

THE COMPLETE GUIDE TO VISION BOARDS

BY CHRISTINE KANE



THE COMPLETE GUIDE TO --- VISION BOARDS

How to Create and Attract
the Life You've Always Wanted

By Christine Kane

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Please note that much of this publication is based on personal experience and anecdotal evidence. Although the author has made every reasonable attempt to achieve complete accuracy of the content in this Guide, she assumes no responsibility for errors or omissions. Also, you should use this information as you see fit, and at your own risk. Your particular situation may not be exactly suited to the examples illustrated here; in fact, it's likely that they won't be the same, and you should adjust your use of the information and recommendations accordingly.

Finally, use your own wisdom as guidance. Nothing in this Guide is intended to replace common sense, legal, medical or other professional advice, and is meant to inform and entertain the reader. So have fun with your Vision Board and start manifesting!

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In addition to this book – I wanted to create additional resources you can use as you create your vision board. After all, I did say this was the complete guide!

Please click on the links below to get my full **Vision Board Optimizer Pack**.

[Click Here to Download](#) an **Audio Version** of this book, read by me.

[Click Here to Download](#) a **10 minute guided Centering Meditation**. Relax and listen as I guide you to opening your heart to your intentions.

[Click Here to Download](#) the **Be-Do-Have Clarity pack**. This little activity helps you ask yourself what you *really* want - and adds clarity to your desires and feelings to your visions.

That's it!

Now, find a comfy spot to read (or listen) to this book and let your dreams and visions flow.

INTRODUCTION

Let me just get one thing out of the way first, okay?

I'm not your typical success guru.

I don't spend every waking hour at the office, driven by the bottom line. I don't try to Win Friends and Influence People. I don't own a single pair of panty hose. In fact, I mostly wear jeans!

I'm an entrepreneur. I mentor people who want to change the world with their skills and their passion and make money doing that. I host events and train people how to create wealth in their businesses soulfully and strategically. I write A LOT of articles about a lot of things. I live with as much focus and awareness as I can. And I've created a pretty cool business and life, I must say.



Your path to **success**
and **prosperity**
simply must be authentic
and **soul-driven**,
and not measured by
anyone else's definition
of success.



But many of the techniques and tools I use to create this life aren't found among the usual literature that tells you how to succeed.

That's because I've got a creative brain. I do things a little differently.

Most likely, you're a lot like me.

This doesn't mean you're an entrepreneur, or that you wear jeans all the time. (But maybe you are. And maybe you do!)

It means that your mind works differently than the linear left-brain world. It means that you're somewhat tired of the usual messages about success. It means that you get a little flummoxed by all the tactics out there for

making the world “bend to your will.”

But you know what it really means?

It means that you manifest differently. It means that you attract things in ways that surprise you sometimes. It means that your path to success and prosperity simply must be authentic and soul-driven, and not measured by anyone else’s definition of success.

If you found yourself nodding as you read that last paragraph, then welcome home. You’re going to love this eBook. You’re going to love learning about Vision Boards. And more importantly, you’re going to love the fact that you’re among your “peeps” here. You’re among the many people who are experiencing crazy velocity as they attract outrageous outcomes and joy into their lives.

I am one of them.

And so are you.

So, let’s get started...

ABOUT CHRISTINE KANE

Christine Kane is known as the Mentor to People Who are Changing the World.

She is the president and founder of Uplevel You™, a million-dollar company committed to the growth and empowerment of entrepreneurs and creatives around the globe through teaching not only high-level cutting-edge authentic marketing and business strategies – but also transformational techniques to shift mindsets and wealth.

Christine has now worked with thousands of people in her ***Uplevel Your Life™ Mastery Program*** and ***Uplevel Your Business™ Program & Blueprint***, in addition to her popular events, workshops and retreats – where she teaches students how to create successful businesses based in their passion, attract an on-going stream of customers, clients and income -- while creating a life of meaning and purpose.

After 15 years in a successful career as a popular songwriter and performer, Christine shifted her focus so that she could provide a deeper level of service to other entrepreneurial types. “I went from being a rock star on the stage to helping people be rock stars in their lives and businesses!” she laughs. “I love it! This is my dream come true!”

Christine provides upleveling advice, breakthrough techniques and other resources to over 30,000 subscribers from around the world via her Uplevel YOU™ eZine and other offerings at www.christinekane.com.

CHAPTER ONE:

My First Vision Board: A Personal Breakthrough

It's early morning. I go out to my deck to see what spring brought into the world last night. I live on a river in the woods, so there's always something to see. (I came face to face with a bear two nights ago.)



I believe in being a
big shiny light
in the world
no matter where
you find yourself.



I live in a house that I sometimes can't believe is my home. I'd say it was the *House of my Dreams*, but it came along so unexpectedly that I never had a chance to actually dream about it!

In fact, when it comes to alignment and attraction, this house was one of my first teachers.

It taught me about effortlessness. It taught me about the power of dreaming. It taught me about Vision Boards.

On the day I made my first Vision Board, I owned a bungalow in an "Up-and-Coming" neighborhood in the downtown district of my city.

(I've since decided that "Up-and-Coming" is realtor-speak for: *Personally, I'd never live here, but you look like you could handle it.*)

Now, let me be clear about something. I *loved* the house itself. But as time passed, my then-boyfriend-now-husband and I were getting increasingly tired of all the anger and violence. The neighborhood would simply not up and come already!

Here's the thing.

I believe in being a big shiny light in the world no matter where you find yourself. I really do.

But I started to question whether that meant I had to make every condition so hard for myself just to prove my capacity to shine. After all, at that time I was a performer. With all the shining I did on stage and out on the road, didn't I deserve to live in a better neighborhood?



Some of the best things I've attracted have happened unexpectedly because I clearly knew the **WHAT**, but I didn't push the **HOW**.



The day I finally answered this question was the day I looked out my front window to see a guy peeing in our front yard in broad daylight. (No, I'm not kidding.)

I stared briefly, in an odd state of serenity. Then I said to myself, "Yeah, Christine. It's time to find your true home."

ALLOWING. NOT GETTING.

Now, if you read my blog, or if you get my Uplevel YOU eZine, then you know that I'm very big on the Power of Intention. And I'm very big on Effortlessness.

