

# How to Paint Your Vision



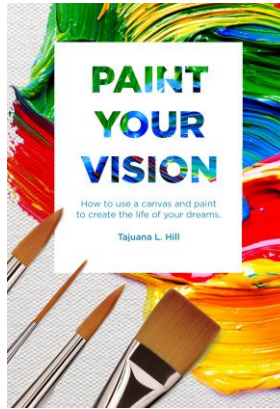
Vision boards are an inexpensive way to help you stay focused on what you desire. Vision boards serve as a constant reminder of what you want to bring into your life. As you create your vision board, choose images that mean something to you. If you love going to the beach and walking in the sand, the image on your vision board might include sand and flip-flops.

There is no right or wrong way to create your Paint Your Vision board. The key is to do what feels right to you. By all means, research other vision boards to get good ideas, but your board should be uniquely yours.

If there are some images that you have collected—or would like to collect that might take your vision board to the next level—by all means, add them. Here are some things you can do to increase your creative juices:

- Light candles to heighten the ambiance.
- Enjoy a glass of wine.
- Put on some creative music—for example, jazz or something with positive lyrics.
- Make sure you have a comfortable chair and plenty of space.
- Say a prayer and/or meditate before you get started.
- Gather other images that personally speak to you. I always use old magazines to find images.
- Spread out and organize the materials so that you have your glue, scissors, paint, paintbrush, words, images, and accents.

# Now it's time to Paint Your Vision



Please refer to the enclosed book by Tajuana, Paint Your Vision. It has all of information you need to Paint Your Vision.



# Let the creating begin...

- Put down some paper or plastic while you paint your canvas to protect your table surface.
- You will need a water cup and paper towels to wipe your paintbrush on if you need to change colors (or in case of spills).
- Fill your painting pallet with your desired colors.
- Let the creativity flow and make your vision come to life!
- Let your canvas dry completely before you apply anything to it.
- If you want to speed up the drying process you can use a hand held dryer on the warm setting. Keep the dryer at least 6 inches from your painting.

I highly recommend that you take some time to incorporate other things that are extremely important to you. I like to use a mixture of mediums such as paint, handwriting, magazine clippings, images, and pictures. All of those can be used on your vision board. If you want money, add an actual dollar bill to your vision board. If you want to travel, take a picture of your passport and add it to the vision board. There are no limits to the visuals that you can add. One of my customers even added lights.

