



VISION BOARD WORKBOOK

TODAY'S AGENDA

VISION BOARD

TAG ME!



Hello Doll. Sorry to bother but I just wanted to show you this but also say how powerful your work and coaching and also guidance and friendship is 🥹. I was looking at my vision board and then came across this photo that I put up. Look at my phone screen. 🥰



I love seeing your vision boards & hearing about your goals and dreams. Make a bold declaration, snap a pic & tag me on social media!



Instagram: @_nicolaaay
Tiktok: @_nicolaaay2.0

YOUR MENTOR

“

In my world, the way you create more wealth on the outside is by accessing wealth from the inside.

-NICOLE CONCEPCION



I am a life & transformation coach for driven, purpose-led women who want to shift out of the hustle and scarcity mentality and step into more abundance, flow and embodiment of their most authentic selves.

My goal is to not just help you reach your personal and professional goals... it's to also help you unlock the unique PERSONAL POWER you have that lies deep inside you & reconnect you to yourself in a new way.

My programs consist of 1:1 mentoring, group coaching & unique experiences like immersive retreats both for personal development & business.

Find out more on www.nicoleconcepcion.co

ACCESS THE

VIRTUAL WORKSHOP HERE



scan here to get access



WELCOME TO YOUR

VISION BOARD JOURNEY

This workbook will guide you through a powerful process of creating and activating your vision board, with tools designed to harness the power of Energetics, reprogram your beliefs, and transform your mindset.

Vision boards are more than just visual collages—they're a practical, transformative tool for setting intentions and aligning your energy with your deepest desires.

Each page of this workbook is designed to help you focus on what truly matters and elevate your vision board experience to create lasting, meaningful results. Let's get started on making your dream life a reality!

MY THREE
INTENTIONS
FOR YOU

1. **That you learn something new** you've never learnt before
2. **That you understand just how powerful you are** to be able to consciously create your reality (no matter how bad it seems right now!)
3. **That you unlock a new paradigm** - a new way of thinking and existing so your dream life starts today not later. NOTE: This process has changed many lives!



don't forget to
access the
WORKSHOP!

PROCESS

How vision boards work & why they work - through the lens of Energetics

1

We'll start by exploring how vision boards tap into the power of Energetics. Learn how the energy of focused intention can attract and shape your goals.

Through the lens of Energetics, you'll see how intention, visualization, and positive emotion create a magnetic pull, drawing what you want closer to you.

How to build your own vision board using a proven & simple formula

2

Whether you're a seasoned visionary or creating a vision board for the first time, this section will guide you step-by-step.

Discover how to choose images, words, and symbols that resonate with your dreams and ambitions, crafting a visual roadmap that represents your highest self..

How to activate it through belief reprogramming & the power of your language

You'll learn how to activate it by reprogramming your belief system, using the power of your language and mind. We'll draw on principles of neuro-linguistic programming (NLP) to shift limiting beliefs and empower your mindset, creating lasting change in your subconscious.

This approach will help you reinforce positive thoughts, making your vision board a living, breathing part of your reality.

UNDERSTANDING ENERGETICS

What is Energetics, and Why Does It Matter?

At its core, energetics is the idea that everything in the universe is made of energy and constantly vibrates. This energy is what connects us to everything around us, and it affects how we attract or repel certain things in our lives. When we create a vision board, we're using this energy to focus on what we want, bringing it into alignment with our dreams and goals.

Key Energetic Laws to Know:

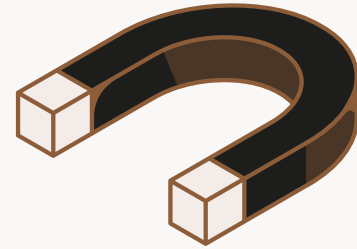
There are several laws of energetics that help us understand this process, but here are two of the most important ones relating to vision boards.

1. The Law of Attraction
2. The Law of Vibration

For a deeper understanding on these two laws, you can check out the following resources:

- [12 Laws of the Universe - Manhardeep Singh](#)

THE LAWS



The Law of Attraction

The Law of Attraction says that you can draw things to you simply by matching their energy. When you sustain a positive, high frequency that aligns with what you want, you naturally start to attract it into your life.

Think of a time you thought of someone, and they called you shortly after. Or maybe you've noticed how a "bad day" often keeps getting worse once you decide it's going to be difficult.

This is the Law of Attraction in action. By learning to harness it, you can make your vision board a magnet for your dreams.

These laws of energetics help us understand why vision boards are so powerful: they tune your energy, or vibration, to what you want, helping you draw it into your life.

THE LAWS



The Law of Vibration

This law states that everything is always in motion, vibrating at a specific frequency—even things that seem solid or still. Your personal “vibration” or energy level can affect what you attract into your life.

For example, if you often feel stress or worry about money, you may struggle to hold onto it. This happens because you’re vibrating at a level that doesn’t align with abundance.

Your emotions reveal your current energy level and help guide your actions. This is why paying attention to your feelings is essential—they are a direct signal of the frequency you’re “broadcasting” to the world.

We’ll dive deeper into this when we discuss how to “activate” your vision board.

HOW TO ACTIVATE YOUR VISION BOARD

To fully activate your vision board, it's essential to go beyond just looking at it daily.

