



The Manifestation Project: What Is Your Vision?

"The very act of creating tells your mind what is important and sets your priorities.

You cannot leave where you are until you decide where you want to be." – Randi Levin Coaching

When you look toward your own growth, purpose, and success steps you need to be willing to look beyond what you already know, to let go of those limiting beliefs and filters that protect you from your fears and to envision answering the questions:

What would you do if only you could? If there were no obstacles, what would be different for you? What do you want to welcome into your life?

Objective:

Creating a vision board or treasure map is a goal and growth setting activity that connects you to your "why" by challenging you to think about, evaluate and focus on what you most desire in your life. Creating a physical representation or collage of what you want to achieve and how you want to spend your time is the first step toward taking action in your life. This is your ultimate wish list. It is a map forward toward rediscovering yourself and exploring your best use of the time in your life. You are creating a personal motivational keepsake board that becomes a reminder and a point of reference for the process of redesigning and refreshing your personal growth in order to see yourself actually living the life you most want.

- Keep the focus on what you DO want to achieve and how you DO want to spend your time not on what you do not want.
- Stay focused on the emotion and the feeling behind your creation, concentrating on the "what" and the "why" and not on the "how!"
- Don't overthink this exercise. What you are about to do is about letting go...of perfection, of fears, of what ifs. It is a work-in-progress because you are a work-in-progress. Vision boards can be tweaked and reworked at any time. Enjoy the process.
- Refer back to Week #1: *100 Ways To Change Your Life Worksheet*...review that
- Cut from magazines words and pictures and phrases that resonate with and express your hopes and dreams and desires for the next 6 months to a year.
- Look for things that put a smile on your face or represent a wish or a dream or a promise.
- Additions: photos, poems, quotes, key words, scrapbook stickers, checks to yourself, money, personal tokens, ANYTHING and EVERYTHING is welcome!
- Glue them to a board in a way that means something to you.
- What you are creating is now your own treasure. Treat it as such.
- Plan to place in a prominent place and to revisit it monthly.
- Track your progress with a journal...what has manifested? How does this differ from your initial vision? How is that working for you?

Shares welcome! Please photograph and post your vision boards to the Facebook page and feel free to share during next week's virtual class!