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MODULE ONE

VISION BOARD POWER



Goal and Vision Board Boot Camp

Manifest your Success

Checklist

- I understand that vision boards can be important tools and prompts in creating the reality I want
- I understand that vision boards need to be as specific as possible
- I understand that the best vision boards are “action” boards as well as “dream” boards
- My vision board contains items that are:
 - Specific
 - Not dependant on external forces or “luck”
 - Quantified with What, When, Why, How and How Much
- I have drilled down to make sure I represent each item as accurately and positively as possible
- While I am being specific, I have still left the Universe room to deliver what I want in original ways I might not have thought of
- I am avoiding common vision board mistakes—especially those ones that actually sabotage my goals
- My main goal or biggest dreams are in a prominent position on my vision board—or at the top
- The items on my vision boards provoke positive feelings such as:
 - Inspiration
 - Optimism
 - Excitement
 - Pleasure

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☐ Fun

- ☐ I have removed or changed any item on the vision board that gives me a negative or helpless feeling
- ☐ I have dialled back items that give me a hopeless or paralysed feeling, taking that as an indicator I need to change that item to a more realistic and achievable one
- ☐ I have removed or changed any item that is someone else's dream—not mine
- ☐ I understand my Lifestyle Vision Board can tip me off to mindset work I need to do in order to discard:

- ☐ Outdated beliefs

- ☐ Patterns that don't advance my goals

- ☐ Self-limitations

- ☐ To literally replace the negative with the positive, I am stating as I let each thing that no longer serves me go: “: “I am letting go of _____ to make room for _____”.

- ☐ I have ensured that my Lifestyle Vision Board actually reminds me to do mindset work—including gratitude—daily

- ☐ I am creating the proper mindset for goal-setting by first clearing any blocks

- ☐ I am including daily rituals to reinforce the positives by:

- ☐ Taking time to express gratitude for things, people and opportunities on my board and in my life (or future)

- ☐ Repeating my affirmations (aloud)

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- ☐ Reading a chapter of my current mindset or self-improvement book
- ☐ Checking in with my accountability group
- ☐ Deciding what I will do that specific day to increase my mental well-being
- ☐ Writing these resolutions as one of my priorities on each day's To Do list
- ☐ Looking in the mirror and repeating positive self-messages
- ☐ Practicing smiling at myself in the mirror
- ☐ Saying aloud a resolution or mantra
- ☐ Meditating on positive things
- ☐ Other _____
- ☐ I am 'reading' my vision board daily, and repeating positive self-statements it displays or inspires
- ☐ I am ensuring my self-statements are immediate action statements for "today", rather than "someday" wishes
- ☐ I understand that:
 - ☐ I can make vision boards for almost every area of my life
 - ☐ Vision boards can be powerful action prompts and tools
- ☐ I am using my Lifestyle Vision Board to help keep me focused and moving towards my goals, eliminating overwhelm and distraction