Three Ways to Activate your Vision:

1. Using your mind
2. Using your emotions
3. Using your body

A quick note on shifting your Paradigm:

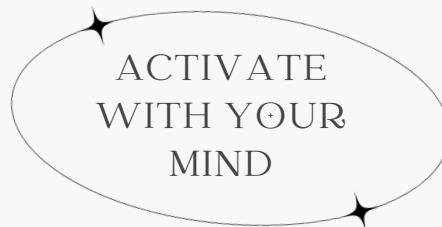
True activation involves shifting your paradigm, which is your subconscious “lens” for seeing and experiencing life. Your paradigm is made up of habits, ideas, and behaviors that operate automatically, often without conscious thought.

These patterns influence your beliefs, actions, and ultimately, the reality you experience.

Most of us have patterns that keep us from achieving our dreams. To change your results, start by asking, “Why do I do what I do?”

Rather than trying to change everything around you, shift your perspective, and your reality will follow.

WAYS TO ACTIVATE YOUR VISION BOARD



The mind is a powerful tool for shaping your reality through focused intention and visualization.

When you engage your mind actively with your vision board, you're training it to see your goals as achievable and real.

This mental clarity helps reprogram limiting beliefs and aligns your subconscious with your desires, giving you the confidence and motivation to take meaningful action.

Visualizing your ideal life daily strengthens neural pathways, making success feel inevitable.

A note on Neuro-Linguistic Programming (NLP)

NLP is based on the idea that there's a connection between our thoughts (neuro-), language (linguistic), and habits (programming). By adjusting these elements, we can change our subconscious beliefs and patterns to support our goals.

Neuro (The Mind and Brain)

- This aspect examines how our thoughts, beliefs, and sensory experiences (sight, sound, touch, taste, smell) create and shape our internal world. By understanding our mental processes, we can recognize patterns that might limit us and work to reframe them.

Linguistic (Language and Communication)

- Language shapes how we interpret the world, communicate with others, and even talk to ourselves. NLP studies how words and language influence our experiences and outcomes. By becoming aware of our language, we can adjust it to reframe thoughts and shift to more empowering beliefs.

Programming (Habits and Patterns)

- Over time, repeated thoughts and behaviors become automatic patterns or "programs." NLP suggests that these programs can be "reprogrammed" or adjusted to encourage behaviors that support our goals. Through specific NLP techniques, like visualization, affirmations, and anchoring, we can "rewrite" these subconscious patterns for positive change.

USE YOUR

MIND

Step-by-Step Mind Activation

Follow this 4-step mind activation process as a guide to help you use your mind in service of your vision.

Set a Clear Intention:

Start by looking at your vision board and choosing one specific goal you want to activate today.

Visualize in Detail:

Imagine yourself already living this goal. Picture the sights, sounds, and feelings of having achieved it. Make the image in your mind as vivid as possible.

Use positive Language Patterns:

Speak as if you're already experiencing this reality. Use affirmations in the present tense, like "I am fully enjoying my successful career" or "I feel so grateful for the financial abundance in my life."

Meditate:

Close your eyes, take a few deep breaths, and visualize yourself stepping into a version of yourself that has achieved this goal. Hold this image for several minutes, feeling gratitude as if it's already yours.

USE YOUR

MIND

5 minute Meditation Visualisation Script

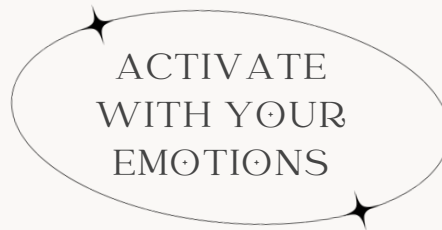
Sit in a comfortable position, close your eyes, and breathe deeply. Picture yourself standing in front of a door that leads to your dream life.

Imagine opening the door, stepping into a world where your vision board goals are reality.

Feel the emotions and sensations of living this life fully.

Stay in this space for as long as it feels right, then slowly return to the present moment, bringing that feeling with you.

WAYS TO ACTIVATE YOUR VISION BOARD



Emotions are a powerful way to imprint desires into the subconscious.

The emotions we hold are like frequencies—higher-frequency emotions (like joy, gratitude, and love) uplift us, while lower frequencies (like fear, worry, and anger) can keep us in old patterns.

To bring your vision board to life, you need to “charge” it with high-frequency emotions. Emotions are the driving force behind manifestation.

When you emotionally connect to your vision board, you elevate your energy and create a powerful attraction field.

Positive feelings, like gratitude, joy, and excitement, match the vibrational frequency of your goals, magnetizing them toward you.

Emotions not only boost your motivation but also communicate to your subconscious that these desires are already a part of your reality, making manifestation feel both tangible and deeply fulfilling.

WAYS TO ACTIVATE YOUR VISION BOARD



The body grounds your vision, turning thoughts and feelings into physical actions.

Embodying your vision involves behaving as if your desires are already real—whether through changing your environment, practicing daily habits, or adopting a posture of confidence.

These actions send a message to your subconscious that you're prepared to receive your goals, reinforcing your commitment.

As you physically align with your vision, your body becomes a powerful anchor, helping to bring your dreams from imagination into reality.

