



Your Vision Board:

a few questions to get you thinking...

Take your time here... hand-write your answers, and use the present tense, as if it's happened already, using your own time-frame:
(eg "one year from now I am...")

Here are some questions to start you off... choose any that feel good for you, or add in your own questions as you go, answering whatever you feel is important for you as you create your vision...

- What would you do if you truly believed in yourself?
- If money were no object, what would you have, do or be?
- If you knew you would not be judged (by yourself or others) what would you have, do or be?
- If you felt no fear, what would you have, do or be?
- How do you want to feel?
- How would you most like to describe yourself, or hear yourself described by others?
- What beliefs would you like to let go of?
- What beliefs would you like instead?
- What goals feel important for you in this period?
- How will you know when you've reached them?
- What will success look, sound and feel like for you?

To add another layer of depth to your board, involve all your senses and get really clear on what your vision will sound, taste and smell like too, as well as any textures that might be important!

notes...

notes...

Creating your board...

Choose your images & words

With your intention set, it's time to start flicking through the magazines.

You might find yourself lost to this for a couple of hours, this is the trance-like state that's perfect for this work.

Pull out pages or images or words that appeal to you – you might not know why, that's ok! Trust your subconscious mind, which may be giving you metaphors, and go with it. Metaphors are a powerful way to spot opportunities you may otherwise miss in your life, as they alert the subconscious!

You may choose to add sketches or hand-written words as you go, or to your final board. If you've set any goals or you'd love to earn a particular income this coming year, adding those numbers to your board is very powerful.

Create your board

When you feel ready, sort through your collection and select or discard each piece. You may choose between similar images, be curious as to why one appeals more than the other; does it convey a different feeling?

Piece it together instinctively, adding words, texture (eg ribbon etc), sketches, or nothing at all! You may find you leave gaps - perhaps you'll fill these over the year.

Display... and Connect.

Taking some time to focus on your board regularly will nudge you to take the steps that move you towards your vision, so place your board where you'll see it daily.

Add to it over time if you feel drawn to do so. Remember that it's your vision, created by you and whilst you might choose to, you don't need to explain it to anyone!

before you go...

I've loved creating this for you, and I'm sharing it with you as part of our Vision Board Workshop.

Please respect the hard work that went into it; I'd love for you to tell people about my work and then do point them towards my website where they can book a workshop for themselves, or sign up to my weekly-ish letters at www.sarahlynas.co.uk/letters to hear about new launches, free resources & other opportunities to work with me.

This helps me to grow my business & help more people!

And if you've enjoyed this...

... head to my website to check out my workshops, courses, free resources & blog or book a free call to find out about how we can work together 1-1

Sarah x