

VISION BOARDS AND THE LAW OF ATTRACTION

5 Steps to Creating A Life You Love





For some people, trouble is a launching pad to greater things. I am one of those individuals. I know whereof I speak when I say that conquering fear and achieving greatness are possible.

I struggled through my childhood and teen years with panic attacks and crippling fear. In my junior year of high school, I was diagnosed with seizure disorder and, by my early twenties, full panic disorder. It appeared that I would be unable to achieve my dreams without a miracle of some kind.

But I never gave up on the idea of getting better, and a combination of several actions helped me succeed. I embraced my own spirituality. I read everything I could get my hands on to learn about becoming a deliberate creator of my own life. I discovered the Law of Attraction and other tools. Through these actions (and sheer will), I began to produce miracles that keep on giving all these years down the road.

I have spent my life conquering my own fears and challenging naysaying voices, internal and external. Along the way, I have become a teacher, a happiness coach, a consultant, a speaker, an aspiring author, and a mission-minded person who has found her calling.

I am grateful, even for the trials and tribulations that have sometimes beset me. I see things with total gratitude. I don't take anything for granted. Now, it's time to pay it forward, and I am ready to begin creating workshops that help others elevate their lives.

DO YOU HAVE A VISION

For your life?

What motivates you? What excites you? What do you want more of? What would you like the rest of your life to be about?

These are important questions we should all ask ourselves—because you can't get to where you are going if you don't know where you want to go, what you want to attain, or what your dreams and aspirations are.

There are many ways to get answers to these questions, but in this eBook, I want to introduce you to one tool I've used that has helped me to create my life. It is the concept of a Vision Board.

I believe that taking the time to get really clear about what you want—whether by visualizing it, writing it down as a goal, or representing it in pictures in the form of a Vision Board—is a powerful first step to creating the life you yearn for.

The idea behind creating a Vision Board is to surround yourself with images of who you want to become, what you want to have, where you want to live, what you want more of, or where you want to go, so that your life changes to match those images and those desires.

Many desire more money, but find themselves continually lacking. Others aren't happy with their job situation, but feel stuck and cannot see any way of improving it. Some have unsatisfying relationships; others aren't happy with the way their bodies look, feel, or perform.

Whatever aspect of your life you want to change or improve, you have the power to do so.

I began making Vision Boards approximately ten years ago after reading *The Law of Attraction* by Jerry and Esther Hicks and *The Secret* by Rhonda Byrne.

At the time, I didn't realize I literally had the power within me to create the life that I wanted. I didn't understand that we all have hidden, untapped power inside ourselves. This revelation both excited and intrigued me. After absorbing these books, I discovered that a person's positive thoughts are powerful magnets that can attract wealth, health, happiness, success, and fulfillment. And my life began to change. My happiness levels increased, I had more spontaneous moments of joy in my life, and I became the driver of my life.

YOU CREATE YOUR

Own Reality

Did you know that you—yes, YOU—are the creator of your own experience? (Technically, you are a co-Creator, along with God, Source, Universal Intelligence, whichever deity or higher power you follow.) There is so much power and unlimited potential within you, but you have to bring it to the surface and begin utilizing it to deliberately create the life you want.

I know it sounds woo-wooeey! But these are Universal Laws. Albert Einstein, the great physicist, believed this.

Einstein knew that:

1. Everything in the physical world is made out of atoms.
2. Atoms are made out of energy.
3. Energy is made out of consciousness.

Once we know that everything is energy—that there is no absolute distinction between matter and energy—then the boundaries between our physical world and the world of our thoughts start to disappear, as well.

Your thoughts are important, and your life experiences reflect the contents of your thoughts. Everyone who is seriously involved in the pursuit of science becomes convinced that a spirit is manifest in the laws of the Universe—a spirit vastly superior to that of man, and one in the face of which we, with our modest powers, must feel humble.

There are three Eternal Universal Laws that govern the mind and spirit: The Law of Attraction, The Science of Deliberate Intent, and the Art of Allowing. For the purposes of this guide, we will concentrate on the Law of Attraction.

"The world we have created is a product of our thinking; it cannot be changed without changing our thinking."

