

HOW TO CREATE YOUR DREAM BOARD

Your dream board is like a map that shows you where you are going. This way you can make informed decisions on what ACTIONS to take so that you get closer to your ultimate destination, which is your ideal life.

Here are 6 easy steps for you to design your own dream board:

1. Create a list of goals and dreams you'd like to achieve in the next year.
2. Gather old magazines with beautiful pictures.
3. Look for pictures that represent your goals and dreams, which make you feel emotionally engaged.
4. Make a collage out of the images you chose.
5. Add powerful words that represent how you want to FEEL.
6. Look at your dream board every day.

Visualization activates the creative powers of your subconscious mind and programs your brain to notice available resources that were always there, but you didn't notice. It's always good to do a new dream board every year so that you update it with your current life vision.

Yes You Can!