Vision Board Exercise
FIND THE "WHY" BEHIND YOUR GOALS

Achieving anything of value requires hard work, perseverance, commitment, and energy. You can expect to experience setbacks and failures along your path to success. That is a normal part of life, and an integral aspect of the learning process.

Before you set out to achieve your goals, you need an empowering "why". Dig deep and ask yourself, "Why do I want to achieve this goal?" More importantly, what will be the consequence or pain that you will experience if you do not achieve this goal?"

In the process of constructing your dream life, the important thing to be aware of is not the goals you set, but rather *what* motivates you towards those goals. Are you chasing what it is that you really want in life?

> "What you get by achieving your goals is not as important as what you become by achieving your goals."
> -Henry David Thoreau

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.

Visualization is one of the most powerful mind exercises you can do. What we envision we are creating in our life, this is via our thoughts, beliefs, and creative mind, this in turn emits a powerful frequency out into the universe and that is what you align to.

Visualization is powerful and it works. Athletes have been using it for decades to improve performance, and Psychology Today reported that the brain patterns activated when a weightlifter lifts heavy weights are also similarly activated when the lifter just imagined (visualized) lifting weights.

Let's create a vision board that works!

Tip:
* Be clear in what you want
* Your vision board should focus on how you want to feel, not just on things that you want.
* Include the material stuff, too. However, the more your board focuses on how you want to feel, the more aligned to what you want you become!
* Post a picture of your finished product in the Facebook group if you want to share!