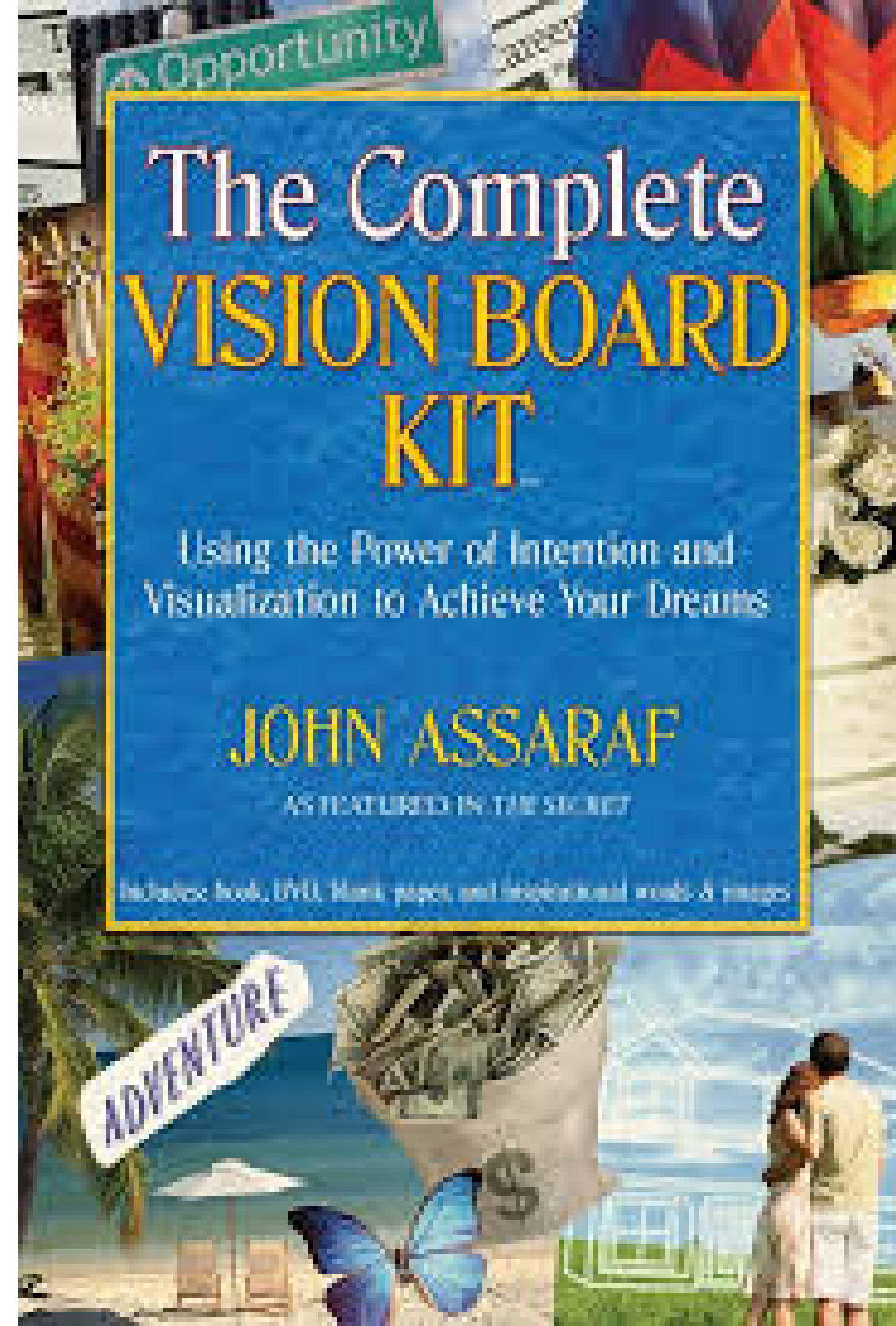


The Complete Vision Board Kit

Book Highlights



How Vision Board Works

A vision board is a way of creating clarity around the life you want to create for yourself. BY choosing a series of powerful meaningful images and affixing them to display that you look at multiple times every day

It helps you focus your attention on what matters to you the most and make that your destination

A Story In Pictures

At its core, a vision board is a set of visual images that represent the story you are telling yourself about who you are and what your life is like

Whether we are aware or not, we are always telling ourselves stories. Most of them are told by others

Images Are Seeds Of Future Events

If you think your goal is a fully grown tree, then the image you choose to represent that goal are its seed

Whether or not we realize, everything we do and every event that unfolds in our lives begins first as an image in our mind

They help focus your intention and draw from your external environment the resources, and energies you need to fulfill those pictures

Creating A Vision Board

Instead of fussing about the “how” it focuses all the attention on the destination - the “what”

Rome may not have been built in a day but it was surely DREAMT in a day

Taking the logical sequence fo steps is not ususally the most effective way to make a dream come true

Why Does Visualisation Work?

Vision boards work as they apply some fundamental laws of nature-

When someone's found a great partner, and are happily married, it's not because fo luck.

Luck is an illusion. It's the nature that takes its course

The Basic Ingredients

There are 8 basic ingredients that figure into making a vision board and using it to realize your dreams

Goals & Dreams

Positive Action

Visualisation

Affirmations

Intentions

Meditation

Beliefs

Gratitude

**Once you select a picture, you have two things:
The picture & your intention**

**Your intention is like a magnifying glass. The
sunlight when passed through a magnifying glass,
and you can burn through a piece of paper**

**That's exactly how intention works. When you set
your intention on an image, you bear the full power of
your brain on life's every factor and make that image
a reality**

A picture pinned to a board is a Picture + Intention

That intention has the power to influence not only your actions but also the behavior of the universe around you.

We are not passive observers/ powerless participants in life.

You have a lot more to do with WHAT happens TO you than you might realize

Affirmations

People create and repeat affirmations but they don't pay attention to exactly what they are saying

Often we go by the day giving ourselves confusing, contradictory or even negative messages

We might project confidence, while our inner dialog may project negativity, pessimism etc.

Dream Big Dreams

Your vision starts by identifying your goals & dreams

If the word “goal” trips you up. Rather, than using it, ask yourself,

“What would I really love to have in my life”

Let your mind wander and as you think, write them down. It can be things you want within next year, month or ten years

The Categories

Here are a few categories that might help you

Your personal goals & aspirations

Your relationships & kind of people you want to know

Your family

Your wealth

Your career

Your spiritual life

Types Of Vision Boards

There are 3 types of Vision Boards

The “I know exactly what I want” vision board

The “Opening & allowing” vision board

The “Theme” vision board

2 Critical Ingredients

Positive Action

Gratitude

They are all about living your NOW, and creating a dynamic, meaningful, and fulfilling context within which dreams can take root and flourish

Disclaimer

**This is just a summary. For a better understanding,
reading the book is highly recommended**

**This summary is as per my interpretation and learning
Please excuse any errors**

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