

Hey Lovely!

Okay, so I designed this Vision Board Template for myself and I found it fits all areas of my life, so thought I'd share it with you to see if it suits yours!

It sounds crazy, but putting things down on paper actually helps the UNIVERSE know EXACTLY what you want.

Keeping dreams locked in your head is no good. You've heard the phrase. You have 'to put it out there'.

So when you're filling out the columns, be precise (ish)

Column 1 - Big Picture. Your Dream - What do you want your overall life to look like. Eg lovely home, great job, gorgeous partner, family, beach house, plenty of money to do what you want with.

Column 2 - Work. Do you want to be inspired, feel safe, secure, fun, friendly environment, good money etc or be specific for your own business and ideas eg 20 clients per week, creative, \$\$\$/year! Write down what ever feels right for you.

Column 3 - Rest. The body is happy when it is in balance, when there's yin and yang. So rest is 50% important! Consider what you could do for your health, healing, mind spirit and body. Write what you know you need and what would be good for you.

Column 4 - Play. OMG play is sooo important. Every organism seeks play after they have finished their work. Play gives you happy hormones and it also can provide you with opportunities you might not have gotten. Holidays, having fun, socializing with great people, hobbies, interests, passions, make you more rounded, energized.

Column 5 - Relationships, love. Write down EXACTLY the qualities you want in a partner. Eg. kind loving supportive fun a listener. You may have an existing partner and you want your relationship to be better. So write down things you want in your relationship eg. date night, communication time, responding not reacting etc

Once you've done it, you display it where you can see it everyday. You start with the feeling of hope every time you see it and then get excited when you think about it.

Once a genuine hope feeling is achieved allow it to overflow into belief and that will surely get you on your way.

****ALSO CHANGE THE ORIENTATION OF THE PAGE WHEN YOU SELECT TO PRINT OUT THE VISION BOARD****

Cheers Denise

Denise x