

Lesson 1 — Activity 2

VISION BOARD ACTIVITY

Let's create your vision board!

You can do this online with Pinterest or in the physical world with paper, cardboard, magazine clippings, photos, etc.

Gather as many things — photos, graphics, headings, visuals, paragraphs of text or little tokens — that remind you of the thing you want.

Put them all together on your digital or physical board.

Remember to look at it! If it's physical, put it somewhere you can see it easily as you go about your day. If it's digital, take a photo of it with your phone and use it as a wallpaper, and save it to your computer as a screen saver.

Make it fun! Set yourself reminders to pop up on your phone throughout the day congratulating you on achieving something on your vision board.

And repeat this affirmation:

"I give thanks for the abundant life that I'm now living."

Now say it to yourself with SUCH excitement that you can feel it with every fibre of your being!

JACKIE'S VISION BOARD

