

Vision Board Creation

The Vision Board is a tool to help you visualize the reality that you are creating, your dream life. As you step into the creation of your Vision Board, you want to keep in mind that your thoughts create your reality. The Vision Board is helping you to put your thoughts and feelings about your desires into a visible format. You are creating a visual blueprint of your life. It helps you to put tangibility to your desires and dreams. Providing you with a tool where you can focus daily on the reality that you are creating. Your new magnificent reality.

Your Vision Board is filled with your desired end results. It helps to create clarity on who you are. Through it you can also manifest experiences and you can manifest adventures.

You can look at it to help interrupt your thoughts and re-direct your focus onto what you want. You want to direct your thoughts to your desired life. Where your focus goes from what is going on around you to your new reality. Where you are stepping into who you really are.

It may feel like you are faking it and that it isn't real. And that is okay, keep stepping into it anyway. Be patient with yourself. Relax into the process. Direct your mind to the end results that you would like to experience. Put emotion and feeling and excitement into it. Then enjoy what you have currently going on in your life. While showing up, going out into the world, and taking your inspired action steps as you feel guided.

Remember that what you are asking for has already been given, it is already there. You are just waiting to see the manifestation of it in your life. You are calling it forward. And creating your new reality.

As you are doing this, your limiting beliefs will show up. And the denial that it is possible can set in. You can sometimes go down the rabbit

hole and get on that downward spiral. This is okay if this happens. Just try to work on catching yourself when you do. Then pivot and start moving in an upward spiral. The more that you catch yourself and can pivot, the easier that it gets. Keeping in mind that your positive thoughts are 10 times more powerful than your negative ones.

You may have to take a couple of steps back in order to keep progressing forward and into your dream life. This sometimes happens along the way, so do not get discouraged. Just keep your focus on what you are creating. It is also a lot of times necessary to take baby steps, steps that may be entry level that you need to take in order to fulfill your dream. For example, an entry level job to get you to the one you desire.

As you manifest, you may also manifest lessons that you need to learn. These may be things that you need to clear so that you can step into living your amazing life. Even though this may seem like a setback, it is not. This can help you to leap forward at a quicker pace. Try to change your perspective around it and embrace it as something that you had to experience.

You may get into a bad mood, feel down, think that this is not working, or just want to give up. That self-doubt can set in and try to sabotage you. But this is normal, so be easy on yourself. Just try to have some faith and trust that the Universe is on your side. Feel what you are feeling and try to use an Energy Uplifter to bring yourself back up again and back on track. At that point you can go back to pretending and make believe. Because that is what you are doing for a while, until you think those thoughts so much, that you turn them into a belief. And then that belief into reality.

Remember that you are destined to succeed. You can create the motto for yourself that “Success is my only option.” The only way that you fail is to give up. I believe in you, and you’ve got this.

As you go through your day, try to look for any little evidence, or any little signs that things are working in your favor. That you are creating your new reality. That you are stepping into it. That your desires are coming into fruition. As you do this, things will be changing. And everyday it will get easier. And everyday it will get closer. Remember to try to tell yourself every day that it is getting easier, and it is getting closer. Things are happening and being orchestrated in your favor even though you may not be able to physically see it. Keep the faith, because out of nowhere, you will start to see things as they come into fruition.

You don’t have to have a vision board to manifest your amazing life, but it is a great way to help put your dreams and desires into a tangible format for you to look at. This can help push you into greatness. You are creating a vibration. A vibration that is in alignment with who you really are. You are creating a window to look at. And through that window, you see who you really are. You see where you are going. You can step into the excitement and the joy of what you are manifesting.

You want to keep in mind that your thoughts become things. Your thoughts create your reality. The words that you say are your chosen thoughts. Which makes them even more powerful in the creation process. As the saying goes “A picture is worth 1000 words.” Which then makes a picture even more powerful in the creation process. So, can you imagine the power that your thoughts have when they are inspired by pictures. Pictures that you choose. Then are paired with affirmations. This is such a great way to bring about the transformation in your life that you are seeking. You are bringing the life of your dreams into a visual representation. Which can help bring it into

fruition. You are creating images of your desired end result in any and all areas of your life. It could be friends, laughter, fulfillment, relationships, health, home, vacation, abundance, whatever it is that you desire and better.