Our physical actions and environment play a significant role in shifting our subconscious. Embodiment such as “acting as-if” your desires are already actualised, brings the vision board to life by helping you feel like you're already living your dream life.

USE YOUR BODY

Step-by-Step Body Activation

Follow this 3-step mind activation process as a guide to help you use your mind in service of your vision.

Change Your Environment:

Align your physical space with your goals. For instance, clear out any clutter or items that don't support your vision. If your goal is health-related, start by removing junk food from your kitchen or organizing workout gear.

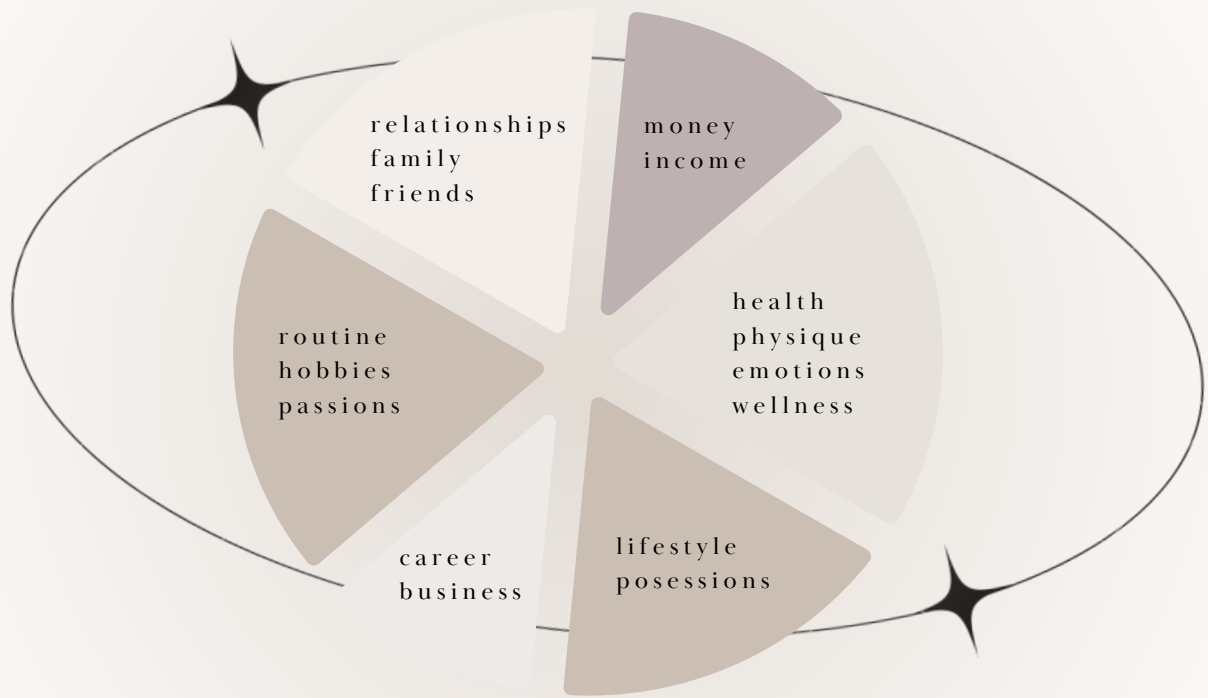
Act 'As if':

Begin living as though your goals are already a part of your reality. For example, if you're manifesting a vacation, start packing a travel bag with items you'd need for the trip. These actions communicate to your subconscious that your vision board is becoming your reality.

Take Delusional Actions:

Get playful with actions that support your goal in unexpected ways. For instance, send yourself a job offer email or print out a "letter of acceptance" to a program you dream of attending. These steps make the goal feel tangible and signal to your subconscious that it's within reach.

AREAS OF YOUR LIFE WHEEL



The Life Wheel is a self-discovery tool that provides a clear visual snapshot of where you currently stand in the key areas of your life.

By examining each area individually, you can assess your overall balance, identify where you feel fulfilled, and recognize areas that may need more attention or growth.

The Life Wheel helps you set meaningful goals and align your actions across each of the eight major areas of life.

ARES OF YOUR LIFE WHEEL

- **Time/Presence** – How present and mindful you feel, your ability to enjoy the moment, and how well you prioritize what matters.
- **Mental & Emotional State** – Your overall mental well-being, emotional resilience, and how well you manage stress and nurture positive feelings.
- **Physical Wellbeing** – Your health, energy levels, and how well you care for your body through diet, exercise, and rest.
- **Financial** – Your financial stability, habits, and the alignment of your income with your goals and values.
- **Relationships** – The depth and quality of your connections, including family, friends, and intimate relationships.
- **Personal Development** – Your commitment to growth, learning, and developing new skills that align with your values and vision.
- **Spiritual Fulfillment/Purpose** – Your connection to a sense of purpose, values, and spiritual beliefs that give life meaning.
- **Business/Career/Vocation** – Your career satisfaction, professional achievements, and how aligned you feel with your work's purpose.

