

C.L.A.I.M YOUR VISION METHOD

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C.L.A.I.M. Your Vision

Create your solid vision and use it to create a powerful vision board

The C.L.A.I.M. Your Vision Method is a guideline to create a vision that allows you the opportunity to manifest your vision quicker! This method will help you to cultivate an atmosphere, a mindset, and the present state of being that is needed to help bring you closer to your vision. It addresses the essential components your vision needs to be as effective as possible. Once you have a clear vision for your life, then you can create a more effective and powerful vision board.

C.L.A.I.M. stands for the following:

Clear (Clear and concise vision statement) 1-2 sentences

Life (A list of ways you will feed and nurture your vision) 1-3 sentences

Atmosphere (Your plan to maintain a mental environment to sustain your vision) 1-3 sentences

I AM (Your vision stated in the present tense) 1-3 sentences

Mantra (Daily mantras and meditations to support your vision) 1-4 sentences

These are the components needed to manifest your vision quicker. You need a clear vision that states how you will feed it and maintain an environment for its growth that keeps you present in your focus with daily mediation.

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Using this method, you will ensure your vision is constructed in a manner that keeps you focused on the present. All changes to your future takes place in your present. Use your vision statement created from the C.L.A.I.M method to create your vision board.

With the right mindset and cultivated energy and attention towards your vision you can reach your vision quicker. With this method, you create a clear vision and provide it with the necessary tools to manifest various different ways.

So now that we know what a Vision Board can do for your future goals, vision, and your present state of mind, let's talk about the actual physical materials you need.

Creating a Vision Board can be a daunting task because you have to get all of the materials together and most importantly create clear goals to make your Vision Board as useful and efficient as possible.

The **Goal Care Vision Board Kit** has taken the hassle out of pulling all of the materials together and has provided a guide to help you uncover your true goals. This kit includes the following:

- Goal Care Vision Board Affirmations Coloring Book
- Cork board (18 X 24 inches) Gold Trim
- Black Faux Leather background contact paper
- White background contact paper
- Push pins
- Ribbons
- Feathers
- Magazines
- Colored pencils
- #2 Pencils
- Pencil sharpener
- Markers
- Construction paper
- Glue
- Tape
- Scissors
- Ruler
- Stickers

You can purchase this kit from **GOALCARE.COM** or simply use the list above as a guide when you go to purchase your vision board materials.

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