

GUIDE FOR VISUALIZATION

This guide is created to help you with visualizing your dreams and goals and to create your own vision board. You will be guided through 3 steps to create the foundation of the rest of your journey to manifest that what you want!

1. We will start with a visualisation technique through meditation
2. You will convert the mental image you have created into something more tangible: your personal vision board
3. You will write a letter to your future self about where we are now and where we will be, described in details

Preparation:

- Pick one specific goal you have in mind you want to achieve or you actively would like to work on. This will help with not only the visualization but also in defining the steps you need to take to get there. During the first exercise (meditation) you can actually visualize these steps as well as the goal itself.
- Decide whether you want to create your vision board online or on a hard board.
Online: pick an app such as Canva, Pinterest or PicMonkey. There are several (free and paid) apps online that offer you all you need to create a beautiful vision board.
Hard board: Paper, hard board or a cork board. Glue, scotch tape, pushpins in case you use a cork board. Magazines, photos, postcards, quotes, text, markers & pencils, scissors, sticky notes, an envelope can be very useful too, even paint if you feel like!
- Allocate enough time for yourself. Preferably you do the meditation and the creation of the vision board in the same session. The meditation can be 5 to 10 minutes or half an hour (the guided meditation is about 10 minutes). Completely up to you and could be influenced by your experience and comfort with meditation. I would suggest to allocate at least 30minutes for this part. For creating your vision board, the time needed can depend on your choice of using an online app or a hard board and it can also depends on your own level of detail, focus and time you put into it. I would suggest to allocate at least 1.5 hours for this part. Ideally, give yourself a whole afternoon or evening so your imagination and creativity is not limited by the clock.

GOOD LUCK & HAVE FUN!!



WHAT IS VISUALIZATION & HOW DOES IT WORK?

Visualization is training your imagination to create mental images of what you would like to achieve, about what goals you would like to accomplish. It is a practice based on neuroscience to prepare the mind and body for what you want to happen.

The science behind visualization is about the neural patterns of your brain. You are using the right brain's abilities and integrate it with the left brain functions. The right brain is our creative brain. Creative, intuition and perception of reality. The left brain has the analytical and strategic functions. By combining and integrating these different brain functions, we use more of ourselves and our potential.

The image you create is sent to the subconscious mind and the subconscious mind deals with it as if it were happening right now. It does not have the ability to make the difference between reality and pretend. The more you visualize something, the more you create neural patterns as if you have actually done or experienced the situation already.

Performing this practice (on a regular basis) will support you in achieving better results and boost productivity, efficiency and confidence. You are creating the motivation within yourself, and your actions will be more easily aligned with your goals. This makes visualization a powerful tool in achieving your goals.



STEP 1: MEDITATION FOR VISUALIZATION

The practice of visualization is often used in combination with meditation and mindfulness. By combining these practices you can tap more into your imagination and your inner desires. It will help you to create the most accurate and most detailed image of what you want to achieve.

The first step therefore is using a mediation technique. It is recommended to go to a quiet place and make yourself comfortable. You can chose to lay on your bed for example or place yourself on the sofa with some cushions. As long as you are comfortable without any disturbances around you. Pick one specific goal you have in mind you want to achieve or you actively would like to work on. This will help with not only the visualization but also in defining the steps you need to take to get there. During the first exercise (meditation) you can actually visualize these steps as well as the goal itself.



TIP: Put on some Binaural Beats (tetha waves are good for meditation) while you listen to my voice in the guided meditation. You can easily find these sounds on Spotify or Youtube.

Click [here](#) to listen to your [Guided Meditation](#).

When you are ready you can move to the next step: **Creating your own Vision Board!**



STEP 2: MAKE YOUR OWN VISION BOARD

In the previous exercise you have created a mental image of your dreams and goals and it's time to make that image more tangible so you can easily look at it every day. Time to make your own vision board.

A vision board is a collage of images and texts to visualize your goals you want to manifest. Having a vision board you can look at on a daily basis, creates clarity and focus. This will help you with inner motivation and taking the right actions to craft your future, to craft your own life.



Time to assemble your board!

The rest of your journey to manifest your goals will be directed and focused on this image. Therefore, take your time and decide what the right environment is for you as this is a personal and sacred moment! Some prefer to make their vision board with others, others prefer to do it alone. Do what feels best to you, what inspires you the most and what will support you the best in recreating the image in your mind.

Gather pictures that matches the image you created in your mind. Find the right words, quotes and colours to reflect your feelings you had during the visualization. Put it all together and organize it in a way that feels good to you. This does not need to be super straight and neat, lot of vision boards actually have a playful look. It is your board, you decide!

Enjoy the creativity and love your creation!

Online

For this exercise you can use an online app such as Pinterest, Canva or PicMonkey. There are free and paid apps available. Most free apps are really good and provide you with all you need. Search for images, colors and quotes on the internet and add them to your vision board. Remember what you visualized for yourself and try to make a board that represents exactly that!



Hard board

If you're feeling crafty in the more traditional sense of the word: you can create your vision board by cutting out images of magazines and stick them on a poster or pin them onto a cork board. Any type of printed media (images, stickers and text) as well as different materials you can use. If you chose to make your vision board the old skool way, then make sure to be prepared before you start and to allocate enough time for yourself so you won't have to interrupt your session. A list of items you may need: glue, scotch tape, pushpins in case you use a cork board. Magazines, photos, postcards, quotes, text, markers & pens, scissors, sticky notes,...

When you're finished creating your vision board:

- Put it on display for yourself! Give it a nice spot in your home where you can see it every day. If you made a digital one: print it out, use it as your background,.. Remind yourself daily of your dreams and keep telling your brain what it is you will achieve!
- Gaze upon your vision board on a daily/regular basis and tell yourself this is what you have manifested for yourself! In the next exercise we will take this to a next step by writing yourself a letter and affirmations you can tell yourself on a regular basis.



STEP 3: A LETTER TO YOUR FUTURE SELF

You have visualized your goals for yourself and created a vision board to reflect your goals. To support the practice of visualization and to create even more impact, step 3 is to write a letter to your future self. In this letter you will write about what you see yourself accomplishing as if it already has happened.



To do this, connect with your heart and feel the emotions again you felt when you were visualizing during the meditation. Write what comes to mind and what you feel when you have accomplished your goals. You can address different topics in this letter. You can for example describe what it looks and feel like when you have achieved your goals, how you got there, what a typical day/week looks like and what struggles your past self successfully had overcome and what you have gained during your journey. Write what you would love to happen, and what you believe will and can happen.

Create your own affirmations and integrate all practices into your daily life!

- Based on your letter to yourself, what affirmations could you write for yourself? Can you write them down in your journal or on a piece of paper? Even better, could you add them to your vision board?
- Say your affirmations out loud while looking into the mirror and make sure to look at your vision board on daily basis, smile and feel your heart getting filled with all the emotions you felt during the visualization exercise.



- I would suggest that at least for a month, you read your letter to yourself out loud. You can also use a voice recording for this, which you can listen to every day (for example when waking up and before going to bed).
- Be consistent with these exercises for at least a month and you will be amazed with the results! You will be giving your beliefs and confidence such a boost that your commitment to yourself will be stronger than ever and you will find yourself taking the right actions and you will see and feel progression already!

GOOD LUCK!!