CREATE YOUR VISION BOARD WITH THE

LIFE WHEEL

See the table below as an example of how you can fill it out to help you prepare what to put on your vision board

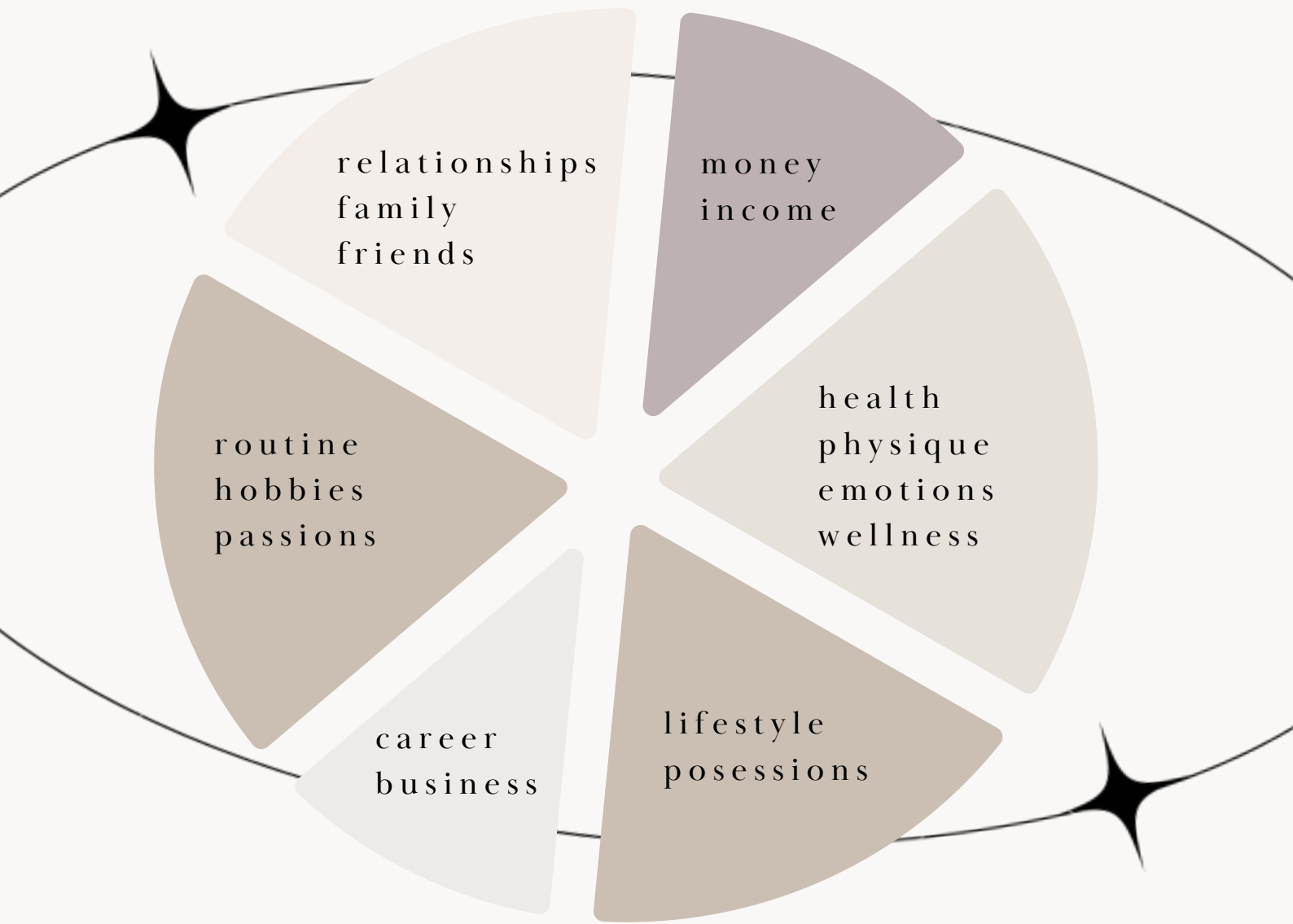
Life Area	Goals & Desires	Affirmations	Vision Board Ideas	Activation Practices (Mind, Body, Emotions)
Time/Presence	<ul style="list-style-type: none"> • Cultivate a daily mindfulness practice • Spend quality time with loved ones • Improve time management 	<ul style="list-style-type: none"> • "I honor the present moment and savor each experience." • "I am mindful and intentional with my time." 	<ul style="list-style-type: none"> • Peaceful settings • Nature • Pictures with pets and loved ones 	<p>Mind: Schedule "presence breaks"</p> <p>Body: Grounding practices like walking barefoot</p> <p>Emotions: Practice gratitude for daily moments</p>
Mental & Emotional State	<ul style="list-style-type: none"> • Develop emotional resilience • Cultivate a positive mindset • Manage stress effectively 	<ul style="list-style-type: none"> • "I am in control of my thoughts and emotions." • "I am capable of handling life's challenges." 	<ul style="list-style-type: none"> • Calm scenery • Words like "resilience" and "peace" 	<p>Mind: Reflective journaling</p> <p>Body: Deep breathing exercises</p> <p>Emotions: Engage in creative release activities like art or dance</p>
Physical Wellbeing	<ul style="list-style-type: none"> • Maintain a healthy exercise routine • Prioritize nutritious eating • Get restful sleep 	<ul style="list-style-type: none"> • "I honor and care for my body every day." • "I am strong, healthy, and full of energy." 	<ul style="list-style-type: none"> • Fitness images • nutritious food • restful sleep 	<p>Mind: Visualize health goals</p> <p>Body: Follow a workout routine</p> <p>Emotions: Celebrate small fitness achievements</p>
Financial	<ul style="list-style-type: none"> • Achieve financial independence • Cultivate a positive relationship with money 	<ul style="list-style-type: none"> • "I am open to receiving and growing wealth." • "I am financially abundant and secure." 	<ul style="list-style-type: none"> • Money symbols • dream home • savings milestones 	<p>Mind: Visualize financial goals</p> <p>Body: Track expenses mindfully</p> <p>Emotions: Express gratitude for financial gains</p>

