

Vision Board

Vision Board Purpose: Your Vision Board will help you define the tangible items and accomplishments you want to bring into your life. We DO have choices in this life. Too often, we don't exercise the power of choice. We may feel that wanting or asking for things is selfish or "unrighteous." Remember that getting what you want can help you help others.

The science behind this principle is that your reticular activating system (RAS) works as a filter to help you focus on the important information that comes into your brain. Your eye can only focus on an area about the size of your thumb when you hold it as far away from you as you can. Your mind fills in the rest with assumptions about everything it thinks is there. While this might seem limiting, it actually helps you to sort through all of the distracting things that are going on in your world. This means that we don't actually concentrate on most of what goes on around us.

Your brain connects with the things it sees, and that connection is stronger the more often it sees them. So, if you want to connect with your goals, it is not enough to just write them down. You must see them regularly. Having a Vision Board strengthens your connection with those goals twice daily.

Preparation:

STEP 1: Make a large 3'x 3' square on the wall using painter's tape.

STEP 2: Get pictures of things you want to bring into your life or have happen. (If you can't find a picture or image, written words also work.)

Your Vision Board does not have to be fancy. Use painter's tape to create an outside boundary for your board. The tape won't damage the paint, and you can replace it later with a permanent cork board, if you want to upgrade. Place your Vision Board where you can look at it often. Near your bed is ideal.

Next, you need to find pictures of what you want to bring into your life. These can be material things like a house, car, camera, travel, money, or new dishwasher. They can also be non-material, like time to do your favorite activities, or an improved relationship. If you can't find a picture or image, written words also work. Place the pictures or words so that they do not overlap each other or go outside the borders.

Action:

- Look at your Vision Board for three minutes each morning and evening.
- Move slowly from item to item taking time to imagine yourself holding, smelling, feeling, and hearing all parts and experiences of the pictures or descriptions on the board.
- Express your purpose for each Vision Board item.
- Think about what you will do with it, how you will use it, and how thankful you are that you can have it, then focus your thoughts on the details of the image.

The more you look at and add energy to your Vision Board, the faster these new messages will be sent to your brain. Remember, once these new messages get in your brain, it will keep reviewing them until it happens. Your job is to get the message there.

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