



Vision Boards Creation Kit Action Book

The Art of Manifesting
with Barbara Pellegrino



*Understanding the Law of Attraction,
Vision boards and
"Treasure Mapping Your Way to Success"*

p a s s i o n • p u r p o s e • a c t i o n

Vision Boards Creation Kit Action book
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Welcome to Vision Boards...

Congratulations on taking this exciting and essential first step to achieving your dreams!



Your mind works in pictures, which is why creating visual images in the form of a well designed Vision board will bring you much faster, and more powerful results than just wishing, hoping for...or even writing your goals.

Your Vision Board is a “snapshot” of your dream future your visual “end result” and becomes **your** blueprint for inspiration and action. It will be a **magnet for you to attract and achieve exactly what you want.**

I Love this!

Vision boards enhance the law of attraction and can quickly bring you **profound and sustainable results.**

This Vision Board Creation Kit will guide you in the essential first steps to creating your *Life Balance - Vision Board™* and to start living your dream life.



Thank you for Beginning Your Journey to Success!

Barbara Pellegrino
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Visit www.visionboards.net today and register for your Important & Essential Tips & Bonus Gifts!

In this book you will find the answers

*“As the image of your dream takes root
inside you, you start to shift the way
you think and act”
- John Assaraf*



About Barbara Pellegrino Leading Vision Board Expert

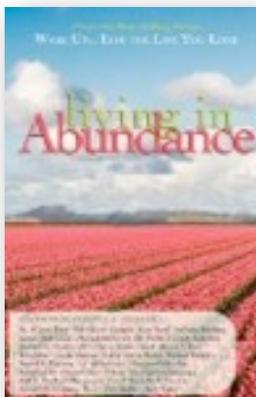


“Are You ready to live YOUR dreams?”

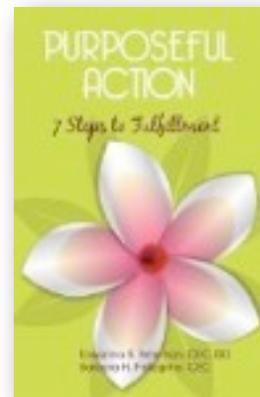
... to get unstuck, move forward and gain clarity
around what you really want? Are you willing to move
beyond those moments of quiet desperation, to test new ideas
and work with tools that can **fast track your dreams into reality?**
Are you willing to discover your purpose, and find passion in your life?
Yes?

***Then you are in the right place! Create your Vision Board
and start living your dream life today!***

Barbara Pellegrino is a renowned Vision Board Success Trainer. Trained in Mind Power, Barbara is a leading authority on Vision Boards, success and goal achievement. A certified NLP (neuro linguistic programming) facilitator & trainer, a certified core energy, transformational life and career coach, a master practitioner in energy leadership and published author with Dr. Wayne Dyer, Anthony Robbins, and Dr. Michael Beckwith in *“Living in Abundance”* and with Dr. Towanna Freeman in *“Purposeful Action - 7 Steps to Fulfillment.”* (available at www.amazon.com)



Barbara will guide you in creating your vision, achieving your dreams and help you break through blocks and limiting beliefs to a life of abundance and joy!



What others are saying...

“Barbara brings a whole new dimension to Vision boards! I have made vision boards and like most of us, I did them with very little meaning. That is why very little would resonate and result in little to no energy for taking action. Working with Barbara, I learned a whole new reason for a vision board. She taught me how to resonate with my purpose and my goals, how to connect with the meaning behind the visual existence of the picture and about this being a process not an exercise. Barbara is the brilliance behind the connection to the actions for a real vision... “



*Ed Abel - Business Coach. New York. USA.
www.ABELbusinessinstitute.com*



"We've already had to change 3 pictures on our vision board, as three things just manifested for us - we're ecstatic"
- Jacqui and Brenton, Australia
www.StringFever.com.au



"Now that I have my Vision Board every sector of my biz is at an all-time high. 100% of last month's auctions SOLD, 2 BEFORE the auction." -
www.JoeTeipel.com. Honolulu. Hawaii.

Answers to: FREQUENTLY ASKED QUESTIONS

What Is A Vision Board/Treasure Map?