CREATE YOUR VISION BOARD WITH THE

LIFE WHEEL

Life Area	Goals & Desires	Affirmations	Vision Board Ideas	Activation Practices (Mind, Body, Emotions)
Relationships	<ul style="list-style-type: none"> • Build meaningful connections • Improve communication skills • Develop empathy 	<ul style="list-style-type: none"> • "I attract loving, supportive relationships." • "I am surrounded by people who uplift me." 	<ul style="list-style-type: none"> • Smiling faces • Couple holding hands 	<p>Mind: Reflect on desired relationship qualities</p> <p>Body: Spend quality time with loved ones</p> <p>Emotions: Show appreciation for close connections</p>
Personal Development	<ul style="list-style-type: none"> • Pursue new skills and hobbies • Build self-awareness • Develop confidence 	<ul style="list-style-type: none"> • "I am constantly growing and evolving." • "I am open to new experiences and learning." 	<ul style="list-style-type: none"> • Inspirational quotes • Leisure Activities eg. yoga 	<p>Mind: Set growth goals</p> <p>Body: Engage in hobbies or classes</p> <p>Emotions: Celebrate personal growth milestones</p>
Spiritual Fulfillment/Purpose	<ul style="list-style-type: none"> • Find meaning and purpose • Connect with inner peace • Engage in spiritual practices 	<ul style="list-style-type: none"> • "I am connected to my purpose and the universe." • "I find peace and meaning every day." 	<ul style="list-style-type: none"> • Nature scenes • meditation images • Retreat settings 	<p>Mind: Meditate on purpose</p> <p>Body: Practice grounding in nature</p> <p>Emotions: Cultivate awe and wonder in everyday moments</p>
Business/Career/Vocation	<ul style="list-style-type: none"> • Achieve career growth • Align work with personal values • Find fulfillment through work 	<ul style="list-style-type: none"> • "I am on the path to my dream career." • "My work aligns with my values and purpose." 	<ul style="list-style-type: none"> • sales summary • bank statement • business awards 	<p>Mind: Set career intentions</p> <p>Body: Dress for success</p> <p>Emotions: Celebrate small career achievements</p>

ARES OF YOUR



*CREATE YOUR VISION BOARD
WITH THE*

LIFE WHEEL

See the table below as an example of how you can fill it out to help you prepare what to put on your vision board

Life Area	Goals & Desires	Affirmations	Vision Board Ideas	Activation Practices (Mind, Body, Emotions)
Time/Presence				
Mental & Emotional State				
Physical Wellbeing				
Financial				

*CREATE YOUR VISION BOARD
WITH THE*

LIFE WHEEL

Life Area	Goals & Desires	Affirmations	Vision Board Ideas	Activation Practices (Mind, Body, Emotions)
Relationships				
Personal Development				
Spiritual Fulfillment/Purpose				
Business/Career/Vocation				



BONUS:

HUMAN DESIGN

MANIFESTING
TYPES

Manifesting Types

Human Design is a system combining elements from astrology, the I Ching, Kabbalah, and the chakra system to provide insight into our unique personalities and life paths.

In Human Design, each person falls into one of four main "Types":

- 1) Manifestors
- 2) Generators
- 3) Projectors
- 4) Reflectors.

Each type has specific qualities, strengths, and ways of interacting with the world, with a unique approach to manifesting desires and goals.

