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# VISION BOARD CHECKLIST

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To get the full benefit from your vision board, it's important for you to place it somewhere you can see it every day. I recommend you take a few minutes to look over your vision board at least once or twice a day. I like to review my vision board right before I do a guided visualization, so my goals are top of mind as I train my mind to attract what I truly want into my life. I also like to review it every night before I go to sleep, in order to prompt my sub-conscious mind to come up with new ideas while I'm sleeping on how to achieve my goals. That way, I wake up in the morning bursting with motivation to succeed – and am far more likely to notice and act on opportunities that will bring me closer to my goals.

## **Final thoughts on using your completed vision board:**

- **Look at your dream board often and feel the inspiration it provides.**
- **Hold it in your hands and really internalize the future it represents.**
- **Read your daily affirmations and inspirational words aloud.**
- **See yourself living in that manner.**
- **Feel yourself in the future you have designed.**
- **Believe it is already yours.**
- **Be grateful for the good that is already present in your life.**
- **Acknowledge any goals you have already achieved.**
- **Acknowledge the changes you have seen and felt.**
- **Acknowledge the presence of God in your life.**
- **Acknowledge the Law of Attraction at work in your life.**
- **Look at it just before going to bed and first thing upon rising.**

To make your visualization practice even more powerful, I put together this checklist to help you elevate your vision board's effectiveness.

- My vision board represents goals and dreams in all areas of my life, or in just one specific area that I'd like to focus on.
- The images I chose represent or symbolize the experiences, feelings, and possessions I want to attract into my life on my board.
- There are positive affirmations, inspirational words, quotations, and thoughts on my board.
- Only words and images that best represent my purpose, my ideal future, and words that inspire positive emotions in me were used on my vision board.
- My vision board is neat, and I was selective about what I place on my vision board.
- I keep my vision board somewhere prominent, such as near my bed or my desk.
- I leave my vision board in a viewable position as often as I am comfortable with.
- I spend time each morning and evening visualizing, affirming, believing, and internalizing my goals.

- look at the images that represent my achievements, and feel gratitude as my dreams begin to manifest.
- wrote down the date I created my vision board.
- create a new vision board every year.
- regularly hold my vision board in my hands and really internalize the future it represents.
- read my affirmations and inspirational words aloud at least twice a day.
- see myself living in the manner my life is on my vision board.
- regularly feel myself in the future I have designed.
- believe the items on my board are already mind when I look at them.
- am grateful for the good that is already present in my life.
- acknowledge and celebrate any goals I have achieved.
- regularly acknowledge the Law of Attraction at work in my life.
- have fun and never give up.

Make it a great Day!

Smiling, Kryssie