A Vision Board on a very practical level, is a visual representation of what you want... your goals and dreams “*end result.*” If you were building or buying a new home, planning a vacation or preparing a meal, the first step usually is to discover and decide what the finished product will look like. That is why architects draw the house first. That is why people generally collect flyers, brochures and magazines, to look at and choose the places they wish to visit. Chefs will grab a recipe book or food magazine for inspiration to create something new and different and to be able to “*see*” what the intended meal, will look like when its done and ready to eat!

Your Vision Board provides you with the actual images that represent and portray the future you are aspiring to achieve and enjoy. Pictures clarify mental imagery and provide a detailed explanation (or replacement) for paragraphs and paragraphs of verbal description.

As they say “*a picture is worth a thousand words.*”

A Vision Board on a psychological level provides a template for you to focus your attention. It is a well known psychological principle that “what you focus on expands.” Your vision board reminds you to concentrate and focus your attention on what you want, instead of what you don’t want ...and because you feel good when you look at it, it assists the fast reprogramming of your powerful subconscious mind. The brain actually creates a neurological “superhighway” to assist you in getting more awareness, information, intuition and “aha’s” or insights associated with creating efficient, action steps towards your goal. Your (well designed) board acts like a “carrot” that guides you in the quick and easy achievement of your goals and dreams, and becomes a powerful life transforming personal development tool.

A Vision Board on an energetic or resonance level is a specific *Law of Attraction Success Tool* or Blueprint. The law of attraction states that “like attracts like”, so what you enjoy, what you feel, what you have strong emotional reactions to and what you focus on consistently will bring you ... more of the same. Our brains (subconsciously) will search for matches in the environment. That is why the more you focus, the more neurological connections are made and the faster we notice opportunities that were not obvious to us yesterday. We are energetic beings made up of molecules and we all have a vibration, a frequency or resonance that we emit (and it can be measured scientifically). If you consider us as a radio station, constantly sending out and receiving “energy waves”, the only waves we will catch, are the ones that are matched to our frequency.

Also known as a treasure map, dream board or goal board, a vision board is a physical collage of pictures and words that represent the “end result” of the goals you wish to achieve, these pictures are arranged in a pleasing manner and generally pasted onto a board.

FREQUENTLY ASKED QUESTIONS

You can also use a cork board with push pins, or a physical sample. A physical sample could be a book, and you can design your book cover, wrap it around the book to create a “mock up” of the finished product. You can also create a powerpoint presentation and turn it into a “[Mind Movie](#)” to watch on your computer screen or portable digital device. Your Vision Board, in whatever format you choose, is a powerful life transforming “feel good” anchor and hooks your mind by reminding you regularly of what you want. A Vision Board can be used consciously as a specific visualization tool and tactile prototype or subtly as “wall paper.” Either way it will lead you to long term sustainable results.

Vision boards have been used to help manifest goals for many years and became extremely popular after hit movie “*The Secret*” featured John Assaraf’s story about his vision board success. John’s story is about how he was actually living in and renovating his dream home, but until he unpacked the boxes that his (old) vision boards were in, he didn’t realize that he had bought the exact same house, that was on that vision board. That particular board was his daily visualization tool before the boards got packed away into boxes, some years before he purchased his dream house, and [I believe] he doesn’t even recall where he found the original picture.

Why Have A Visual Goal Board?

To achieve your goals and dreams quickly and easily, and to fully enroll your brains “operating system.” 40% of your cerebral cortex, the most advanced part of your brain is devoted to visual processing. We all have desires, dreams and wishes, but till they become real goals they may remain forever only as dreams and wishes. A Vision Board/ Treasure Map will help you to manifest whatever you want in life by giving you an accurate and tangible vision or a visual cue, of how your reality will look ... like the pictures in a recipe book or an architects rendition of a new home.

You will have a visual “*end result*” representing what you really want. The words you hear and speak are all connected to images in your mind and often evoke feelings and reactions in your body. If you think about the word cat and then try to describe the image in your mind, you may find that your description could fall short, but if you have a picture of the cat you want it is easier to describe it more accurately. Understanding this principle is important because although we say we want a goal, the instant images that pop into our minds may not be aligned with our desires, but instead memories of the opposite of what you may be wanting.

