
VISION BOARD PURPOSE

Want to go deeper into the creating with your vision board?

It is important for you to understand, just because you walk past your board, see your board and smile at your creation, that is not the end of your creating.

It's time to put your thoughts, belief, emotions into action and really start working this vision of yours.

Let's get started.

1. Print off Purpose and Goals Worksheet
2. While that is printing, go grab your vision board.
3. Look at a picture on your vision board.
4. What is the purpose of the picture being on the board? Write it down on the worksheet.
5. What is the goal you want to achieve that is attached to the purpose? Write it down on the worksheet.
6. Repeat with all pictures on your board.
7. Place your vision board back in its spot with this worksheet beside it.

Now the power!

1. When you pass your board daily, visualizing your board and putting yourself into your Heart space will give you the emotions to move yourself forward.

Heart space: The heart in this case isn't the physical organ of the heart. It's a wonderful organ and much more than a 'pump' as it's been understood by medicine for the longest time.

The Heart is a vital space of our being. It's central to our human expression on Earth and our spirituality both here and beyond. The Heart is a space of loving in the divine sense, and intuiting in the deepest sense.

In the Heart space we're able to embrace life in all its permutations and remain open. If we've settled into the vastness of Heart space, little, dark emotions don't cling. We still feel them, and this is important acknowledgment, but like the sky which isn't limited by clouds, the Heart breathes air and gives us context and perspective.)

2. Being in your Heart space as often as you can even when you are away from your board. Visualize your board with emotion of gratitude attached to the visual.
30 seconds to a minute of really seeing your board, feeling the emotions of believe it is yours and let it go to the Universe.

If you would like help with any of this, please connect, I am here.

Purpose	Goals

Smile Inside Out Consulting

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