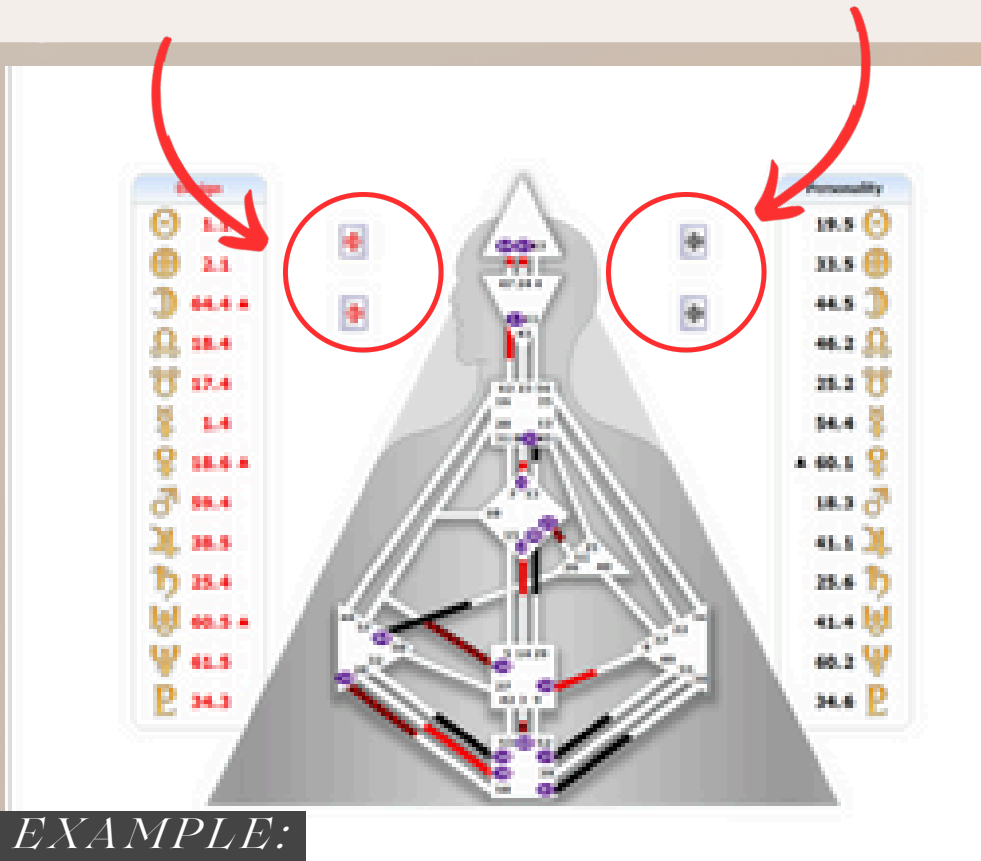
The two primary categories of manifestation in Human Design are **Specific Manifestors** and **Non-Specific Manifestors**.

Furthermore, In Human Design, manifesting styles reflect the unique approach each person has when working towards their goals and dreams. These styles are either **Active** or **Passive**, each one influencing how people harness their energy and direct their focus for manifestation.

Understanding your manifestation type can help you set goals and bring desires to reality in a way that aligns with your natural energy.

HUMAN DESIGN

Use the “Variables” arrows to find out what type of manifestor you are.



EXAMPLE:

A **specific manifestor** benefits from getting clear and detailed about what they want, setting specific goals and visualizing exact outcomes.

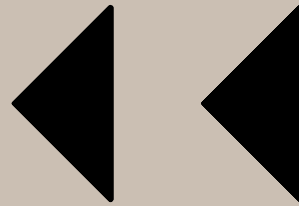
On the other hand, a **non-specific manifestor** works best by focusing on the feelings or general experiences they desire, staying open to how things unfold.

These styles guide how you set intentions and work with your vision board, helping you manifest in a way that aligns with your natural strengths.

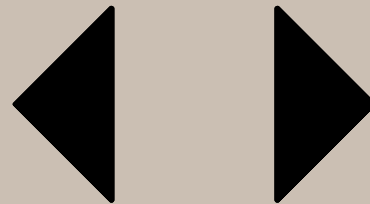
HUMAN DESIGN

Find out your accurate style by reading your own 'human design' chart

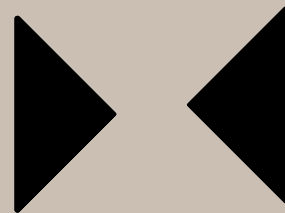
Active and specific (both facing left): set the goal and track your progress as you go after the goal



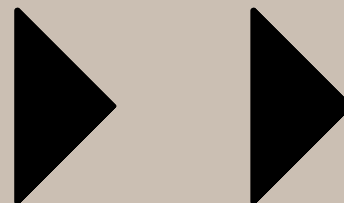
Active and non-specific (LHS left and RHS right): get clear on how your desire feels and actively hold that feeling now



Passive and specific (LHS right and RHS left): get clear on the details of what it is that you want, and then surrender to divine timing



Passive and non-specific: (both facing right): focus on being receptive and allowing the most incredible things to happen to and for you constantly.



WHICH TYPE OF MANIFESTOR ONE ARE YOU?

SPECIFIC MANIFESTOR

Clarity and detail in their goals are essential. They thrive when they get clear and precise about what they want to manifest, focusing on exactly how their desire looks, feels, and unfolds.

For example, if a Specific Manifestor wants a new job, they might envision the exact role, salary, work environment, and even the company culture.

- Attention to detail
- Specific measurements, colours, brand, location
- e.g. the colour of front door, the finish of the handle, the dimensions of the doorway to your new home

IDEAS:

- Home Style: Brainstorm all the styles of homes then choose one specific style, even if that style is a hybrid like Modern Farmhouse
- Neighborhoods: Research the neighborhoods you'd consider and choose one that is your perfect spot, even your favorite streets
- Home Details: Make a list of all the details you want in your home including exact size, layout, price, features
- Action: Make a vision board or pin board of exactly what you want your house to look like

RECOMMENDED PRACTICES

Use this table of recommendations to help you create your vision board within your Manifesting Type.