This was vital in my own experience. Even though I wanted to be happily married to the man of my dreams, until I created my first treasure map (vision board) in 1991, I didn’t realize that many of my visualizations were being impaired by my natural tendency to think the “opposite” of what I wanted. During my Mind power visualization sessions, before I created my vision board / treasure map, I thought I was seeing my self happily married in a bright future, but once I created the treasure map and actually saw my face on the body of the girl being held by the guy (a picture I cut from a magazine) I got “*that sinking feeling*” because I realized I had no idea what it was like to be in a happy, long term relationship and most of my natural tendencies were to remember when my father died (in 1967) and leaving my mother a young widow, with two young children to raise. Another reason the Vision Board was such a phenomenal tool for me was because I had never really seen what a happy long term marriage was like, as many of my friends parents were divorced.

FREQUENTLY ASKED QUESTIONS

Having a “*virtual future*” for me to focus on, was the most powerful addition to my visualization practice because it helped me to overcome the unconscious programs and beliefs I had developed over the years, about relationship “success.” And the days when “*life was tough*” the vision board quietly held the space, working with my subconscious mind, to keep me on track and heading toward a bigger, brighter future... than I was even capable of imagining (at that time). What is even more amazing is that Rand (my gorgeous husband since 1994) looks uncannily like the guy on my board.

“Like Attracts Like”

Having written goals with the correct “*matching images*” will often fast track your dreams into reality quicker than imaginable, because both brain hemisphere’s are now “on your side.” Carl Jung, the famous psychiatrist coined a term “*synchronicity - where seemingly unrelated events suddenly become meaningful co-incidences.*” Once you complete your vision board and have it displayed for a period of time, you may find you are in the right place at the right time, achieving your goals with relatively little effort... and people will think you are “*just lucky.*”

“What the mind can conceive and believe , it will achieve” - Henry Ford

Having the visual “end in mind” created with your own artistic flair, gives you greater focus and clearer direction to plan and achieve your goals. It not only gives you hope and an “*its possible*” belief, but will turn your intuition, inspiration and ideas into real actions steps until your dream becomes reality. It enables you to get a glimpse, a “snapshot” of yourself in your future, the way you wish it to be, and it allows your subconscious mind (your auto pilot) to get you there efficiently. By looking at and enjoying your visual “virtual future” the on your wall, the mirror, the fridge, or even tucked away in a closet, will evoke or arouse in you... the warm, happy feelings to help you to believe it is possible for you to achieve.

“You’ll see it when you believe it” Dr. Wayne Dyer

How Do You Make a Vision Board / Treasure Map?

Very simply, by cutting and pasting relevant pictures and words onto a poster board. You will be making a work of art, a collage of well chosen images, words and phrases arranged in a pleasing manner and glued to a poster, vision or dream board. Your life is a “*work of art*” and you are the alchemist of your life! Find a poster board, pick a color and size you like, or use the *Life Balance - Vision Board™* included in this pack and collect happy, healthy photos of yourself and loved ones and lots of pictures from magazines about what YOU want in your life. If you are using the *Life Balance - Vision Board™* template then you would look for pictures that fit into the nine life areas that are listed on the board. These pictures can be symbolic of what your desired outcomes are. You will be pasting the images and words that inspire you and that represent your goals onto the board and later doing some inner “mind power” activities and exercises to help you plan and achieve your dreams and goals in the outer world.

The map can be quite abstract; it just has to make sense to you and your subconscious mind. The way it does this is by the positive and good *feelings you feel* when you look at the pictures. It will be far more effective if you **experience an instant resounding “yes.”**

FREQUENTLY ASKED QUESTIONS

Later in this action book you will find, the *7 Easy Steps to Creating a Vision Board and the Art of Manifesting*. You also have a **fold out Instruction Sheet** to use and follow. The Instruction sheet can be easily displayed when you have a “Vision Board Goal Setting Group.” Play the DVD and share the experience with friends and loved ones.

How Does It Work?

This is where the magic begins because it activates the law of attraction. Have you ever set yourself a goal and got it? How did you get that goal, was it hard work and struggle, fighting with yourself about how to achieve what you wanted? Did you have to plan every step of the way? Or did the universe just fall into place for you. Some people are lucky aren't they? No... they (and you will now) understand “synchronicity” and how to work the Universal Law of Attraction.