-ALBERT EINSTEIN

THE LAW OF

Attraction

The Law of Attraction states, “That which is like unto itself, is drawn.” Or maybe you’ve heard such sayings as “Like attracts like” or “Birds of a feather flock together”—meaning people who have similar traits and interests often spend time together. (In fact, did you know that you are the average of the five people you spend the most time with? This is important because you essentially become who you spend the most time with. So, ask yourself: Are you spending your time with happy, successful people?)

The Law of Attraction is a very powerful law in the Universe, one that affects all things at all times. Nothing that exists goes unaffected by this powerful law. And it’s the basis of everything you want to manifest.

Once you understand that YOU invite people, circumstances, and events into YOUR experience through YOUR thoughts, you will begin to live the life you intended.

You’ve heard the phrase, “woke up on the wrong side of the bed.” This is the Law of Attraction at work. You wake up unhappy, or have one bad thought, or encounter an unfortunate circumstance, and suddenly you’ve had a day full of them.

There is an exact correlation between what you think about and what actually enters into your experience. You attract it all—no exceptions. That means you are creating your reality RIGHT NOW for what will come into your life. The thoughts you focus on grow and act on a vibration similar to a radio station being tuned to a certain frequency to communicate.

Now you may ask, “What about unwanted things that happen to me?” While you did not deliberately bring the unwanted situation upon yourself, you must realize that it could have happened by default, simply by turning your attention to it or not turning your attention to what you do want. This is why you have to deliberately create your life. If you fail to do that, you may find yourself operating on a default setting.

The Law of Attraction is comparable to seeing yourself as a magnet, attracting unto you the essence of that which you are thinking and feeling. If you are feeling overweight, you can’t attract thinness. If you consider yourself poor, you can’t attract prosperity. If you see yourself as unworthy, you will not attract people who recognize your value.

BUT HERE’S THE GOOD NEWS

Your thoughts do not manifest instantaneously. There’s a gap between the time you experience a negative thought and the moment it begins to take shape and affect your life. This gap provides you the opportunity to redirect your thoughts and attention toward the things you do want.

YOUR THOUGHTS HAVE POWER

The Law of Attraction has such magnetic power that it reaches out into the Universe and attracts other thoughts that are a vibrational match and brings them to you. Your attention to subjects, the activation of your thoughts, and the Law of Attraction’s response to those thoughts are completely responsible for every person, event, and experience that comes into your life.

SEE THINGS NOT AS THEY ARE,

But As You Want Them to Be

You might be thinking, “But I really don’t have much money right now” or “I’m not healthy and in good shape.” Here’s the trick: If you want to change your current circumstances, you must disregard how things are—as well as how others see you—and give more attention to the way you prefer things to be.

This is how you change your vibration.

This means you must think, talk, act, dress, and feel like the person who has already achieved these goals. “Acting as if” sends a powerful message to your subconscious mind to find creative ways to actually achieve your goals.

When you step on the scale, see the number that you want to see. When you get a bill in the mail, imagine that you have more than enough money to pay it. When you see someone running, picture yourself in his or her shoes, and see yourself running effortlessly with that body. See yourself starting your dream business, imagine a more peaceful version of yourself, picture you and your husband on that fantasy vacation, envision strong relationships with your children.

I know this seems far-fetched, but the power of the subconscious mind is so grand that you will be amazed at what it is capable of.

**More motivation, more empowerment,
more encouragement**

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GET INSPIRED

HOW TO

"Act As If"

My moment of "acting as if" saw me buying my website domain **www.StrobelEducation.com** two years before I launched my business. I'd known for a while that I wanted to start my own education company, even though I had no idea how to achieve it. But I knew enough from my own practice of the Laws to realize I had the power to manifest it in my life.

I didn't know how to run a business, create marketing campaigns, build email lists. But I did believe in myself, and I believed that I could—and *would*—do it.