In fact, whenever I talk about Success or Living Consciously, it will rarely have the excitable "Go out there and get yours!" vibe that a lot of the motivational-speaker types preach.

That's because my life and success have been more of an *unfolding* and an *allowing*, rather than a "getting." Some of the best things I've attracted have happened unexpectedly because I clearly knew the WHAT, but I didn't push the HOW.

Now, in the case of my house, I knew the WHAT.

The WHAT was this:

"I want to live in a peaceful space surrounded by beauty."

ENTER SCISSORS & PASTE

Right around the time the guy peed in my yard, I went to a Mastermind meeting with some fellow solo-business owners.

In our Mastermind meetings, we helped each other work on goals and take actions on our stuck spots. That morning, we chose to try something different. We chose to create big visions for our lives. Several of the women had worked with Vision Boards before and had great success.

I had never heard of Vision Boards. But I was up for it. (Hey, scissors, paste and pretty pictures? I'm in!)

I sat there all morning ripping out pictures from magazines and chatting with my entrepreneurial gal-pals and humming along with Miles Davis. I cut out pictures of healthy meals to keep me focused on my wellness. I cut out a picture of an Audi A3 (which, as I now write this, is sitting in the driveway!).

Without giving it much thought, I cut out a picture of a small contemporary house with lots of windows reflecting light onto a body of water streaming past.

It was an advertisement for windows. The advertisement said: "Beauty Lives Here."

I crossed out the word "Beauty" with a sharpie pen. And I wrote the word "Christine" above it.

When my board was done, I went home. I put it up on the back of my office door.

And I forgot all about it.

CHRISTINE LIVES HERE

Very soon after I made my board, my boyfriend and I mentioned to a realtor that we wanted to move. We made it clear that we didn't want to be pushed. We told her that we loved our house,

but that we no longer wanted to live in that neighborhood.

The realtor called occasionally to show us a property. We'd look, but we were never all that excited by the houses we saw.

One day, about two months after I made my Vision Board, the realtor called out of the blue.

She sounded a little nervous. She said, "I want you to meet me this afternoon to see a house. It's not what you said you wanted. But I just keep getting this feeling that you need to see this place. The last time it was on the market, it sold in 15 minutes."

I called my boyfriend at work. He decided to leave his office early. He picked me up, and we drove over to see the house.

The minute we walked inside, we both just looked at each other with a deep knowing that it was perfect. It was a contemporary house, surrounded by rhododendron and woods, with a beautiful river drifting beneath the deck.

We moved in within a month after looking at it. The process was easy and, with a few exceptions, went smoothly.

Several months later, I was going through stacks of stuff that had not been unpacked after the move. At the bottom of the pile was my Vision Board. My office assistant had pulled it down when she was helping me pack.

I looked at it. And there in the top right hand corner of the poster board was the house and my handwriting in Sharpie pen. "Christine Lives Here."

I thought to myself, "Well, yes. Yes indeed. She does!"

CHAPTER TWO:

Cynical? Good! Read this First.

Now, if you're the slightest bit cynical, I totally understand.

If you're rolling your eyes, I get it.

I used to be right there with you.

But then, I helped other people manifest their dream lives too...



Plain and simple,
I just got tired of the
unhappiness that
cynicism creates.

For many years, I offered three-day retreats for large groups of women. (These retreats were so popular that they have now become a 7-week coaching program called **The Uplevel Your Life™ Mastery Program.**)

On the second day of these retreats, each woman would build her ideal life's vision – and spend the afternoon creating her own Vision Board.

I observed over and over again as women would return home to manifest amazing things in their lives – from new jobs to beautiful homes to terrific yoga teachers. Lots of times they would return to my retreats *just to do another vision board!* They would bring along their boards from the prior retreat, and point out everything that came into their lives.

So, let this serve as a quick apology to the cynics who are reading this.

While I completely understand your objections, I can no longer join in with you. I've experienced the phenomenon too many

times. And I've heard and witnessed too many stories of lives changing. So, I simply have to revoke my membership from the eye-rolling club.

Here's the deal.

Plain and simple, I just got tired of the unhappiness that cynicism creates. There's an expression that says: "Do you want to be *right*? Or do you want to be happy?" It seems to me that cynicism wants to be right. I want to be happy.

So, I decided to just play with all kinds of spiritual and success principles.

I figured that if they *didn't* work, the worst thing that could happen would be me feeling stupid.

So be it.

But if they *did* work, the best thing that could happen is me feeling happier.

It felt like a pretty good risk to take.

And yes, I've felt stupid a lot. (I enjoy the experience! Being a know-it-all is just so boring.)

But I'm not trying to push you. It would never have worked if someone tried to push me, after all! In fact, I'll even go a step further...

I'll admit that the cynics may indeed be right!

Maybe it *wasn't* the scissors or the glue or the magazines that made my realtor call me that day.

Maybe it *wasn't* the constant daily reminder of that image that attracted this perfect house to me.

Maybe it *isn't* the intentions of the women who have been at my retreats, or participate in my Uplevel Your Life Mastery Program -- as they paste images onto simple poster board that attracts new adventures to them.



I have discovered that
sometimes **magic** is
more fun than **proof**.

But then again...

Maybe it *is*.

I, for one, choose to believe it is.

Because in this strange little experiment that is my
life, I have discovered that sometimes magic is more
fun than proof.

Won't you join me in this discovery?

CHAPTER THREE:

So, What's a Vision Board Anyway?

A Vision Board (also sometimes called a Treasure Map or an Image Bank or Creativity Collage) is a poster board.

On this poster board, you paste or collage images that you've torn out from various magazines. The images can be very specific – as in my house example. Or they can be images that evoke a feeling – like a picture of a woman meditating that makes you feel deeply peaceful. It's simple.



When you surround yourself with images of who **you want to become**, what you want to have, where you want to live or vacation, your life changes to match those images and those desires.



The truth behind this technique is this:

When you surround yourself with images of who you want to become, what you want to have, where you want to live or vacation, your life changes to match those images and those desires. Your attention is *that* powerful.