Once you commit your goals to paper, take action in the real world and apply some of the mind skills that I teach, you in this program, you will see, know and understand how to be in the right place at the right time to have what you want easily and effortlessly. The famous psychiatrist Carl Jung coined this experience as Synchronicity, where unrelated events synchronize in time to become “meaningful co-incidences.

How Do You Achieve Goals?

We all have desires, dreams and wishes, but until they become clearly defined goals, they may remain forever only as dreams and wishes. Goal setting programs suggest “*starting with the end in mind*” and by giving you a visual sample of your “end result” your vision board will help you to manifest whatever you want in life. A well designed vision board enables you to clearly see “*your future*” and allows your subconscious mind to get you there. Meanwhile because you are seeing pictures of yourself and loved ones in this “virtual future” you are more fully associated to the possibility of it becoming your reality and your conscious mind has something tangible to focus on as you plan your action steps and forward direction.

“I am always and in all ways, greater than I think, I am” - Bruce Schneider

How Long Will it take to Get Results?

Some people experience the “*tipping point*” and see results immediately (even within a few days) and it seems like “magic, luck or co-incidence. For others it takes a little longer. The time frames depend on how much time, effort and energy have been previously invested into the goals you are creating with your Vision Board.

Apart from the “*magic of the tipping point*” you can consciously speed up your results by practicing the 7 Steps to Manifesting - explained in this book, in the *30 - Day Accelerator* program and CD that came with this Vision Board Creation Kit.

FREQUENTLY ASKED QUESTIONS

There are 3 ways and speeds to manifest your dreams and goals:

1) **Passive:** Take the vision board home or to your office, place it somewhere you will enjoy looking at it and let it do “its work.” It will be like wall paper and subtly influence your thinking and behaviors more on a subconscious level. Recently I had a passive Vision Board manifest. It took 4 years and very little effort on my part. I keep my class notes in a folder with a beautiful picture of “retro” Hawaii - The Big Island. I was invited to the big Island - all expenses paid- all arrangements made for me - to conduct a live class for a private group. I also have two books published, both times as a co-author, both times due to a passive vision board. In this instance I had two books that I had covered with my own “mock up” cover - and all I have done was carry them with me, display them and show them to my classes as examples of alternate Vision Boards and both times I was invited to participate and the publishing was done for me by the other parties.

2) **Progressive:** Take the vision board home or to your office, place it somewhere you will enjoy looking at it and practice the *7 Steps to Manifesting* whenever you can. Regularly look at your board, intentionally visualize the end result in a celebratory manner, like a full sensory mind movie for 5 focused minutes. Allow yourself to get lost in the feelings, immersed in the visions, imagining the sounds, tastes, smells and tactile experience of what your life would be like once you have attained your dreams. Create an “affirmation” or mantra, a positively worded short statement to influence your mind and encourage good self talk.

“Every day and in every way I get better and better” - Emile Coue

3) **Passionate:** This is the fastest path to success besides the “*tipping point.*” It is a specific training program of focused mind power, where you practice the *7 Steps to Manifesting* and some advanced skills, daily for 20 -30 minutes. The 30 Day Accelerator program is ideal, as it is your training guide and journal for 30 days. Each day it guides you through the *7 Steps to Manifesting* and some advanced skills, it is like your own personal coach. Many people have seen amazing results using the 30 Day Accelerator program. (For best results the program should be used for 90 days in a row.) Adding some life coaching to this practice will help uncover and release and unconscious blocks or resistance to the dream and help you to create action steps that will keep you on track for speedy success.

Long term meditators also get quite profound and fast results using a vision board as they have already trained their minds to be still and can focus for prolonged periods on time. If you wish for more specific and guided support, I cover this topic more in the DVD, live training's , teleclasses and during personal coaching sessions.

FREQUENTLY ASKED QUESTIONS

Can You Make Mistakes with a Vision Board?

There are quite a few funny stories about how certain images that are put on the boards bring about unexpected events. In one such instance a lady could not find the right color (yellow) for a car she wanted, but decided to use the blue picture she had as a "stop gap." Yes, you guessed it, she ended up purchasing a blue vehicle because *"it was such a great deal, too good to refuse."* The lady had intended to swap the blue picture over when she eventually found the right color, but after time she forgot about replacing the blue picture and then one day she noticed an ad in the newspaper for the car she wanted and when she went to look at it, the car just happened to be blue. We laughed, after all it was a great purchase for her, just not what she had expected.