In addition to the website purchase, I also asked my husband to design a logo for my business and create business cards for "Kim Strobel, Education Consultant and Motivational Speaker." (I wanted to become a motivational speaker, too, so I went ahead and slapped that title on all my credentials!) Well, guess what? I launched Strobel Education on January 1, 2016, and everything that I dreamed about is happening right now! Shortly thereafter, I landed my first motivational keynote speaking engagement. No kidding, folks ... this works. But you have to make the commitment. You don't just glue pictures on a board and hope they will come true. That is not how this works. There's a process, and I will teach it to you.

Incidentally, I decided that same year that I wanted to create a second business. I knew that I wanted to be THE HAPPINESS COACH but was unsure of how to make it a reality. So again, I "acted as if" and purchased the domain **www.KimStrobel.com**—before I had any kind of site design or had created any content. I started writing "The Happiness Coach" on pieces of paper along with my name, and again had my husband create a logo. Slowly, I began visualizing the pieces of this business coming together. You see, I was tricking my mind into believing it already was. And my coaching business has become a reality!

BE A

Trickster

“Acting as if” often simply amounts to a little bit of trickery, wherein you change the way you talk to yourself and the way you respond to challenges.

A few years ago, I was fortunate to be gainfully employed, but it was in a job that was wreaking havoc on my stress levels. It came to a point where I had to quit for my own mental well-being—BEFORE I had another job lined up. I was scared out of my mind and the only thought in my head was: “I am 39 years old and do not have a job.”

Then, I was listening to Joel Osteen’s book, *Every Day A Friday*, and heard something that changed my attitude. He said, “Whatever challenges you may face, whatever circumstances are weighing you down, you can choose your response. How you live your life is totally up to you. It’s not dependent on your circumstances. It’s dependent on your choices.” He talked about changing what you say to yourself. So my thoughts changed to, “I am 39 years old, and the right job is headed my way.” Three months later, the exact job I needed at that time fell into my lap.

It’s easy to apply this behavior in many circumstances. For example, when I receive an unexpected bill, I do not feel upset (or if I do, it is short-lived). Instead, I feel grateful that I have the money to pay it.

When I mail the check for my quarterly taxes, I put a heart stamp on the envelope. I tell myself I am sending the payment to the government with love because I have successfully earned enough money on which to pay taxes.

I used to focus on the fact that when all of our children are out of college, I will have paid college tuition for 15 straight years. I would wonder, “How are we ever going to afford this? We will never make it.” Now, I thank God for allowing my children the opportunity to acquire a college education and for giving me the resources with which to support them.

Now I will be honest with you here. I haven’t conquered every obstacle or acquired everything that I want in my life ... but I am working on it. One of the things I’m currently striving for is tricking my own brain into thinking I am a healthy eater. Because I’m an avid runner, people often just assume that I’m careful with my eating habits. Well, I’m the first to speak up and correct them. I’ll tell them: “I’ve always been a sugar addict. I love desserts. I eat a candy bar after lunch and two Hostess cupcakes each night before I go to bed. I run thirty miles per week because I have such terrible eating habits.”

In reality, I run because I love it—AND because my eating habits are poor. So, to be honest with myself and others, I’ve changed what I say to people: “I’m working on this whole healthy eating thing. I don’t have it down yet, but I’m getting there.” See the difference? There’s power in the word YET.

When you focus only on what you lack, your existence will continue to be lacking. Instead of saying, “I don’t have any money. I am broke,” say “I am working towards accumulating more money and it is headed my way.” Words are powerful and should be monitored closely. You are creating whatever is headed your way.

OSCAR'S

Success Story

Recently, I decided to try the Law of Attraction on one of my beloved dogs, Oscar. We adopted Oscar when he was eight weeks old. He, along with his littermates, were abandoned and found in a McDonald's trash bin scavenging for food. He adapted to our household well and soon began a love affair with his automatic dog feeder. Unfortunately, the affair became destructive, and he developed a weight problem. My husband, who truly loves Oscar, nicknamed him "Piggy."

He would affectionately call out "Come here, Piggy" or "Time for a walk, Piggy." Now, I wasn't a big fan of the nickname and had started to really worry about his weight. I knew enough about the power of our thoughts that I realized Oscar's continued weight gain had become a sort of self-fulfilling prophecy over the last seven years. So, about six months ago I said to my family, "I don't want anyone referring to Oscar as Piggy anymore. We are going to use our thoughts and affirmations to change him."