For instance, before I ever started performing music, I had no idea how I'd get a gig, write enough songs, or assemble a press kit. One night in my apartment, I drew a picture of myself on a small stage surrounded by people watching me perform. (I'm a *terrible* visual artist, so I actually had to label the people: "People!"). And though it wasn't the only factor in making it happen, I had a calendar full of coffeehouse gigs by the next year.

My drawing was a kind of a Vision Board in itself. It made me crystal clear about what I wanted to experience in

my life. Vision Boards do the same thing. They add clarity to your desires and feeling to your visions.

At the time I did my drawing, I knew I wanted to play in coffeehouses. (I then moved on to theatres, performing arts centers and showcases.) Taking the time to draw it out - even poorly - made it indelible in my mind.



When you think about it, most people never pause long enough to ask themselves **what they want.** They just let life happen to them.



When you think about it, most people never pause long enough to ask themselves what they want. They just let life happen to them. I think this is because most people don't *believe* they can really create their own happiness, or their own wealth, or their own *anything!* They've succumbed to what I call "The Oh-Well Conspiracy."

"Oh well. What did you expect?"

"Oh well. That's the way it goes."

"Oh well. It wasn't mean to happen."

A Vision Board moves you out of "Oh-well" and into "Well-well!" (as in, "Well well! Look what I created!") very quickly!

CHAPTER FOUR:

The Best Supplies for Creating a Powerful Vision Board

I know. I know. It's simple, right? Why would I need a whole chapter on supplies?

Believe it or not, I get lots of questions about supplies and where to get the best stuff to make the most powerful Vision Board possible!

So, in my extensive experience with Vision Boards, here's my top picks:



Make sure you get **lots of different types** of magazines. If you limit your options, you'll lose interest in your Vision Board within minutes of starting it.



Poster board.

Target sells a really nice matte finish board. I highly recommend it. If you're like me, you can get a little freaked out by all the color choices. Just relax. No one is going to punish you for picking a "wrong" color. There IS no wrong color. I love the blues and the greens. But I've also used the black and the white! It doesn't matter!

A big stack of different magazines.

You can get magazines at libraries (often libraries put large stacks of old magazines out front as give-aways), hair salons, dentist offices, the gym, etc.

Make sure you get lots of different types of magazines. If you limit your options, you'll lose interest in your Vision

Board within minutes of starting it.

Back when I facilitated my women's retreats, I always made sure we had plenty of O Magazine, Real Simple, Natural Home, Yoga Journal, Dwell, Ode, Parenting, Money, Utne, Fast Company, and an assortment of nature and spirit magazines.

❑ Glue.

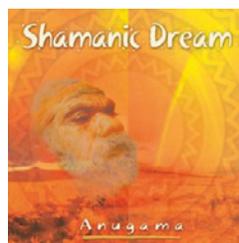
My all-time favorite glue for any craft activity is YES! Paste. It's just a fabulous texture, and it works wonders. If you don't like using your fingers, then I'd recommend Rubber Cement. Glue sticks are okay. But their adhesive power kind of dies after a few months!

Note: Don't use Elmer's Glue. It makes magazine pages ripple.

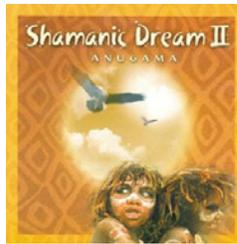
❑ Music

I put on soft beautiful music when I do a Vision Board. See, I used to write songs, so it's hard for me to give my full attention to my Vision Board when I hear actual songs or melodies playing in the background. I just can't NOT listen! Does that happen for you?

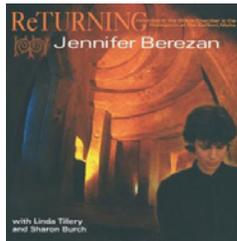
So, here's a list of my favorite "mood" music for creating a powerful Vision Board. And truthfully, these CDs are just great music period. You can put them on at any time and become instantly peaceful! The links will take you right to each CD at amazon.com:



Anugama, Shamanic Dream



Anugama, Shamanic Dream II



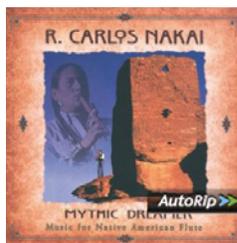
Jennifer Berezan, Returning



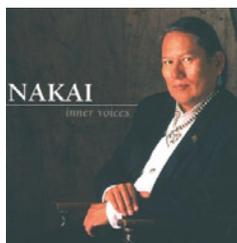
Deva Premal, Sings the Moola Mantra



Tim Wheater, The Yearning



Carlos Nakai, Mythic Dreamer



Carlos Nakai, Inner Voices

CHAPTER FIVE:

The Power of Ritual and Writing: Before you Begin your Vision Board

The Vision Boards that the women created at my retreats long ago manifested amazing results. There is one major reason for this:

Before a single magazine was ripped up, every single woman in the room got clear.

In fact, the entire first day of the retreat was spent on Intention and Clarity.



When you take time to align with this **deeper self**, then you are far more able to manifest your authentic desires with **total effortlessness**.



The participants got clear about what they wanted in their lives.

They got clear about their connection to spirit.

They got clear about their homes and office environment.

They got clear about their purpose, their jobs and their partners.

They also got clear about *what's in the way* of creating these things.

In other words, they went below the surface to discover what they *really* want to align with. This is powerful work.

That's because your deepest wisest self needs time and space to speak to you.

For instance, you might *think* you want a Porsche, a new watch, and a hottie boyfriend.

But maybe, what your deeper wiser self wants is more sleep, some drawing classes, and less stuff to do on the weekends.

When you take time to align with this deeper self, then you are far more able to manifest your authentic desires with total effortlessness.

This isn't to say that your Vision Board won't work if you don't connect with your deep self! It's just to say that the manifesting will probably be easier and more exciting when you align with the deeper part of you.

A Simple Clarity Ritual

In order to connect more fully with that deep self, I recommend that you create a ritual before you begin your Vision Board. Even if you're doing this as a group activity, take some time before you lift those scissors.

Sit quietly. Light a candle. Play some great music. And set the intention.

With lots of kindness and openness, ask yourself what you want.