Where Do I Put My Vision Board / Treasure Map?

Once you have made your Vision Board / Treasure Map place it where you can see it daily and enjoy looking at it. Bedroom, bathroom, kitchen, hallway, closet ... anywhere it feels good and gives you an instant spontaneous "yes" when you look at it. Make sure you share it with only supportive people who champion and believe in you.

Why Create a Vision Board?

It is more than goal setting tool. I have found it gives and keeps on giving even greater rewards and treasures than could be imagined. My Students and I have personally experienced fast goal manifestation with additional gifts and treasures much greater than we had imagined even possible! Enjoy creating your boards and the journey you embark on to living a life bigger and better than you may have imagined possible.

Why do you call it a Treasure Map?

You can call it a vision, dream or goal board, but I have found it gives and keeps on giving even greater rewards than could be imagined - therefore *great treasures*. Follow the easy steps and you will to!

7 Easy Steps to Creating Your Vision Board

(Please refer to the fold out instruction sheet for a quick reference)

You are creating a visual “end result.” It may help to first write down some goals that you wish to achieve and think about what you would have and what you would see, when you are living those goals. Then look for pictures and images that represent those particular goals as well as an overall desired future. It is important that the pictures and images you choose give you a spontaneous feeling of “yes.”

If you are not sure about what you really want to create with your Vision board please look at the section about Passion and the Life Balance Wheel first. The Life Wheel exercise is for you to honestly assess your current level of satisfaction in life, in the 8 areas listed:

1 being not at all satisfied and **10** being “*I’m at the top of my game.*”

Being honest with yourself gives you an accurate starting point and you will have an easier time deciding which areas you want to set and achieve your goals and dreams.

Creating a Vision Board is not about positive thinking alone, an important and essential factor is that you **feel good** when you look at your board:

Step 1. Choose a poster board, a cork board, a note book, a journal or any surface you like, to use as a background; color and size are all personal choice. If you wish to create a Feng Shui balance and flow Vision board, please use the *Life Balance - Vision Board*™ included in the Kit and paste your pictures directly onto it, or use it as a guide or template for placement of the different areas. (A brief introduction and explanation of Feng Shui and Vision Boards is in the book)

Step 2. Take a few minutes to think about and decide what goal board you are creating; a specific health, relationships, finances, balance of all areas or general life style goal? Then, flip through magazines and tear out whatever pictures and words impress or inspire you. Cut the images and words you choose, with either straight edge or decorative edge scissors to add artistic value.

Step 3. Arrange the pictures and words on the paper with photos of you and loved ones in and around the scenes. You are creating your visual “end result.”

- a. If it’s a relationship goal you could get a picture of a couple embracing, having dinner, on the beach... and cut your face out and paste it on the body in the photo.
- b. If it is a physical goal and if you want to change the size of your body, if you want to lose or gain a few pounds, chose a picture of someone you would like to look like and put a picture of your face on the body in the picture. Recently I heard of a lady who used a vision board to drop over 100 pounds in weight. She did it in incremental steps.

7 Easy Steps to Creating Your Vision Board

c. The same idea applies to houses, offices, cars and vacation destinations - paste photos of yourself, team members and / or loved ones, on your board to look like a picture that you would take, (as you naturally would) while on vacation, at work with your team, traveling around, as if you won the award, worked from that office, or owned house or the car.

Step 4. Add a powerful statement or affirmation that this is already so:

(From Shakti Gawain - “Creative Visualization”)

“Thank you (Universe) for bringing me this and more now, easily, happily and harmoniously, in totally satisfying ways for the highest good of all concerned.”

Add words like: Easy, Happy, Healthy, Fun, Now.

(Provided at the back of this book)

Step 5. Add a symbol of what ever spiritual source you believe in to show you are partners in creation of your life with a higher spiritual source.

Step 6. Place the Vision Board - Treasure Map somewhere you will enjoy looking at it and seeing it often. Only allow supportive people to see it.

Step 7. Use the mind skills and “7 Steps to Manifesting” to harness the law of attraction and to develop new habits which will retrain your subconscious mind and help you get the goals on your board. When you use your imagination to “see your future” you will get new ideas and inspiration to create an action plan and strategize the achievement of your goals.