For six months on our daily walks I would offer praise like, "Wow, Oscar you are so athletic. Look at how well you walk. So strong." Or "There's Oscar getting so fit and trim." To be honest, it became second nature to give him these reassuring affirmations, and I think it made him feel good. I really wasn't monitoring his weight for any kind of changes. And THEN it happened!

On one of our walks around the neighborhood, I noticed that it looked like his ribs were peeking out from the sides of his love handles. I looked closer and rubbed my hands across his sides and indeed, they were ribs. We hadn't seen ribs since he was a puppy! A couple of weeks later, we put him on the scale and found he was ten pounds lighter. He had NEVER lost weight before. And he is now more athletic and energetic than he's ever been.

I don't know why I'm shocked. I have seen the Law of Attraction work in my own life for years. But to see it in this context—well, the positive results just further validated my beliefs in these Universal laws. (Incidentally, Oscar's weight loss success has prompted me to request that when my friends call me they ask, "Is this Slim Kim I'm speaking with?")



OSCAR BEFORE



OSCAR AFTER

(yes, he's looking for a treat on the floor ... but still, progress!)

DECIDE WHAT YOU WANT

And Focus On It

You have to have clear focus when thinking of the things that you wish to manifest in your life.

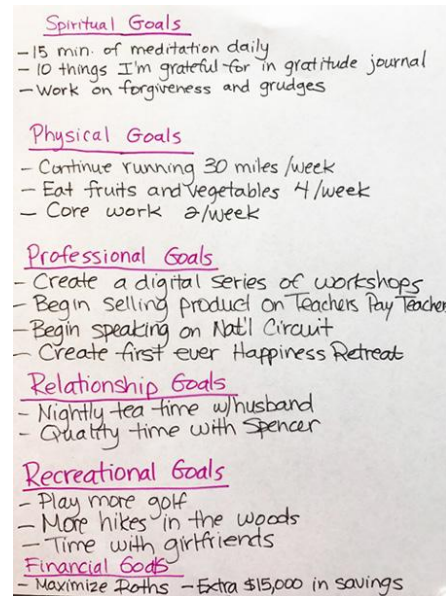
I do some of my best manifesting/visualizing during my runs. I visualize myself giving a motivational speech to thousands of people. I see the announcer (usually Oprah!) introducing me to the audience. I see their smiling faces looking to me for inspiration, guidance, support, rejuvenation, empowerment. I feel the energy coursing through my veins, and I feel the true calling of fulfilling my divine purpose in my body.

I see my family spending precious time together, my children laughing with one another. I see our grandchildren coming for visits with Gigi and Pappy and feeling our love. I see my husband building message centers around the country and being hired to do important design work because he's truly gifted at it.

The more vivid the details I can connect to my visualization, and the more emotion and attention I give it, the more I increase my chances of attracting what I want into my life.

But maybe your goals aren't quite in focus yet. Maybe you have vague ideas of how you want your life to improve—but the details are unclear and you're feeling overwhelmed. At this point, it can be helpful to break down your goals into six categories:

1. **Spiritual**
2. **Physical**
3. **Financial**
4. **Professional**
5. **Relational**
6. **Recreational**



Create a list and include two to three goals under each category. (They don't all have to be life-changers; sometimes the smallest goals make the biggest impact.) Putting your goals in print makes them "real" and helps you determine the things in your life that are truly important to you. And that makes visualizing your successes—and eventually manifesting them—that much easier.

HOW TO CREATE

The Life You Want

In order to create the life you want, you have to line up the frequency or vibration of that which you are trying to attract. You have to visualize it, believe it, see it, become it, and feel the emotion tied to it.

VISUALIZATION

Visualization is the act of creating compelling and vivid pictures in your mind. When you visualize, you pretend that something has already happened and you use your imagination to play it out in your head. You simply see your goals as already complete. What does that look like for you? What is the sensory experience? What smells are present? What sounds?

As Albert Einstein said, "Imagination is everything. It is the preview of life's coming attractions." It's like our personal mind-movie in which we're able to play out scenarios and filter negative or conflicting thoughts.