Maybe one word will be the answer. Maybe images will come into your head. Just take a moment to be with that. This process makes it a deeper experience. It gives a chance for your ego to step aside just a little, so that you can more clearly create your vision.

If you need a little support with this little ritual, I recorded a **10-minute guided meditation** audio for you to use before you create your Vision Board. You can [download it by clicking here](#).

Journaling as a Tool

You can go even deeper in your ritual by taking some time to



If money, people's opinions and judgments, and fear were not factors – what would I want to **be, do, or have?**



write about what you desire.

One of the best ways to tap into your desires is by journaling. At my retreats, we used to do several writing activities before the Vision Board adventure began.

Here are a few questions to write down in your journal as “prompts.” Answer them before you begin your Vision Board. If you’re with a group of people, then present these questions to the group, and allow each person about five minutes to answer aloud.

- 1 – If money, people’s opinions and judgments, and fear were not factors – what would I want to be, do, or have?
- 2 – What beliefs or things would I have to let go of if I were to allow this into my life?
- 3 – What would I have to believe in order to be, do, or have these things?
- 4 – What really matters to me?

The Be Do Have List

If this is too challenging, then you can also create a **BE DO HAVE LIST**.

I’ve made this a simple clarity tool for you. You can download it here.

Then, make lists of things as you think of them. You don’t have to go in order. Maybe, for instance, the first thing you remember is that you want a new environmentally friendly washer and drier. Put it down on the HAVE list.

Then, maybe you sit there for a second, and you remember how the beach makes you feel a deep sense of inner peace. So you write: “Two-week vacation at the Outer Banks” in the DO

category. And you follow that up by writing, “Peaceful” in the BE section.

Then you realize that you want to be someone who lives in a constant state of TRUST. So you write “Trusting” in the BE category.

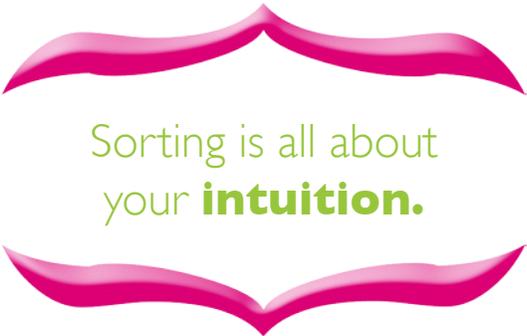
You get the idea. If you’re an entrepreneurial creative type like me, then your mind can go all over the place – and it makes perfect sense to you.

The point of all of this is to simply remind you to take some time for clarity, ritual and stillness before you create your Vision Board!

CHAPTER SIX:

The 8 Steps of Creating an Effective Vision Board

Alrighty then! You've got your supplies. You've gotten clear. The music is playing. And you are all set to begin making your vision board! Woohoo! The following 8 steps will help you stay on track and focused as you create your board.



Sorting is all about
your **intuition.**

Step 1: Flip

Flip through the magazines and cut the images from them. Rip out anything that delights you or calls to you. Don't ask why. Just get the images!

No gluing yet!

Let yourself have fun looking through magazines and pulling out pictures or words or headlines that strike your fancy. Have fun with it.

Make a big pile of images, phrases and words.

Step 2: Sort

When you feel all full up on the images and magazines, you are ready for the next step, which is to sort through the images and begin to lay your favorites aside in a pile.

Sorting is all about your intuition. Notice if any of the images don't feel quite right. Trust yourself enough to eliminate them. Your intuition is a powerful guide for you and will quickly toss out the "should's" that have found their way into your pile.

Step 3: Arrange

Lay the pictures on your poster board. As you do this, you'll get a sense of how the board should be laid out.

For instance, you might assign a theme to each corner of the board: Health, Business, Spirituality, Relationships.

Or, you might want to lay the images randomly all over the board in no particular order.

Or you might want to fold the board into a book that tells a story.

The options are endless.

At my retreats, I witnessed women come up with such imaginative ways to arrange a Vision Board.

Step 4: Paste

After you've arranged all the items in a way that works for you, paste everything onto the board.

Take your time doing this.

Step 5: Decorate

When you're done pasting all the images on the board, add some decorative touches. You can paint on it. You can write words with gel pens. You can add glitter, too!

Step 6: (optional, but powerful) Add YOU!

Paste a gorgeous photo of yourself smack dab in the center of the board.

If you choose to add you to your board, then leave space in the very center of the Vision Board as you are arranging. Find a fantastic photo of yourself looking radiant and happy. Paste yourself in the center of your board.



The women who experienced **the most success** with their boards were always the ones who hung them in their offices, or on their bedroom doors, or even on the walls of their **walk-in closets!**



Step 7: Display

Hang your Vision Board.

I recommend putting your Vision Board in a prominent place where you'll see it regularly. You don't have to do this, of course. After all, some people are a little shy about their dreams.

But here's something that might help you get over your fear of looking stupid:

The women who experienced the most success with their boards were always the ones who hung them in their offices, or on their bedroom doors, or even on the walls of their walk-in closets!

Step 8: Act

Taking conscious action in your daily life is a key component of this process.

This step is so important that I devoted a whole chapter to it! (See Chapter Ten.)

CHAPTER SEVEN:

What's Your Type? The Three Different Types of Vision Boards

There are three basic types of Vision Boards you can create. And there are several methods you can use for creating them. Choose which type works best for you, depending on where you find yourself at this time your life.

I - The “I Know Exactly What I Want” Vision Board

Do this Vision Board if:

- You're very clear about your desires.
- You want to change your environment or surroundings.
- There is a specific thing you want to manifest in your life. (i.e. a new home, or starting a business.)

How to create this Vision Board:

With your clear desire in mind, set out looking for the exact pictures which portray your vision.

If you want a house by the water, then get out the Dwell magazine and start there.

If you want to start your own business, find images that capture that idea for you.

If you want to learn guitar, then find that picture.

I remember at the last retreat, one woman yelled out, “If anyone finds a picture of a little girl with red hair who looks happy,

give it to me!” And someone else yelled out, “I’m looking for a Prius!” Pretty soon, a lively trading session began.

Following the steps in Chapter Six, create your Vision Board out of these images.