Why a Life Balance - Vision Board?

The *Life Balance - Vision Board*TM template design is based on the Feng Shui principle of placement, balance and flow.

Although I am not a Feng Shui practitioner, I have seen some amazing results with people who have created their boards according to the “bagua.” And that is why I created and offer you the *Life Balance - Vision Board*TM template with this brief explanation about how and why it can work for you. Please use discretion with this, if you are naturally drawn to creating your Vision Board in this format, please do so.

If it doesn't feel right for you, your intuition doesn't give you a “resounding yes,” if you don't feel peaceful and calm looking at the template, please create the board whichever way you enjoy. Allow your intuition to guide you with what feels best for you. I have had many students over many years achieve their dreams and goals with Vision Boards even without knowing about the Bagua and Feng Shui. Use it as a tool and guideline **only if you feel drawn to it.**

Feng Shui is a set of guidelines and principles to lead a more effective and balanced life. It is most commonly practiced by balancing your surrounding environment according to the principles. However, those same principles can be applied to balancing your lifestyle for a more effective and fulfilling life. Living a balanced life will contribute to getting the results you want, because it ensures that time and energy are not wasted in areas that do not serve you and your goals.

A vision board is a powerful tool that organizes your goals, dreams, and desires for creating and manifesting the life that you want now and integrating the Bagua Map from Feng Shui enhances the vision board with a framework representing the 9 different areas of your life.

A vision board created using the Bagua as a tool brings your dreams one step closer to reality by organizing what you want and comprehensively visualizing your dreams and goals in each of these life areas. A balanced lifestyle is most successfully achieved by clarity in all these areas.

Why does having a balanced life - speed up results?

All of the aspects of our lives are inter-related, for example, a great relationship is balanced by the cultivation and application of wisdom, skills and knowledge...A Feng Shui vision board acknowledges this, as does your sub conscious while looking at the pictures - this results in a fast-track to manifestation.

What is the benefit of creating a Vision Board according to the Bagua?

The Bagua map addresses each area of the nine essential areas of your life, which are all inter-related - creating a vision board allows the manifestation of your dreams to unfold in a balanced way.

What do you feel when you look at a Life Balance Vision Board created according to the Bagua?

Life is rich, full and balanced.

How does the Bagua help you achieve faster results?

The Bagua is an ancient tool that addresses the fact that all aspects of our lives are inter-connected. To achieve results in one area of life, likely you will have to grow, expand or acknowledge another area. Therefore, your entire vision could unfold faster and fuller than you could have foreseen.

**When practicing Feng Shui, be open to new possibilities and unexpected doors opening up for you.
Have fun!**

Elizabeth Makarra is a Certified Feng Shui Interior Design Consultant who applies the Feng Shui principals to all your interior design and decorating needs. (808) 284-4905 makarradesign@gmail.com email makarrdesign@gmail.com for your Free Top Ten Feng Shui Design Tips. Get your e-book, The Practice of Feng Shui for \$4.95. www.makarradesign.com

Why a Life Balance - Vision Board?

If you are interested in flow and energy ... you will have a choice to create your Vision Board according to this principle or not. You will have a guide and advise, where to place your images according to the Bagua. The Bagua is based on the 8 trigrams of the I Ching, the Book of Transformations and according to the Western School of Fung Shui - "*the bagua may mimic a thought pattern or even the way that information is processed through our brains.*"

The 9 areas of the Bagua consist of :

Wealth - Represents all types of prosperity and abundance, Wealth, abundance and money. Mental and spiritual clarity, peace of heart and peace of mind.

Fame - Your reputation. How do you want to be known, what are your gifts? Reputation, your representation in the world and how you feel about yourself.

Love - How would you like love, in all its forms to be in your life? The relationship to yourself, self esteem and the relationship with your loved one/partner

Family - Happy healthy fun filled moments with family and friends. Relationships with family, close friends and colleagues.

Health - What does health mean to you? Physical, mental and spiritual health.

Creativity - Curiosity, wonderment. What do you do in your free time? Find joy, unconditional happiness, laughter. Children and joy experienced in life. Communication skills.