Visualization accelerates the achievement of any outcome in three powerful ways:

- The creative powers of your subconscious mind become activated. You'll start noticing new ideas while you're exercising, showering, driving to work. (This happens to me all the time. I've often felt that the Holy Spirit is actually speaking to me when I run, infusing my brain with great ideas and inspiration, so that I have to sprint back home to write them down. Sometimes I even literally stop on the side of the road and put notes in my iPhone!)

- By focusing your brain, you are programming its reticular activating system (RAS) to notice available resources that have always been there but were previously ignored or unused. Your RAS filters through all of the information coming into your brain and scans for anything that matches your beliefs and images about yourself, others, and the world.
- Through the Law of Attraction, visualizing magnetizes and attracts to you the people, resources, opportunities, and experiences you need to achieve your goals. (For example, I recently attended a conference I learned of through a seemingly random email and was able to meet the consultant leading the workshop. This chance encounter led to him becoming one of my biggest allies! He has helped take my business to a new level by connecting me with one of the most successful PR gurus in the nation, who specializes in writing and is now working on some of my biggest projects with me.)

Research has shown that when you vividly visualize an activity, your brain undergoes the identical process it does when actually *performing* the activity. In simpler terms, your brain sees no difference between visualizing something and actually doing it.

Harvard University researchers found that students who visualized tasks in advance performed with nearly 100% accuracy, compared to students who didn't visualize at 55%.

Visualizing helps us receive the energy of our desires and bring them into the physical realm. But visualization alone does not create the desired object, circumstance, or outcome. It is, however, a very important part of the creation process.

We know it works! Some of the world's most influential and successful people have used visualization to realize their dreams. Michael Jordan used it to become one of the best basketball players in history. He says he always took the shot in his mind before he ever took one in real life. Every successful free throw or buzzer-beating shot happened in his mind long before it happened on the court.

Successful actor Jim Carrey was broke and out of work when he first arrived in Hollywood. So, he wrote himself a ten million dollar check for "services rendered" and dated it Thanksgiving 1995. He carried it around in his billfold and looked at it daily. He drove to posh neighborhoods and would park in front of a mansion, picturing himself living in it. Michael and Jim's successes are proof that visualization works.

YOU MUST FEEL THE EMOTION

It is imperative that you attach emotion to your visualization. These emotions are what propel your vision forward. Research has shown that when you experience intense emotions, an image or scene can stay locked in your memory forever.

Do you remember exactly where you were during the September 11 terror attacks? Your brain remembers it all in great detail because of the intense emotions that stimulated growth in your neural connections thus locking memories more solidly.

So, how will it feel in your body or your mind when you acquire your desired outcome? You've imagined already having that which you want. Now imagine not just the experience, but also the enjoyment it will give you. Those positive feelings and emotions feed and strengthen the vibration of your thought.

I'm currently visualizing myself creating a happiness retreat. I've done the detailed visualization part: I see the retreat space, the setting, nature, participants. But then I reach deeper and ask, "What am I feeling?" I feel joy at being able to provide such a peaceful setting in which others can connect with nature. I feel honored to be a part of my participants' work and progress. I feel a tingling in my body from knowing what I'm doing is encouraging others to live a more positive life.

You have the ability to direct your own thoughts. You can observe things as they are—or you can imagine them as you want them to be. You have the option of remembering something as it actually occurred or imagining it as you would prefer.

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more encouragement

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GET INSPIRED

NEGATIVE THOUGHTS:

Slaying the Dragons

When you feel negative thoughts—and you will—it is an indication to you that you are negatively attracting. It's important to allow yourself these negative thoughts because it's not healthy to bury genuine emotion. But don't let them become your focus. The more you dwell on negative thoughts, the more momentum they gain.

Give negative thoughts their due consideration, but then reach for the next best, believable thought. Because of the buffer of time between our thoughts and what comes into our experience, we have the time to change direction. It's not about controlling your thoughts; it's about guiding them.

