

ALIGNED

Transformational Program With Rony Reingold

5 Steps To Create A Vision Board

Materials: glue sticks, poster board or paper, various magazines that you like, scissors, and (optional) meaningful objects from nature

Step 1: Write down your intention for your Limitless Life (listen to the Limitless Life meditation to create this). What are you intending to feel, have, embody, experience and create in your ultimate life? You may choose to focus on one specific area. For example, “I intend to grow in my ability to sincerely receive love from others and to experience deep, soul partnership love in my life.” Or, you may want to up-level all areas of your life. Write a short recap of your intention as if it is happening to you in the present moment. I.e.: “I am in a deeply committed and spirit centered partnership with my beloved, we laugh daily and I feel authentically seen. My gluten free muffin business is flourishing and I’ve just been invited to speak on Oprah”. Once your intention is complete, you can easily create a vision board to be a representation of how your Limitless Life FEELS to you.

Step 2: Go through your magazines and tear out images and words that resonate with your vision. No gluing yet! Just let yourself have lots of fun looking through magazines and pulling out pictures or words or headlines that feel juicy to you. Have fun with it. Make a pile of images, phrases and words.

Step 3: Go through the images and begin to lay your favorites on the board. Eliminate any images that no longer feel right. This step is where your intuition comes in. As you lay the pictures on the board, you’ll get a sense how the board should be laid out.

Step 4: Glue everything onto the board. Add writing if you want. You can paint on it, or write words with markers.

Step 5: Hang your vision board in a place where you will see it often.