

Week Two

After completing your vision board, look for the following:

1. What images did you put in the center of your board? These are usually the most important or significant desires or ideas.
2. Do you have multiple images of the same theme or that are very similar? i.e. different images of couples or a few images of certain scenes. 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 the things that you perhaps are hiding or feel afraid to reveal – also representing your truest desires.

Write down some of the above that you notice:

1 _____

2 _____

3 _____

4 _____



Personal Manifesto

Your vision board is a physical representation of your personal and professional manifesto. Hang it up where you can see it every day as a permanent reminder of the future you are out to create.

Your WHY:

- What lights you up (or gets you out of bed)
- Who you want to inspire and impact
- What mark do you want to leave on this planet
- Your purpose and core values

Your results will be in correlation with living your why

One sentence:

“Everything I do is to _____
and _____ so that _____.”

Resources

- Simon Sinek TED talk
http://www.ted.com/talks/simon_sinek_how_great_leaders_inspire_action.html
- Simon's book:



Resources

- Oprah raves about Vision Boarding
- <http://www.oprah.com/spirit/O-Dream-Board-Envision-Your-Best-LifeTM>
- Vision Boarding is discussed in “The Secret”