2 - The “Opening and Allowing” Vision Board

Do this Vision Board if:

- You’re not sure what exactly you want.
- You’ve been in a period of depression or grief.
- You have a vision of what you want, but are uncertain about it in some way.
- You know you want change but don’t know how it’s possible.

How to create this Vision Board:

Go through each magazine. Tear out images that delight you. Don’t try to figure out why they delight you. Just keep going through the magazines.

If it’s a picture of a teddy bear that makes you smile, then pull it out. If it’s a cottage in a misty countryside, then rip it out. Just have fun and be open to whatever calls to you.

Then, as you go through Step 2 (see Chapter 6), remain open, and ask yourself what this picture might mean.

What does it tell you about you?

Does it mean you need more rest? Does it mean you want to get a dog, or stop hanging out with a particular person who drains you?

You’ll almost always know the answer.

If you don’t know the answer, but you still love the image, then put it on your Vision Board anyway. You will get an answer soon



With your **clear desire** in mind, set out looking for the exact pictures which portray **your vision.**

enough.

Some women at my retreats had NO idea what their board was about when they created it. Then, a few months later – the whole thing made perfect sense, and they learned some pretty powerful lessons about their authentic desires!

NOTE: The *Opening and Allowing* Vision Board is my favorite choice. It will be a powerful guide for you.

Sometimes we think we know exactly what we want, but really it's just our egos calling the shots. The desires of the ego aren't always in alignment with *who we truly are*. When created with an open heart, a Vision Board can go deeper than just "getting what you want." It can speak to you and teach you all about your authentic self and your true passion.

3 - The "Theme" Vision Board

Do this Vision Board if:

- It's your birthday or New Years Eve or any landmark day.
- A significant event has started a new cycle in your life. A divorce. A job change. A new business.
- If you are working with one particular area of your life. For instance, Work & Career.

How to create this Vision Board:

The only difference between the *Theme* Vision Board and the others is that this one has very clear parameters and intention.

Before you begin the Theme Vision Board, take a moment to hold the intent and the theme in mind. When you choose pictures, they will be in alignment with the theme. You can do the Theme Vision Board on smaller pages, like a page in your journal.



Sometimes we think we know exactly what we want, but really it's just **our egos** calling the shots.



CHAPTER EIGHT:

What to Expect: The Process of Making a Powerful Vision Board

Some people get confused about how they should feel as they're making their Vision Board. They get upset if they don't feel "spiritual." Or they want to give up because doubt creeps in.

This is normal stuff. You'll hear many thoughts running through your head as you make your Vision Board. Just let them go, and keep on working!



Sometimes you'll start out doing one kind of Vision Board, and then your **intuition takes over** and shifts into a whole different mode.

Truthfully, most Vision Boards are a combination of all three types from the last chapter. That's just the nature of our hearts and souls. Sometimes you'll start out doing one kind of Vision Board, and then your intuition takes over and shifts into a whole different mode.

That's called Creativity.

Just roll with it!

Oh, and one more thing:

Your desires might change as you're making your Vision Board.



A friend of mine had been making a Vision Board for the New Year. The theme was all about the big goals she wanted in the coming year. (The Theme Vision Board.)

Then, as she pulled pictures and began to lay them out, she realized that the theme changed into a simpler one.

It became all about her everyday life and the moments of joy in each day. It surprised and delighted her to experience that evolution. She realized that the Big Goals didn't matter as much to her as creating a daily life of happiness and present-moment awareness.

She let go and had one of the most powerfully peaceful years of her life.

You'll probably experience similar epiphanies as you make your Vision Board. This is the best part about making them!

There's one reason this process is so important:

As your spirit gets quieter and looks at all these wonderful images, your ego tends to drift away and loosen its grip.

When that happens, your most authentic self is allowed to take the wheel. Your authentic self is your Creative Self. Your Creative Self doesn't give a hoot about control or "making things happen."

Your Creative Self just knows that if you get to have the exact life you want – then you better get crystal clear about *exactly* what you want! She is not afraid of clarity!



As your spirit gets **quieter** and looks at all these wonderful images, your ego tends to **drift away** and loosen its grip.



CHAPTER NINE:

So Many Ways to Manifest: Alternatives to Traditional Vision Boards

You don't have to limit yourself to just a poster board and paste. There are many ways to manifest! Here are a few...



You don't have to
limit yourself to
just a poster board
and paste.

The Vision Journal

This is the same thing as a Vision Board, but you create it on the pages of a spiral bound book. I recommend using a big sketch pad. Most Art Supply Stores carry notebooks that are perfect for Vision Journals. In a Vision Journal you can just keep adding pages, and you can tear things out if you no longer want them or if you manifested them already.

I recommend that you make it a point to look through your Vision Journal daily. It teaches your subconscious to focus on and create the images that you have pasted in the journal.

Written Vision Board

A woman who had attended several of my retreats decided to try something different with her Vision Board one year.

She wrote it all down.

While everyone was ripping out images and pasting them down, she sat thoughtfully and created a beautiful poem describing her

ideal image of herself and her life. She read it aloud to us on the last day of the retreat – and most of us were moved to tears! It was gorgeous.

Vision Index Cards

When I was healing from depression –before I ever did my first Vision Board – I created what I called “Prayer Cards.”

On the front of each index card, I pasted my visions and images for my ideal life. And on the back of it, I wrote an affirmative prayer. Everyday, I sorted through my growing stack of cards and read the prayers aloud and looked through the images I had collaged on them. (I recommend that you get your cards laminated. I had it done pretty cheaply at FedExKinkos.)

I still have these cards and I just love them. They remind me of the power of intention.

Digital Vision Boards

Digital Vision Boards are pretty popular.

There are lots of different software programs out there that will create either a movie or a Vision Board for your computer desktop. You can use any images you want to use. You can type in any phrase you want to remember.

Some of the Vision Movies I’ve seen are quite powerful. If you Google “Vision Board Software,” you can find quite a variety of offerings.

However, before you go chasing after yet another bright shiny object, let me give you a quick lesson in simplicity...

Software requires that you learn a whole lot of new things. It requires that you download lessons and figure



Why not go ahead and create a Vision Board **tomorrow** — as opposed to **waiting** til you know how to use a whole new kind of software!?



stuff out.