Let's say that my husband upsets me. Perhaps he isn't listening to a story about something that is important to me. So, my thought process goes something like this: "Scott doesn't even care about what's important to me. How can he be so uninterested in something that he knows is meaningful to me?" Then, guess what happens next? I gripe at him, make him feel miserable. (I'm miserable so he might as well join me, right?). Next thing you know, I'm seeing every minor indiscretion: a towel left on the bathroom floor, pocket change scattered around the bedroom, his overflowing laundry basket. Before long, I have convinced myself that my situation is horrible and will never get better.

I'm in such a downward spiral, I can't possibly jump straight to a thought like: "Scott is the best husband ever."

But I can choose a thought that feels slightly better, such as: "Scott is a financially responsible person. He went to work today like he does everyday and has for 27 years. He's a very good father to our children. Even though he has his imperfections, just as I do, he's still the one I want to be with at the end of the day. There are a lot of things he does really well, and he's a gift to our family in many ways."

And slowly I try (really hard) to shift my thinking to what he is doing well. Because whatever I focus on grows! So ... do I want more of the goodness of my husband and the amazing gifts he offers our family and me as his partner? Or do I want to manifest more of his not-so-desirable habits?

Once I give my attention to the things I like most about him, I invite more of those positive things into my experience!

HOW TO CREATE A

Vision Board

STEP 1: GATHER MATERIALS AND PREPARE YOURSELF

- Choose your board—any kind will work. (I prefer colored poster boards from the Dollar Tree and display them in a pretty frame. I've also used foam boards from the Dollar Tree, and Target sells nice matte-finish ones.)
- Scissors, tape, pins, and/or glue or a hot glue gun to attach the items to your board. (An Elmer's glue stick works best for me.)
- Markers, stickers, inspirational quotes, words, sayings. Anything that catches your eye can be used to embellish your board. You want to make it both inspiring and visually appealing.
- Magazines, such as *O Magazine*, *Martha Stewart Living*, *Southern Living*, *Parenting*, *Money*, *Worth*, *Fortune*, women's and men's health magazines, nature magazines, etc.

Once you've gathered the needed materials, block out at least an hour of stress-free time to assemble your board. Set the scene by playing relaxing music, lighting a few candles, burning some incense, rubbing essential oils on your wrists—whatever helps you create a space and feeling of inspiration. Use this time to connect with your deeper self and clearly determine the intent of your Vision Board. Ask yourself: "What do I want?" and see what images come to mind. Remember that list of Spiritual, Physical, Financial, Professional, Relational, and Recreational goals you made? Now's the time to pull that out and carefully consider which of your goals is most important or pressing. Not one for working solo? Invite a few friends over, serve up some wine, and chit chat while you each work on your personal board.

STEP 2: COLLECT DATA

Choose photos, quotes, sayings, images of places you want to go or people you admire, visual reminders—anything that represents what you want to acquire or experience in your life.

This can be an ongoing activity. While flipping through magazines, begin to collect anything that speaks to you or delights you. Don't overthink it, just cut/rip out the words and images that catch your eye.

Sometimes I google the specific words or images I'm looking for; I might type in "Meditation Retreat," "Motivational Speaker," "Lake Homes." Then just copy and paste the results to a document and print.

One of my favorite online sources for images is unsplash.com. The site offers an impressive selection of beautiful FREE photographs.

STEP 3: SORT AND ARRANGE ITEMS

Once you have a selection of items for your board, it's time to play favorites. Begin sorting through your assembled words and images and place those that speak to you most in a separate pile. Use your intuition and trust yourself.

Now arrange the pictures on your board in a way that feels right to you. Lay out each individual item in a visually pleasing manner, and then review it before gluing or pinning anything to the board.

My personal layout style is to group similar items together. For example, I might put the happiness workshop images in the right hand corner, family goes in the middle, and places I want to visit in the top left. I also prefer to leave some space in between each item because I don't like clutter—it clouds my mind. However, if you love the feeling of closeness and want items to touch or overlap, then more power to you. This is YOUR board and it needs to feel good to you.

Now it's time to begin gluing or pinning your items to the board. Don't worry about mistakes. This is about taking action, so don't get caught up in perfectionism. No one's grading you!

