

AC AiR Vision Board Workshop

Vision Boards have been “ a thing” for many years now, but do they work?

If you think vision boards are bogus, then the joke's on you. They work, and there's actually a really simple explanation of why they work so well. Creating a sacred space that displays what you want actually does bring it to life. What we focus on expands. When you create a vision board and place it in a space where you see it often, you essentially end up doing short visualization exercises throughout the day.

- Elizabeth Rider

Visualization activates the creative powers of your subconscious mind and programs your brain to notice available resources that were always there, but escaped your notice

- Jack Cranfield

When you surround yourself with images of who you want to become, what you want to have, where you want to live, or where you want to vacation, your life changes to match those images and those desires.

- Christine Kane

When you google it you will find it - anything. You will find the pros and cons, the truths and lies, the proofs and aloofs (yes I know “aloof “cannot be pluralized, but just work with me here), the real deal and the fake news. You can find anything on the internet to back up what YOU want to be true. So, when you google “vision boards” you will find the above quotes and links, but you will also find many links to articles and posts offering you “evidence” for why vision boards don't work. But, you know what? This isn't a life or death question - or is it? To me, it kind of is. I'm at a place where I'm sick and tired of always feeling sick and tired. I've felt stuck for a very long time and I'm ready to try something different. I'm not living the life I truly desire. Are you? Hey, maybe you are - good for you! Keep doing what you're doing, but maybe you want to add some things to your life, reach some new goals. Then maybe your very own vision board will take you to that next level. What do we have to lose? Nothing? Everything? What I do know is no one ever died because they created a vision board so let's do this thing!

One thing I do know is there is much more to a true Vision Board than cutting out pretty pictures and gluing them onto a poster board. If that's all we do then we're really just making cheap collage art. If we're going to create a Vision Board that does anything to change our lives, move us in a positive, forward motion, then there are a few things we must do before we rip, cut and glue!

In Jack Cranfield's How To Create An Empowering Vision, he offers the following suggestions:

- Visualize your ideal life daily, but not excessively
- Review your vision board daily - when you wake up and when you go to bed, it will motivate you
- Keep it neat - avoid creating a cluttered or chaotic board - you don't want to attract chaos in your life
- Use words of affirmation

He also has a great checklist on his free downloaded vision board guide. (See “Resources” at the end of this document.)

Christine Kane happens to be one of my very favorite life empowering mentors! I have taken her online vision board workshop and her UpLevel You program and loved both. Below I have summarized some of her key teachings that I believe will be the most helpful, thought-provoking prompts before we actually create our vision boards.

- Attention - Eliminate clutter (complaining is clutter).
“Once you begin to recognize the power of attention and focus you will want to be meticulous about where you place this cherished energy.”
 - Change the How, not the What
 - Clarity - Intention Who am I? Why am I doing this?
 - Get clear - set your Intention
 - Write out intention, clarity and anything else that comes up when you try to answer this question; write until you find a statement that feels true and clear
 - 3 points about statement -
 1. you always know
 2. wimpy language gets wimpy results
 3. Intention can be tweaked, especially when you get still / quiet.
- “The wise self talks to you with total clarity. That voice is never mean or harsh. Its always a quiet knowing or a guiding light.”*

According to Christine these are the top 5 reasons we don't know what we want -

- 1) The habit of Stuffing (of our desires)
- 2) Fear of getting it wrong (perfectionism)
- 3) Men in Neckties Phobias (the driven, maniacal, make-it-happen, tie-wearing, goal-setting robots) - the difference between Goal Setting and Intention
- 4) Too much Clutter in the way
- 5) Rest deprivation

In many of her workshops and programs she uses some awesome tools. One of her most vital tools is her Be Do Have journal prompt. She also offers a Be Do Have Reverse tool to help anyone who doesn't know their answers to those questions, doesn't have clarity. Below are Christine's 8 Ways to get clear

- 1) Break it down (by time, or by sections of your life (parenting, education, health, etc.))
- 2) Start with what you don't want
- 3) Start with the feeling (how do you want to feel when you arrive)
- 4) Get in touch with the Tiny delight (what makes you simply happy throughout the day)
- 5) Pay attention to the Two Uglies (Jealousy & Envy)
- 6) Don't be scared to start with money (it's okay to want more money)
- 7) And what would THAT give you? (what would your deepest desire give you?)
- 8) Rest (so you can be vibrant and alive while you live YOUR be*do*have)

For today's Vision Board Workshop I have recreated some her tools using my own words and formatting to avoid plagiarizing her fabulous work. I highly recommend you check her out! Many of her blog posts offer some of her tools for free. I read her blog regularly and always find great inspiration and wisdom in her words.

RESOURCES:

<http://christinekane.com/>

<http://christinekane.com/how-to-make-a-vision-board/>

<http://jackcanfield.com/blog/how-to-create-an-empowering-vision-book/>

https://www.huffingtonpost.com/elizabeth-rider/the-scientific-reason-why_b_6392274.html