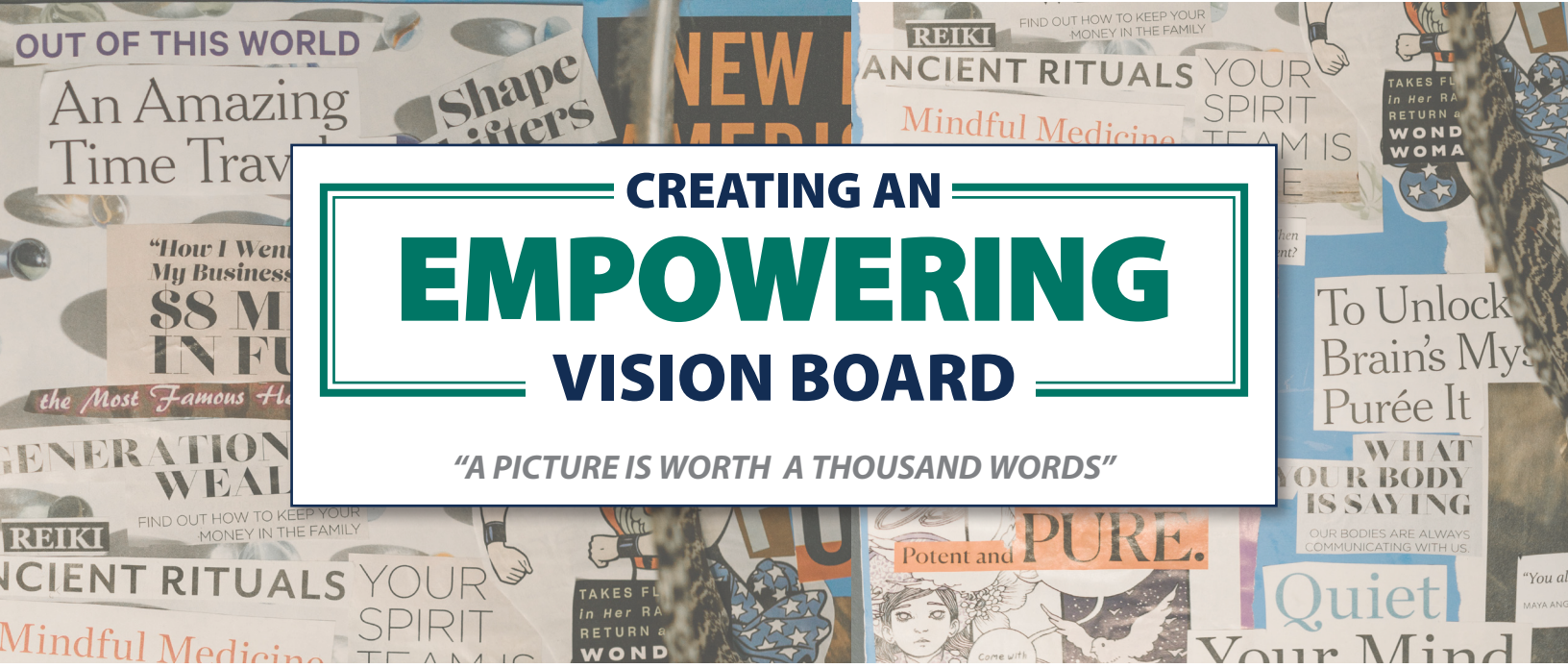

CREATING AN EMPOWERING VISION BOARD

"A PICTURE IS WORTH A THOUSAND WORDS"

PART 1: GETTING STARTED

1. REFLECT UPON YOUR GOALS
2. WHAT ARE YOUR PERSONAL & PROFESSIONAL GOALS
3. BREAK IT DOWN
4. MAKE IT PERSONAL

PART 2: CREATING YOUR VISION BOARD

1. CHOOSE YOUR DESIGN THEME
2. COLLECT INSPIRATIONAL IMAGES/WORDS OR PHRASES
3. PUT YOUR VISION BOARD TOGETHER
4. EVALUATE YOUR VISION BOARD & MAKE ANY EDITS

PART 3: USING YOUR VISION BOARD

1. PLACE YOUR VISION BOARD WHERE YOU WILL SEE IT EVERY DAY
2. VIEW YOUR BOARD REGULARLY
3. DON'T BE TAKEN IN BY FALSE PROMISES OF WHAT A VISION BOARD CAN GUARANTEE
4. USE YOUR VISION BOARD TO VISUALIZE THE PROCESS, NOT JUST THE RESULT