

Worksheet

EP 2: Your Vision: Painting Your Destination

Tips on Creating Your Vision Board

1. Find a quiet secluded space with enough room to spread out. I recommend using the floor for a new creative perspective and unlimited space for art-making
2. Create the environment that is most relaxing to you- grab a tea, turn on some music or light a candle if you prefer.
3. Take a few moments to close your eyes and imagine yourself one year from now. Let images and emotions come to mind, but do not overanalyze. Accept them and let them come in and out of your awareness.
4. While creating your vision board, select images that 'call to you' or evoke a strong emotional response. This process is more based in feeling and your 'gut' than your analytical 'left brain'.
5. Speaking of the left brain- keep it out as much as possible. Do not second guess or over think too much about the images you choose. I recommend choosing images over words when possible.

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BOARD ANALYSIS

If you choose to book a one-on-one consultation go to www.trbe.org.

You can also obtain value from your board on your own through the following analysis points. I recommend you also have others look at your board for additional insight.

1. What images did you put in the center of your board? These are usually the most important and significant desires or ideas.
2. Do you have multiple images of the same theme or that are very similar? i.e. different images of the same subject (like couples in a relationship) or a few images of certain scenes (such as landscapes). This also speaks to what you want most despite what you might say or if you haven't said it.
3. Are there any images that are especially larger or dominating others? These may be the wants and whys that are fighting to be recognized.
4. Are there any images covered or cut off? These are things that you perhaps are hiding or feel afraid to reveal- also representing our truest desires.



Worksheet

Write down some of the things you notice about your board

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____

Write down some of the things others notice about your board

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____

Resources

- Simon Sinek: Finding Your Why

http://www.ted.com/talks/simon_sinek_how_great_leaders_inspire_action

- Watch a One-on One Consultation Video

<http://www.youtube.com/watch?v=iKZtUbvoLnU&list=UUdhzV2h3UmdAe53B6lCOUdg&feature=share>

- How to book a Consultation Video

<http://www.youtube.com/watch?v=a1IjnZj1-Qc&feature=share&list=UUdhzV2h3UmdAe53B6lCOUdg&index=2>

Go to <http://www.trbe.org> to book

- Making a Vision Board Video

<http://www.youtube.com/watch?v=J-eLeHbAp10&list=UUdhzV2h3UmdAe53B6lCOUdg&feature=share&index=1>

- Supporting Research on Vision Boards

<http://www.praxisnow.com/brain-science/5-steps-to-stimulate-your-brain-for-success-using-your-vision-board>