



MAMAS CON GANAS

YOUR INSPIRED VISION FOR YOUR LIFE

Take a moment to think of the hopes and dreams that you have for your life.

What areas of your life do you want to focus on? Choose the category or categories that you'd like to expand on for your Vision Board. Common areas include:

- 1. Family (and pets)**
- 2. Love/ Relationship/ Friends**
- 3. Passion + Creativity/ Hobbies**
- 4. Health and Wellbeing**
- 5. Career**
- 6. Money + Finances**
- 7. Home/ Environment**
- 8. Philanthropy/ Giving**

What are your goals in each category? What kinds of experiences do you hope to create for yourself?

For each goal or experience you've written down, ask yourself what would I FEEL by achieving this goal? What are my desired emotions? If it's a material item, how would that "thing" make you feel? Be honest with yourself and be brave with your answers.

Uncovering your WHY. Ask yourself Why do I want to achieve this goal? Why do I want to attain this item? Getting clear on why you want to achieve something and what you hope to feel by achieving it, is making it specific and personal. You're giving yourself guidance and seeing how the things you want for your life are connected to your purpose.

Deepening your intention: Now that you've uncovered why you want to achieve a goal, let's take it a step further. Who will this help? What kind of impact do I want to have on those around me? How does this serve the greater good?

*when we come from the heart and not our ego, we ensure that our intention and the impact are in alignment.

Create a powerful affirmation for each of your intentions/ goals.

Jack Canfield has great guidelines for creating a positive affirmation. He says:

1. **Start with the words, “I am.”** These are the two most powerful words in the English language
2. **Use the present tense.** You want to imagine yourself being in the moment and experiencing the reality of your goal being achieved. This is what will cause the dissonance in your subconscious that will prompt you to take persistent action to make your vision real.
3. **State your affirmation in the positive.** Affirm what you want, not what you don't want. (If you can't understand why, tell yourself NOT to think of pink elephants. What did you just think of? In the same way, if you try to focus on what you don't want, that's what you'll end up attracting into your life.)
4. **Keep it brief. Your affirmation should be easy to memorize and repeat.** The easier it is to remember and say, the easier it will be to visualize your goals – and the harder your subconscious will work to make it a reality.
5. **Make it specific.** When your affirmation is vague, your vision will be fuzzy as well. Visions that lack clarity are much more difficult to achieve.
6. **Include an action word ending with “-ing.”** This allows you to express your affirmation as if you are experiencing it at that very moment. For example, “I am so happy and grateful to be walking across the stage to accept my MBA degree from Wharton University.” The more you can imagine yourself in that moment of walking across that stage, the more powerful your affirmation will be.
7. **Include at least one dynamic emotion or feeling word.** I often encourage people to imagine themselves as happy and grateful because happiness and gratitude are powerful positive emotions that will raise your energetic vibration and attract more things that bring joy and gratitude into your life.
8. **Make affirmations for yourself, not others.**

I am so happy and grateful that I am now [describe yourself experiencing or celebrating the achievement of that goal].

i.e. I am so happy and grateful that I am now working in my chosen field making \$200,000 a year

I am so happy and grateful that I am now celebrating that I have achieved my goal weight of 130lbs.

You are claiming this as your reality now, with gratitude.

Find compelling images. Images that represent your desired outcomes and also elicit the feelings that you are welcoming into your life.

Now that you have your powerful visuals, place the images onto your board!

Look at your affirmations and find words that represent the essence of your affirmation and add them to your board for added inspiration and a reminder of the feelings you want to attract.

***** Make it a daily habit to look at your board. You've put the work in to intentionally create a board that represents your inspired vision for your life. Keep it somewhere you will see it.**

*****Think of this as rehearsal- every time you look at your board, you are reminding yourself of the experiences you are welcoming in and you are feeling the feelings and sensations that you are calling into your life. You are rehearsing every day so that when the day of your performance comes, you are ready!**