to experience? What do you need? What do you value? What do you want to accomplish? How do you envision your ideal life? Now, think about how you want to *feel* when you answer each of these questions. Write down single words that represent these emotions. (You may even refer to the list of words that you wrote down on your Fertile You Worksheet.)
  - Remember, that fertility and abundance can apply to more than reproduction. Feel free to expand beyond the idea of conceiving if that feels right to you.
2. Gather Your Supplies
  - Old magazines with beautiful pictures (ask friends if they are throwing any away, go to used bookstores, or even look at what you might consider "junk" mail that could have tons of beautiful fonts and pictures)
  - A Blank Canvas
    - i. Blank art book, poster board, cork board
  - Glue, tape, pins
  - Scissors
3. Set the Mood and Create Your Space
  - Find a space that is comfortable and large enough to spread out your supplies.
  - Turn off the TV. Dim the lights. Turn on some music. Do anything that allows you to feel relaxed and tap into your emotions and desires.
4. Find Your Images, Words, Pictures

- Anything that visually represents your intentions from above. Make sure you have actual words included to act as affirmations.
- 5. Paste, Tape or Pin them onto Your Board
  - Keep space in between or cluster them close together. Do whatever is pleasing to your eye and represents how you want to feel.
- 6. Display Your Vision Board
  - Proudly place your vision board in a place where you will see it several times a day. Remember, the goal is to visually stimulate your brain and your emotions.
  - Try to really connect with *why* you created it in the first place.
  - A great time to connect with your vision board is right before going to bed.
- 7. Create a "Make it Real" List
  - This is from a woman named Christie Inge. This means writing down a list of things you can do now to start living out some of the desires on your board. For example, if "calm" is a word on your board, maybe you start to take 5 minutes out of your morning to meditate. This is something that is actually in your control.
- 8. Feel Gratitude
  - As your feelings, wants and desires begin to manifest over time, feel gratitude for the Law of Attraction and the forces that brought them into your life.

So there you have it! Watch how the universe responds to your energy and desires. If you'd like, you are welcome to share images of your vision board or your experiences creating it in the private FB group. Just know that it can be something for you and your eyes only if you prefer.