SPECIFIC MANIFESTOR

Goals & Desires	Affirmations/ Mantras	Vision Board Ideas	Activation Practices (Mind, Body, Emotions)
<ul style="list-style-type: none"> • Clear, detailed goals like a specific income, job role, or home type • Exact travel plans or career milestones • Exact income goal, e.g., "Earn \$10,000/month" • Manifesting a specific partner with clear characteristics • A dream home with particular features 	<ul style="list-style-type: none"> • "I am aligned with my specific desires and goals." • "I clearly envision and receive my dreams with ease." • "I am worthy of manifesting my specific desires." • "I know exactly what I want, and it flows to me effortlessly." 	<ul style="list-style-type: none"> • Images of specific places, items, or outcomes (e.g., the exact car model, dream job, specific city) • Vision boards organized into detailed categories • Clear representations of the type of people or job you envision 	<p>Mind: Visualize exact outcomes in detail</p> <p>Body: Dress or set up spaces that represent your specific goals, like organizing a home office to align with a remote work goal.</p> <p>Emotions: Reflect on each specific desire as if it has already come to life, embracing joy, confidence, and gratitude.</p>

RECOMMENDED PRACTICES

Use this table of recommendations to help you create your vision board within your Manifesting Type.

NON-SPECIFIC MANIFESTOR

Goals & Desires	Affirmations/Mantras	Vision Board Ideas	Activation Practices (Mind, Body, Emotions)
<ul style="list-style-type: none"> • Open-ended goals, like general well-being, adventure, financial freedom • Desiring abundance without a specific figure, just the general sense of financial freedom • Attracting a loving, fulfilling relationship without focusing on specifics 	<ul style="list-style-type: none"> • "I trust the universe to bring me the best possible outcome." • "I am open to all possibilities that serve my highest good." • "I am grateful for the abundance flowing into my life." 	<ul style="list-style-type: none"> • Symbolic representations, like a sun or open road, representing openness and new experiences • General words or feelings like "freedom," "peace," or "joy" rather than specifics 	<p>Mind: Visualize feelings rather than outcomes, focusing on sensations like excitement, peace, or fulfillment.</p> <p>Body: Prepare for change by clearing clutter or creating open spaces, allowing for new energy to enter.</p> <p>Emotions: Foster a sense of calm trust and joyful anticipation, embracing the feeling of having achieved all desires without knowing exactly how they'll unfold.</p>

WHICH TYPE OF MANIFESTOR ONE ARE YOU?

NON SPECIFIC MANIFESTOR

Focus on the essence of what they want rather than specific details. Instead of narrowing down precise details, they stay open to possibilities, letting the “how” unfold naturally.

For example, if a Non-Specific Manifestor desires a new job, they may focus on the feelings of fulfillment, excitement, and support they want in the workplace, trusting that the right job will align with those qualities.

- attention to the emotions associated with goal
- e.g. the emotions you feel as you walk through the front door of your new home

IDEAS:

- Home Style: Consider all the styles of homes that you'd like, focusing on how you feel in them and how grateful you are to be living there, hosting friends and family
- Neighborhoods: Be open to many neighborhoods, thinking more about the features you'd enjoy, like being close to a park or a friendly coffee shop
- Home Details: Envision yourself cooking, gardening, dancing in your new home, but without a specific attachment to what the home actually looks like
- Action: Make a mood board and create some daily affirmations that support the feeling you will have when you are living in your dream home

HOW DO YOU MANIFEST?

ACTIVE MANIFESTOR

You achieve the best results through active intention and direct, focused action.

- you like to actively move throughout your environment. You are a mover and a shaker. As someone who likes to move around and have things to do, you likely enjoy actively participating in the manifestation process.
- You say things like 'watch me manifest this' or 'i can feel it happening'
- You act in expectation, believing you are part of the manifestation process
- You might enjoy making a vision board, writing down all the things you desire, tracking your goals, writing magic checks, and actively participating in the process. Set the goal, hold the vibration, and manifest that ish.

HOW DO YOU MANIFEST?

ACTIVE MANIFESTOR

RECOMMENDED AFFIRMATIONS

- “I am taking powerful steps towards my goals.”
- “My focused actions create my reality.”

GOAL SETTING STRATEGY

- Direct goals, like hitting a target income or career milestone
- Specific plans, like a scheduled fitness goal

SUGGESTED ACTIVATION PRACTICES

Mind: Set specific intentions daily and visualize results

Body: Engage in routines supporting goals, e.g., regular workouts

Emotions: Embrace confidence and determination as if goals are achieved

HOW DO YOU MANIFEST?

PASSIVE MANIFESTOR

Your goals come to life when they adopt a more receptive, open approach, allowing their desires to unfold with minimal direct control.

- As a passive manifestor, you like to float through your environment with the ability to watch what is happening and without the pressure to be in the center of the action. You are designed for more stillness in your life.
- Let yourself be still. Don't worry about actively pursuing your goals, but see the intention that you are going to experience them, and let them come to you.
- You work well when you can throw it to the universe, sit back, and let it show up for you.

HOW DO YOU MANIFEST?

PASSIVE MANIFESTOR

RECOMMENDED AFFIRMATIONS

- “I trust that what’s meant for me flows easily into my life.”
- “I am open to the universe’s guidance and timing.”