As you are creating this, remember that you are going for your big dreams or something better. You always want to add or something better to all of your desires. Don't limit yourself, you never know what the Universe has in store for you.

Come from a place that you can't get this wrong. Set the intention that this can happen to you. That you are paving the way.

Keep in mind that you do not want to create a list of items that you want. This can set you up to feel like you failed. You are creating a feeling, a feeling of who you are. You are a master creator, and it is about who you FEEL you are. This is a tool to help you create that vibration. That this is who you really are. To show you that this is the type of life that you are going to be living. That this is the best version of you that you are stepping into.

When you are creating it, don't expect to get that exact thing, you can get better. Because the majority of the time, what you manifest usually does not look exactly like what you put on your Vision Board. Most of the time you get something better. So, don't let it be the expectation that you will get that exact thing, even though it can be. Be open, but don't be attached to it. You may get it, but you may get better. Most things do not come to pass but invariably, better has. The important thing is that you are creating the feeling around it. The feeling around the life that you are creating and who you are becoming.

This is the case because the Universe has to work from the place where you are. It has to orchestrate it for your best and highest good. There

are infinite ways and avenues that it can bring it to you, it just might not look like you are envisioning. If you have desires and dreams that are conflicting with each other, it has to work around that as well. Or it will cause a shift in you that will bring different or new desires. Ones that line up better for you and can bring you even more than you envisioned. What you manifest is also based on the beliefs that you have and takes into account your thoughts as well. The Universe has to work with where you are in your current time and space. As well as everything that is happening in your life that the Universe knows about that you don't. The Universe is juggling it around. There is always a way to bring the things you desire to you, and it is always better than you can imagine. It is available for you. The bottom line is to see the items on your Vision Board as probabilities. The Vision Board shows that this is the kind of life that you want, that this is the kind of joy, the kind of feeling, the kind of friends, the kind of abundance, etc. If you attach to a specific item or time frame, you create resistance. Attaching to the how, where, when, and who will also create resistance. When you create resistance, you are wanting things to turn out a certain way and this will leave you feeling that this is not working for you. But that is not the case, things are always being orchestrated for you. You just do not always know what that is going to look like, but you do know the feeling of it. You want to get your vibration high and prepare to be amazed when you least expect it.

To sum this up, you are putting the vibration out there of the feeling of the desires that you want. You don't know exactly what it is going to look like when it shows up in the physical realm. What form that it is going to show up in. It could show up how you are picturing, or it could be something better. So, you want to raise your vibration and put the feeling out there of what you want. The Universe responds to your feeling. Remember that like attracts alike. You are attracting to you the

things that match up with your vibration. The Vision Board is helping you to raise your vibration and to continually put that vibration out there every time that you focus on it. It helps you to keep your desires forefront in my mind so that you can continue to put that vibration out.

The energy behind your thoughts and the feelings and emotions that you give to them, is what attracts your desires to you. So, the way to make this powerful is to let it take your vibration to another level.

As Mike Dooley says “When you are wanting to live deliberately and create consciously, it is about how you feel you are. And this tool creates that vibe. The vibe that “That is who I really am.” Your vision board is meant to show you that this is the kind of life you are going to be living. That this is who you are becoming and stepping into.

“Would you believe... there are some people who actually think they can change their life... through “pretending it better”? Yep, we call them masters.” Notes From the Universe, Mike Dooley

On your Vision Board, you are placing images, pictures, words, phrases, affirmations, quotes, etc. that are representative of the things that you desire. Although it does not have to. You can include or just use images that bring you joy, that make you feel excitement, that make you feel good, that inspire you, that make you smile. Because it is about the feeling and the emotions that you are creating through looking at it. It is about the vibration that you are creating. It is about the joy. It is about eliciting that vibration that corresponds to your desires.