This can complicate everything.

Here's a question to ask yourself about digital vision boards:

Will this work any better or faster for me?

Maybe it'll be cool. But why not go ahead and create a Vision Board tomorrow – as opposed to waiting til you know how to use a whole new kind of software!?

One more thing to consider...

Our brains don't function well with limitless options. This is why I really like poster board. (Yes, you can call me old-fashioned!)

When you work with a poster board, the space is limited. This requires that you narrow down to the key ideas and images. You have to make an actual choice. Your brain likes this.

In other words, the poster board is your friend. It is your teacher in the power of decision.

Digital vision boards can keep you distracted and scattered forever and ever with the endless options you can just keep pinning and pinning onto your crazy unfocused virtual reality.

CHAPTER TEN:

“You Mean, I Gotta DO Something?” The One Step EVERYONE Conveniently Forgets to Mention

In the steps I listed in Chapter Six, the final step is Act.

For some, this is very bad news.

After all – telling people that they might have to DO something doesn't sell books, does it?

Think about it.



Taking action means
being open. It
means listening to
your guidance.

We all want to pop our lives into the microwave and watch as things begin to heat up all on their own without any delay! So we don't want to pay for books that tell us we have to take action towards our dreams! That's no fun!

You have to dig deep to hear some of these Law of Attraction gurus in their behind-the-scenes interviews. They all say, “Oh. By the way. You gotta take action too.”

Dang.

But hold on here. I have good news!

Taking action doesn't mean being busy.

Taking action doesn't mean pushing hard.

It doesn't mean hurting yourself.

Taking action means being open. It means listening to your guidance. It means keeping a keen eye out for opportunities and moving towards them. It means, above all else, *showing up*.

Now, I've devoted an entire week of my **Uplevel Your Life™ Mastery Program** to this topic of how to take daily conscious action. It's definitely not a topic that can be covered in one chapter of an eBook!



If you take **one step** towards your dreams, your dreams always take **multiple steps** towards you.



But remember this:

Pay attention to your Vision Board. Then pay attention to your opportunities. And take a few chances. And be willing to make a few mistakes.

These things don't have to be BIG.

Start at home.

If you pasted up pictures of beautiful living environments, then begin to make your current home beautiful. Get rid of the clutter. Bring order to your closets. Let go of any items you don't absolutely cherish.

If you pasted up pictures of healthy food, then notice what books or information comes your way about eating. Try some new kinds of healthy cuisines.

If you cut out a picture that reminds you of starting a business, then hire a coach to help you fulfill your dreams.

Take it from someone who knows. If you take one step towards your dreams, your dreams always take multiple steps towards you.

CHAPTER ELEVEN:

Answers to All of Your Questions about Vision Boards

These are actual questions I've received via email or comments on my blog. My answers are beneath each question.

Question: I'm more interested in doing a Vision Board than my wife is. Should I do a board for the family and one for myself? Or just one for myself?

Answer: If you've ever read the many articles on my blog, then you know one thing about me. You know I believe that creating your life is most effortless and most productive when you do it from the inside out.



I believe that
creating your life
is most effortless and
most productive when
you do it **from the**
inside out.



This means you focus on *your* insides, on *your* dreams, on *your* authenticity, on *your* honesty, on *your* responsibility. This is both empowering, and, at times, daunting. It means that when your partner isn't interested in Vision Boards, then you don't have to spend time wondering what to do about it.

Too often, we think that our families, friends and partners have to come along with us when we've discovered something new. While sometimes the other people in our lives get excited with us, lots of times they just don't! More often than not – waiting around for them to join in is detrimental to your own growth.

I recommend that you communicate your excitement with openness. Don't try to change anyone or make them want to do it.

You can say something like, "Hey, I know you're not all that into this. But I'm going to do one for me because I'm intrigued by this."

That way, you take full responsibility for your own desire, and you don't point fingers. Then make your Vision Board, and see how it works. Maybe your family will become intrigued. Maybe not. Either way, you have nothing to lose!

Question: Should I hang it on a wall so I can always see it? Or can I make a vision board in a book and keep it where nobody (except me) can see it? If I can do it in a notebook, should I look at it once a day or just leave it there?

Answer: I believe that the power of our intention is so big that you could make the board, put it in a closet, and still manifest results.



Your **attention** is a
powerful force for
creativity.



However, I'm one of those people who likes to cover all bases. Your attention is a powerful force for creativity. So why not put your Vision Board on a wall so you can use this built-in tool to its full potential?

If you like the idea of a Vision Journal, then I highly recommend looking through it every day. Think of it as a lighthouse. Some days, you'll be in stormy weather, and you'll want to give up. Those images are your lighthouse. They guide your attention towards what you want to manifest, even on stormy days.

Question: I have a younger brother who is having some difficulties in school and at home. I was wondering if putting some goals on my Vision Board for him could possibly manifest into some positive changes in his life.

Answer: As I said before, your Vision Board is about you. You can certainly put images on it that remind you of your brother as a happy person. But this would mostly be to guide you in seeing him at his best and most powerful. That way you become a more encouraging and inspiring person in his life, because you're committed to seeing him as happy, healthy and successful.

Remember this: We have control over the thoughts we think, the actions we take, the words we say, and the images we visualize.



We have control over the **thoughts we think**, the actions we take, the words we say, and the **images we visualize**.



We can't control other people or try to make them choose differently in their lives. We can encourage them. We can guide them. We can send them blessings and light and love. But they have to want to create their own changes.

As my friend Joy likes to say to me when I'm getting worried for someone else, "You're minding THEIR business. Who's minding yours?"

Question: Is it true that certain things should go on certain color backgrounds? (For example, Green = finances; Pink = love/romance; Blue = education). Is this correct? Also do all of the images you use have to be color photos?

Answer: I've seen people get so bogged down by rules like this. It seems like they do more harm than good!

Here's my thought:

If this feels right to you, then by all means go for it. But if it ties you up and takes extra time or if it feels overwhelming, then don't worry about it.