GOAL SETTING STRATEGY

- Goals that allow for organic growth, like personal wellness or a general life change
- Open-ended desires, e.g., attracting supportive relationships

SUGGESTED ACTIVATION PRACTICES

Mind: Visualize ease and trust without specific details

Body: Relax in environments that support a sense of openness, like nature

Emotions: Cultivate feelings of gratitude and peace, allowing for natural progress

VISION BOARD CREATION

TIPS & TRICKS

TIPS FOR CREATING

1. MAKE YOUR BOARD AS FUN AND CREATIVE AS POSSIBLE
2. DON'T HOLD BACK ON YOUR DREAMS. -NOTICE WHEN YOU ARE CENSORING YOURSELF.
3. GET A LIL DELUSIONAL & HAVE FUN WITH IT
4. INCORPORATE ALL ASPECTS OF YOUR LIFE
5. BE VERY SPECIFIC ABOUT WHAT YOU WANT
6. USE WORDS AND PHRASES
7. BUILD DIFFERENT BOARDS FOR DIFFERENT TIME FRAMES I.E. 6 MONTHS, 1 YEAR, 5 YEARS

DON'T FORGET

- TO IMPLEMENT DAILY PRACTICES
- HAVE A SUPPORT NETWORK AROUND YOU
- THINK THOUGHTS THAT REFLECT A STATE OF 'CERTAINTY'
- YOUR EMOTIONS DICTATE THE ENERGETIC STATE YOU ARE IN
- REFERENCE YOUR VISION BOARD REGULARLY
- PUT IT WHERE YOU CAN SEE IT OFTEN

ONCE DONE

1. PRACTICE BEING IN FULL BELIEF THAT THIS IS POSSIBLE FOR YOU
2. CHANGE FROM "I WANT" TO "I WILL"
3. GET AROUND LIKE MINDED PEOPLE
4. REACH OUT AND GET MENTORED OR COACHED
5. PRACTICE THE 3 ACTIVATION PROCESSES

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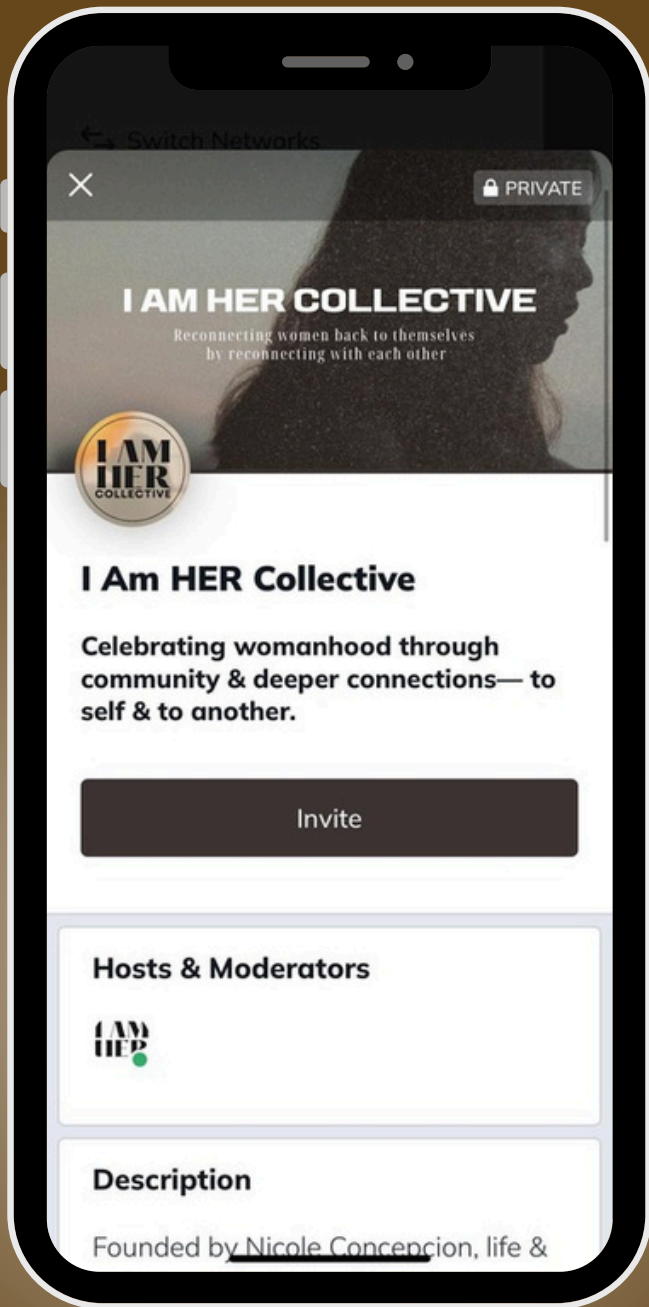


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not sure where to start?

BOOK A FREE CALL HERE

My only goal is you walk away knowing exactly how to move the needle forward and what steps to take next.

This is a no-strings-attached call and it's THE perfect place to start, especially if you've tried all the self-help hacks and read the motivational books and you're STILL hitting a wall.

90 minutes with me will help you get the clarity you need to know what to do next.

These calls have been known to get women get out of their head and start living life on their terms.

90 minutes and your whole world might flip upside down.

SCAN ME

