

2019

Vision Board

A vision board is YOUR image of the future. It represents your hopes, dreams and goals for your life or it may focus on just one area. The saying, "A picture is worth a thousand words" supports the fact our mind responds most strongly to visual stimulation. Pictures along with your emotions are powerful motivators to achieving your dream life. Understand what you want to achieve and highlight the specifics. Clarify your goals and Include affirmations.

CATEGORIES

Family
Career
Health
Relationship
Home
Finances
School
Personal
Travel

#GOALS