A Vision Board speaks to your soul, your inner artist – I don't think your inner artist or your soul give much of a hoot about colors representing things. Your soul speaks in a whole different language. That language is translated into feelings by your body. Follow your good feelings. Don't follow color-rules!

Question: Do I have to use magazine pictures? Can I print up things off the internet and cut them out?

Answer: Absolutely. You can use any images that speak to you!

Question: Can I use a cork-board instead of a poster board?

Answer: I don't think there's a wrong way to do a Vision Board. If it feels right to you, then go for it!

(But please read my note at the end of Chapter 9 about the power of limits. If you are using a cork-board, is it because you can't imagine choosing something to paste permanently on a poster board? Is that a fear of making a choice? It's an interesting question to ask yourself!)

Question: I realize that I want a healthy/loving relationship, but I am having a very hard time NOT focusing on one person in particular. Do you have any advice in this area?

Answer: Though I certainly understand getting attached to one person, my recommendation is that you always focus deeply on the *feeling* -- on what feels like a GREAT relationship.

Find pictures of what feels like relationship happiness. Then intend that the perfect and right person for *you* be in your life. You never know who or what the divine has in store for you. Why limit yourself to one person who might not really want to be with you?

Question: When you receive something that was on your Vision Board, should you remove the item and replace?

Answer: It's totally up to you. As a rule, I don't like the word "should!" In the case of, say, eating well and images of health – that's an on-going vision. So, you can leave those up on your board all the time. If you manifested the perfect car, then by all means, remove the image and put up another image! (Or leave it up there if it makes you smile and reminds you of your own powerful spirit!)



Your soul speaks in
a whole different
language.



Question: Do you often change your Vision Board or simply create a new one? How often would you say that you do create a new one or change it?



When it's time to change my board or make a new one, I notice that I start to feel a little **“restless”** with my board.



Answer: You'll find your own answers to these questions as you live with your Vision Board. When it's time to change my board or make a new one, I notice that I start to feel a little “restless” with my board. I get tired of the images. They no longer resonate. Remember that this is all about YOUR process and your soul. Your body and heart will start to speak to you when it's time to change your board.

Question: Can I put images that I've drawn myself on my Vision Board?

Answer: Yes! In some ways, this might be even more powerful because you have created the image with your own hands!

Question: Do you have to write things under the picture? Like “I wish to have a Lamborghini.” Or can you just make a collage of the things you desire? If I draw the picture, it's better to label it, right?

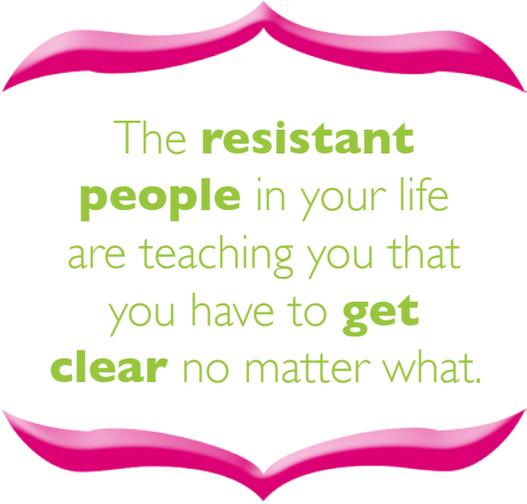
Answer: You don't have to label things, but it's totally up to you. Words are a powerful tool for some people. You can cut out words you love. Or use words that inspire you. However, if you're labeling the images because you're worried that your soul (or the universe) won't understand your picture unless you “explain” it – then I'd recommend having a little more trust in this process and letting go of some control!

Question: What do you do if your spouse rejects things like Vision Boards or the Law of Attraction? I would love to do a Vision Board, but hanging a vision board at my house would cause a problem. I'd have to keep my vision board in the closet! So how does that affect its ability to work on attracting when it's not hanging out in the open?

There are people who do not accept these ideas as anything but a little nutty. Unfortunately, my husband falls into that group.

Answer: I've mentored many people who are just beginning to discover new ways of living and creating their lives. Almost always, they go through a stage of waiting for the world around them (husbands, kids, siblings, co-workers) to give them "permission" to expand and try new tools. They want people to stop being cynical. They want people to stop making fun of them.

My experience is that you can wait and wait, and this isn't going to happen. The resistant people in your life are teaching you that you have to get clear no matter what. You have to choose your own path.



The **resistant people** in your life are teaching you that you have to **get clear** no matter what.

If you create a Vision Board and your husband laughs at you and mocks you, then you are responsible for how you handle the situation. Hang it on your closet door if you need to. Let him laugh. And be very clear with him. "I know you think this is nutty. But this matters to me, and I want to try it. Can you give me some space for this?"

Often, just communicating that something matters to you – and that you don't expect another person to join in – is enough to open their hearts a little bit. If not, then just let them know that you're going to move forward without their blessings.

Pay attention to whether or not you are waiting for another person's approval before you'll let yourself expand or create or try new things. This is a surefire way to resentment. I'd rather deal with harsh words or criticism than find myself 10 years down the road resenting the heck out of someone because I let my fear of their disapproval stop me in my tracks.

Question: A few of the specific items I pasted in came to pass. One was a huge investment in a new business. However, it failed in the first year. Should I tear out that page or leave it there?



Choose images that evoke the **feeling**, as opposed to thinking about it in terms of **new watches** or sports cars.



Answer: This depends on whether or not you still want to be in that business! Too often we label something as a “failure” and then dismiss it. The most successful people I know (myself included) have “failed” over and over again. The difference is that they get back up and re-align themselves with their original intention. If you want to stay in the business, then leave the image on your board, and keep looking at it everyday.

(Lastly, did you have a coach or a mastermind? You may need some support along the way. It can be challenging to run your own business without the support of a great business coach!)

Question: I went to get some magazines but didn't get far. I picked up some magazines and flipped through them quickly to see if they looked promising, but ended up with nothing because all I saw were pictures of stuff -- furniture, big houses, clothes, anti-aging products, etc. Just stuff that marketers want me to buy. This isn't what I want my vision board to be about. So now I am stuck. How do I do this? Am I thinking about this the wrong way?

Answer: At my retreats, we always made sure there were a huge variety of art magazines, yoga magazines, spiritual magazines. These publications often have non-mainstream images in them.