You do, though, want to incorporate pictures of You on the Vision Board. You want to be able to visualize yourself in the images on the board. This helps to make it real in your mind and helps in the manifestation process. It helps to anchor the present you in with all of the other images of the things that you desire and that will soon

manifest. You are including current pictures of you in your life right now. This helps to blend the current you with the future you as if it is all happening right now.

You can include pictures of you from the happiest times of your life. Where you are experiencing joy and feeling great. Or pics where you feel like you look good. When you see pics from the happiest times of your life, you are activating memories and then attracting more of that.

You want to put recent joyful pics of you as well. That helps you to identify with the things on your Vision Board. That this is your life, and this is who you really are.

If you have pics of any successes that you had in your life, you can include those as well. If you don't have any, you can make them up. After all, you are using your imagination with all of this.

You can also include pictures of other joyful people. It does not have to be people you know. You can include captions with the images if you like. Remember that you are creating a feeling, you are raising your vibration.

It is powerful to add quotes and affirmations to your Vision Board. You can draw pictures on it, color it, cut pictures out of magazines, or download from Pinterest or online.

There is no right or wrong way to create this. Just do it your way and go with what inspires you. This is your creation. It could have 1 picture or 100. It is up to you. Be playful and have fun with it. You want to make it a Joy.

When you get excited about the things on your Vision Board, you will see things in your life begin to shift and change. All of this is happening within you. Remember that it is all an inside job.

“Imagination and emotion are the most concentrated forms of energy that you possess as physical creatures. Any strong emotion carries within it far more energy than, say, that required to send a rocket to the moon.” Jane Roberts - Seth.

You have the energy in you that is required to send a rocket to the moon. That is how powerful you really are. Your thoughts are the most powerful source in the Universe.

You are pretending this into reality. You are manifesting things that are destined to be in your life or better.

Remember that it's all your imagination, so you can imagine anything that you want. And if you can imagine it, you can manifest it.

“The true power lies in imagination which dares to speculate upon that which is not yet. The imagination, backed by great expectation, can bring about almost any reality within the range of probabilities.”

Jane Roberts - Seth

“You need to know the great power that lies in the act of visualization. Vision is spiritual reality, and all things that exist in your world first existed in Spirit. The concept comes first, then the physical, which is denser matter follows.” Jane Roberts - Seth

Remember that in the beginning you may not see any evidence, but it is working. When you are traveling, you can't see your destination when you begin but you know where you are going is there. You are just traveling to it and bringing it closer to you. So, stay the course and follow your guidance or intuition. Follow your inspired action steps. Say your affirmations. Keep looking at your Vision Board. And before you know it, you will arrive at your destination. It is working. You are getting closer every day. And it gets easier.

Take inspired action steps but don't be attached to anything on the board. Things will slowly start to shift, at just the right time, to the things you desire or better. Know that everything is going to work out perfectly for you.

Your Vision Board can display to you the idea that "I made it." "I did it."

The Vision Board is a tool to help you to visualize. Use your emotions to charge your Vision Board. Have excitement, wonder, intention, joy, etc.

You are a magnificent manifestor. You are stoking the fire of your manifesting when you add in a Vision Board, Affirmations, inspiring quotes and memes. These visioning tools can help to get you there. They help you to create the vibe of, that is who I really am. That or better is where I am going.

The ultimate manifestation is a Joyful Life. It is a Joyful life on your terms. What this is all about is experiencing Joy. So, make sure that you are bringing Joy into it. It is about what brings Joy into your life... finding love, family time, fulfilling work. It is about what you experience from your excitement that you are generating. By choosing to focus on your desires and what you are creating instead of the illusion of your current life situations.

"The one thing all famous story tellers, world class athletes, business tycoons, singers, actors, and celebrated achievers in any field all have in common, is that they all began their journeys... when they were none of these things. Yet still... They began their journeys. And so can anyone else. You are all poised for greatness. P.S. One day they're going to name something BIG after you, like a statue, a college, or a hurricane."

A Note from the Universe – Mike Dooley