

HOW TO MAKE YOUR OWN VISIONBOARD OR VISUALIZATION JOURNAL - A STEP BY STEP GUIDE

Making a **Visionboard** can be a fun tool to help you focus on the things that you want in your life and make them manifest, whether they are situations or physical things.

STEP # 1

You can use a noteboard that you buy or make yourself, or a big piece of cardboard or paper of some sort. The point is that you use something that you can glue your pictures on to.

If you don't have anything suitable for this, and don't want to spend any money on it, you can choose to make a **Visualization Journal** instead. Just find (or make) a notebook to glue your pictures into.

You can of course also make a document on your computer, if you're used to working with documents and know how to copy and paste pictures into it. Then you can save the file and use it as a background on your computer desktop, if you want to be able to see it all the time.

STEP # 2

You can divide your board or journal into different categories, or you can focus on one area at a time. That's up to you.

Some suggested areas: Love & Relationships, Lifestyle, Money & Career, Health & Fitness, Leisure, Contribution to Society.

You can choose categories that suit you best. Make your own if necessary.

STEP # 3

Find some magazines or other picture sources, and then cut out pictures of things or situations that you would like to have or experience in your own life. If you want to be fit and obtain a certain kind of body, put up pictures on your board of people who have the kind of look you want to achieve. If you want a certain lifestyle, find pictures of people or places that reflect that lifestyle. If you want a certain dress, put up a picture of that. If you want a red Ferrari, put up a picture of that. If you have dreams about a special kind of house and interior, find pictures of that.

The thing is: You can be as specific as you want. In fact: That is recommended. But when it comes to WHO you want in your life, it's important that you understand that if their wish is not in alignment with yours, it won't necessarily manifest **exactly the way you want it to**. But there's a big chance that your dreams about that special person might come true if he (or she) wants the same thing as you. Anyways: When it comes to relationships, I suggest that you should be less obsessed with WHO, and more focused on WHAT it is that you want, and then find pictures that reflect the kind of experiences that you want to have in a loving relationship. You can use pictures of happy couples doing the sort of activities you would love to experience, like having a romantic dinner together, travel the world, snuggling in front of the fireplace... you get the picture. (**NOTE: In this guide, I can't go more into details about this subject, but these are things that I will cover more in depth in my programs, so if you want more knowledge about the Art of Manifestation, I suggest you sign up for my Signature Program, The Female Life Design Academy, when it opens up for new enrollment.**) If you want wonderful friendships or good relations with your family, find pictures that reflect that kind of relationships.

If you want to lose weight or be fit and healthy, find pictures of someone having that ideal body that you want to achieve, or pictures of food that healthy and lean people eat, or pictures of people exercising and living a healthy and active lifestyle in general, - that sort of thing.

And one important thing: Make sure you put a picture of **YOURSELF** on your board (or in your journal), too! Make sure **YOU** are a part of your own dream life!

You can also use **quotes** and / or make your own **statements or affirmations** that you put on your board (or in your journal) together with the pictures.

When it comes to the area of money, I suggest that you write yourself a check from the Universe where you write the amount of money that you want to receive. Really!? Yes, really! ☺ You can use something like this:

THE BANK OF THE UNIVERSE	DATE:
REMITTANCE ADVICE UNLIMITED ABUNDANCE	
PAY	
TO THE ORDER OF	
.....	
DRAWER: THE BANK OF THE	
UNIVERSE	SIGNED:

This can be very effective! But remember: Whenever you're using visualizations or affirmations or other tools to manifest what you want in life, you must try to get the **FEELING** of what it will be like to achieve them, and start **EXPECTING** those things or situations to materialize. Because everything is **ENERGY**, and when you are in alignment with the energy of the things that you desire, meaning that you can hear, see, smell what it will be like to have them ... how happy you will be, etc. - and you

expect them to appear, they will manifest more quickly than you could ever imagine.

You can change the pictures or add pictures as often as you like. Your wishes may change with time, so it's natural that your Visionboard or Visualization Journal changes accordingly.



STEP # 4

Put the Visionboard or your Visualization Journal in a place where you can easily see it. But remember: This is **YOUR** dream life, and not necessarily something that you would like everybody else to see. They might not support what you're trying to do or understand it at all, so I suggest that you keep it to yourself or in a place where you are more likely to see it without anybody else asking you about it all the time or making negative comments about it. I'm suggesting this just to protect you from all the «dream thieves» or negative influencers. You don't need negative comments. You need to design your life the way **YOU** want it, and only **YOU** know what it is that you really, really want. **YOU** know **YOU** best! Just be honest with yourself, and dare to dream **BIG!**

Look at the Visionboard (or your Visualization Journal) as often as you can, but you don't need to spend a lot of time on it. Just take a look at it, or visualize the things in your mind, a few minutes every day. No need to over-do it. ☺

REMEMBER:

God - or the Universe, or whatever name you feel more comfortable with using - wants you to have all that the things that you desire and which are for your higher good. So dream big, love fiercely and be happy!

I HOPE THIS HAS BEEN AN INSPIRATION TO YOU!

**FOR MORE FREE RESOURCES AND INFORMATION ABOUT
MY SERVICES, VISIT MY WEBSITE AT**

www.elsekosberg.com



Copyright 2017 by Else Kosberg
elsekosberg.com

All rights reserved. No part of this book may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying, recording, or by any information storage and retrieval system, without permission from the publisher.

You DO have permission to print a copy for ease of personal reading.