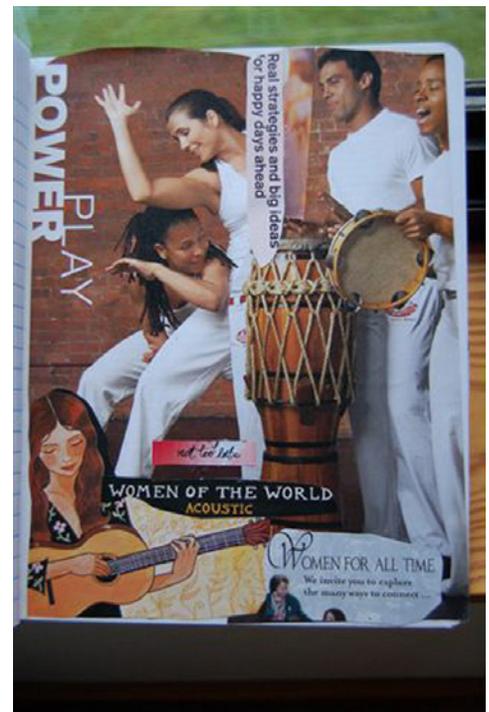
Many women experienced this same thing at my retreats. In fact, many people I know don't want the typical material stuff. That's normal. I always encourage people to choose images that evoke the FEELING, as opposed to thinking about it in terms of new watches or sports cars. You can also look on line for images that speak to you. iStockPhoto.com has great stock photos you can purchase and print out.

Some women at a recent retreat chose to do Vision Books, not Vision Boards. That way they can continue to add images throughout the year. This is a handy alternative because it's portable. Here are a few

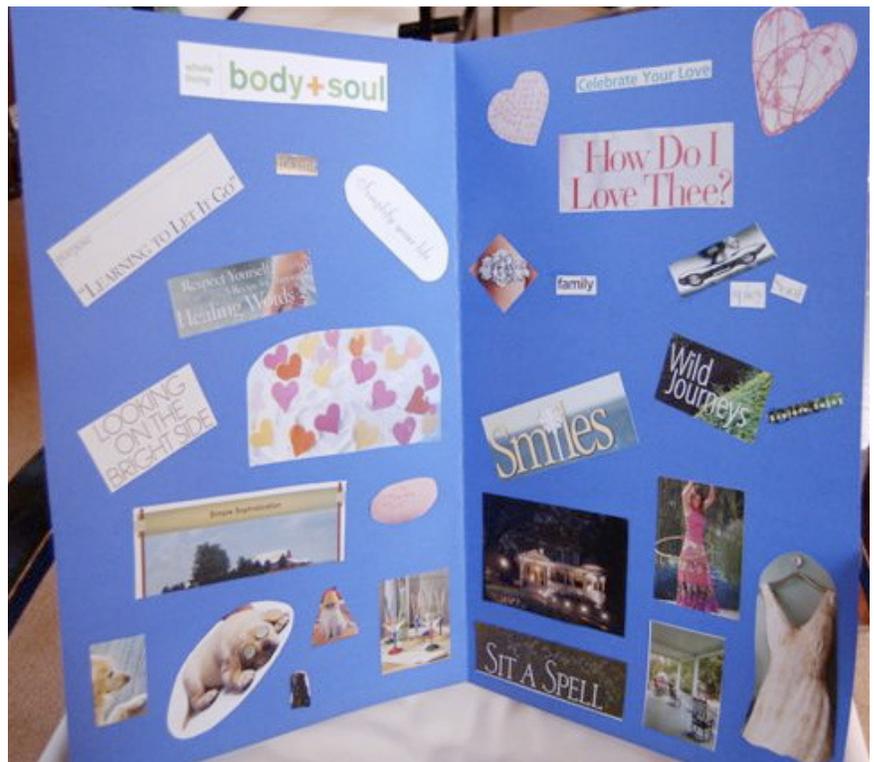


images of the Vision Books.

Some of these photos are from the same books. I think someone came close to filling her entire book!



Below is a poster board folded up for better suitcase stowaway. This one touches me deeply because of the huge awakening this person had about her relationship with horses after she did her board.



One of the participants had come to a retreat two years ago. Her house had just burned to the ground, and she was not only dealing with grief, but she was rebuilding her life. She brought her vision board from that retreat just to see whether or not she had shifted in her vision for herself. I'll let you decide.

Here's the vision board from two years ago:



This is the vision board she made this year. As she told us about it, she said she could feel the lightness and the difference in her direction and vision for herself.



THE LAST CHAPTER:

Taking your Whole Life to a New Level

When we allow ourselves to dream, sometimes it can be quite painful. That's because we may realize that we have been living inauthentically. Or that we never gave ourselves a chance to take a chance or to fail.

In those moments, it can seem as if it's all been a waste of time and that we should just start over or something.

Not true at all. You are in your perfect and right place learning the perfect and right lessons you need to learn right now. Honor that. And celebrate this new opening and awareness.

You do not have to leave your current life behind.

You do not have to fly to India and meditate for a year.

You do not have to walk away from everyone and everything and start all over again.

Instead, you can start with one of my favorite lessons: "Change the HOW, not the WHAT."

You know what that means?

It means you start exactly where you are. Yes, right where you are – exactly how your life is NOW.

This is how thousands of people have "Uplevelled" their lives, their wealth, their mindsets and their success in my Uplevel Your Life Mastery Program.

Uplevel Your Life is a proven field-tested formula for creating

new outcomes and awareness in your life. In 7-weeks, with daily (yes, you read that right... DAILY!) support, you will truly become the powerful manifestor you were born to be. I stand behind this claim with a no-questions-asked 100% money-back guarantee.

[Click here](#) to find out more about Uplevel Your Life. Watch the video there. And take a moment to read the success stories of people, just like you, who have transformed their lives.

You have absolutely NOTHING to lose! (Well, except, maybe, for the overwhelm, the lame job, and the struggle!)

Here's the link:

<http://uplevelyourlifenow.com>

I would love to support you as you take the next amazing steps in creating your best life!

[Click here to download](#) an audio of this book, read by me.