STEP 4: DECORATE

Once the words, images, and other major components of your board are in place and attached to the board, it's time to decorate. Paint whimsical designs, write inspirational words and sentiments in empty spaces, add stickers, glitter, and other embellishments. Make it something you want to look at often. You should smile every time you see it!

STEP 5: DECIDE WHERE YOUR BOARD WILL LIVE

Hang or place the board in a spot where you will see it daily. I have one in my bedroom and one in my office. When I get up in the morning and walk to the bathroom, I pass my board and spend a few seconds looking at it. As I wind down in bed at night, I'm able to review my board where it hangs on the opposite wall before I drift off to sleep. And the one in my office is with me 8-10 hours a day, a constant source of inspiration and a reminder of what I'm working for.



This is a board I put together several years ago, when my goal was to become a Curriculum Director. Three years after this board was made, I reached that goal!



This is my current board. I love the color of the poster board with the frame, and it looks great in my office. I wrote the words, "I am thankful," at the top to trick my mind into believing these things I want have already happened. I also added three bold words to represent characteristics I seek for myself: Influential, Motivating, and On Fire.

GO “NEW SCHOOL”

with a Digital Vision Board

The tips I've shared for creating vision boards are more of the old school variety. But electronic options for building a digital vision board, including apps and websites, are also available and are certainly acceptable substitutes for the scissors and paper format. They're a great option if you're short on time, space, or resources. Or maybe you just prefer the digital space and would find solace in having your vision board only a touch or click away.

Remember: There's no wrong way to create your vision board!

A quick search of an app store reveals several options, both free and paid, for creating digital vision boards. VISUAPP, Happy Tapper, Mind Movies, Jack Canfield Vision Board—you can choose the app that works best for your needs.

One well-rated app available for iPhone/iPad is Hay House Vision Board, created by a publisher of self help, inspirational, and transformational books. Free (with in-app purchases) and easy to use, the app allows users to create vision boards for each of their goals, search the web for images or add their own, record voice memos or add their own favorite music, and add free built-in affirmations from Hay House authors. Plus, boards can be shared via multiple social media platforms.

There are also web-based programs available. My friend, Amy, is a big fan of digital vision boards, and her favorite way to create them is via **DreamItAlive.com**. The program is extremely user-friendly and simple to navigate. Each image has a specific personal goal, dream, or vision attached to it. And the program includes great personalized features, like the ability to upload photos, write visions in future terms, customize colors, and add a profile image. DreamItAlive's interactive communities allow users to virtually "meet" others with similar interests. And the site keeps track of "Karma Points" when you mark your dreams as fulfilled.

When it comes to creating your vision board, you can go old school with poster board and magazine clippings, new school with an app, or even use a combination of the two. The point is to always keep this powerful reminder of what you expect to come into your life front and center.



Happiness Blog

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GET INSPIRED

MY VISION BOARD IS CREATED:

How do I get the most out of it?

- Don't get frustrated that you don't have what you want yet. Detach from outcomes. I take this quote from Martha Beck to heart:

"When you put your attention on something, you experience more of it. Maybe it is created by a magical force of attention. At the very least, you are going to selectively pay attention to these things you like once you selectively start to gear yourself to focus on them more."

- Take a picture of your board and make it (or your digital vision board) the desktop image or screen saver on your phone or laptop, so inspiration is always at hand. When you see it, feel the positive emotions it evokes and concentrate on what the future holds for you.
- Lastly, make note of your successes. I draw big check marks with a black Sharpie directly on my board as each of my goals comes to fruition. This gives me validation that what I'm doing is working. To keep myself from getting stagnant, I create new boards every 3-6 months, depending on how many check marks are on my board.

I hope this guide helps you determine what you want in life and gives you the tools you need to start achieving your personal and professional goals. But more importantly, I hope the information I've shared helps you remember the powerful nature that is YOU—and assists you in becoming a confident, joyful, courageous person who sees life as a gift and is ready to embrace it.



ABOUT THE AUTHOR

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Kim is a motivational speaker, happiness researcher, consultant, and coach who strives to encourage others.

For more information about upcoming workshops and events, visit www.kimstrobel.com



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