Self Improvement - Knowledge, education and self cultivation. Education, wisdom, knowledge and spiritual development.

Career - Professional path, skills, fulfillment. Your life's work, career, work you are passionate about.

Travel - Being in the right place at the right time. The helpful people in your life, angels, guides and travel in your life. Being at the right place at the right time.

Some of my clients who have followed this principle have seen fast results.

"Barbara's Visionboards coaching and the Feng Shui Bagua was a powerful combination to jump start my life in 2009. I created a clear vision in 9 different areas of my life and thanks to the work I did with Barbara, I was able to accomplish most of my goals very quickly."

-Jonathan Sugai, Shiatsu Therapists Hawaii, - USA.

Some results during the first 9 Months include:

Wealth & Abundance:

Earned more in my massage therapy business in 2009 vs 2008 despite a down economy.
Saved 3 times more than usual in my savings.

Fame & Reputation:

Was asked to across the country with my business partners in their private jet to help promote a new business plan (Sunrider).

Love & Partnership

Created many new relationships through my seminar work.
Learned to love myself again.
Clarity on who and what my #10 relationship looks like

Family:

Better communication and teamwork.

Health:

Lost 10 lbs; 1-2 inches off my waist and fit back into my custom tailored pants.

Children and Creativity:

Began teaching my own massage classes and innovating on my own techniques.

Knowledge and Self Cultivation:

Successfully completed all major courses with PSI seminars (PSI Basic, PSI 7, MLS, & PLD)
Learned new massage techniques and will be taking more advanced training next year.

Career:

Continuing to build a successful massage practice with my family
Continuing to build a successful Sunrider business
Started teaching own massage workshops and taught 3 massage classes so far in 2010

Helpful People and Travel:

Traveled to Sunrider in Jan 2010 for a private meeting to architect the new business plan
Traveled with the owners of Sunrider to five cities in five days (LA, Phoenix, Houston, New York, & Missoula) on their corporate jet to promote new business plan in Feb 2010.
Will travel with family to a Mediterranean cruise in May 2010 for the Sunrider leadership conference.
Will travel to Rome to attend the Kinesio Taping Symposium in June 2010.
Will travel to Seattle in 2011 to become certified in Kinesis Myofascial Integration (KMI)

It's been a year of growth and it all started with the creation of a vision board.
Thank you for helping me get started! I literally ran with it!

Aloha,

Jonathan Sugai

Licensed Massage Therapist, Certified Kinesio Taping Practitioner

<http://www.shiatsuhawaii.com>

Certified Feng Shui Consultant

<http://www.astrology-fengshui.com/fs-consultants.html>

***"When you Vision Your future in a balanced template
Life moves in the absolute perfect direction"***

Life Balance - Vision Board™

Wealth

Fame

Love

Family

Health

Creativity-
Children

Self
Improvement

Career

Travel



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“Congruence is the Secret to the Secret!”

- Dr. John Demartini

Part of the Magic Formula that helps people ...

“tip” their goals into reality is the congruence factor. When all the separate parts of us are aligned, focused and working towards the same “end result.”

Having a Laser beam focus will give you a Laser precision which occurs when all these natural attributes are working together and focused on the same end result. Athletes demonstrate this alignment, precision and focus where every cell in their body is primed and focused on the goal, totally present in the moment, attending to the task at hand.

H.U.G.G.S :Higher Self, Universe, God, Great Spirit, Source.

“Napoleon Hill, perhaps the greatest researcher on success of the 20th century, called this power the “infinite intelligence.” After spending more than 20 years interviewing 500 of the most successful men and women alive in America at that time, he concluded that, without exception, their ability to tap into this higher form of infinite intelligence was the primary reason for their great success in life.”

Intuition: Dr. John Demartini calls this *“Tuition from within”*

The ability to understand something immediately, without the need for conscious reasoning.

Imagination: Einstein said **imagination is more important than knowledge.**

The faculty or action of forming new ideas, or images or concepts of external objects not present to the senses, the ability of the mind to be creative or resourceful, the part of the mind that imagines things.

Conscious Mind: Makes conscious choices and is constantly “talking” to us.

“Has the faculty of discrimination, power of reasoning, it is the seat of the will and may impress the subconscious” - Master Key System. Charles Haanel

Subconscious Mind: Our “auto pilot.”

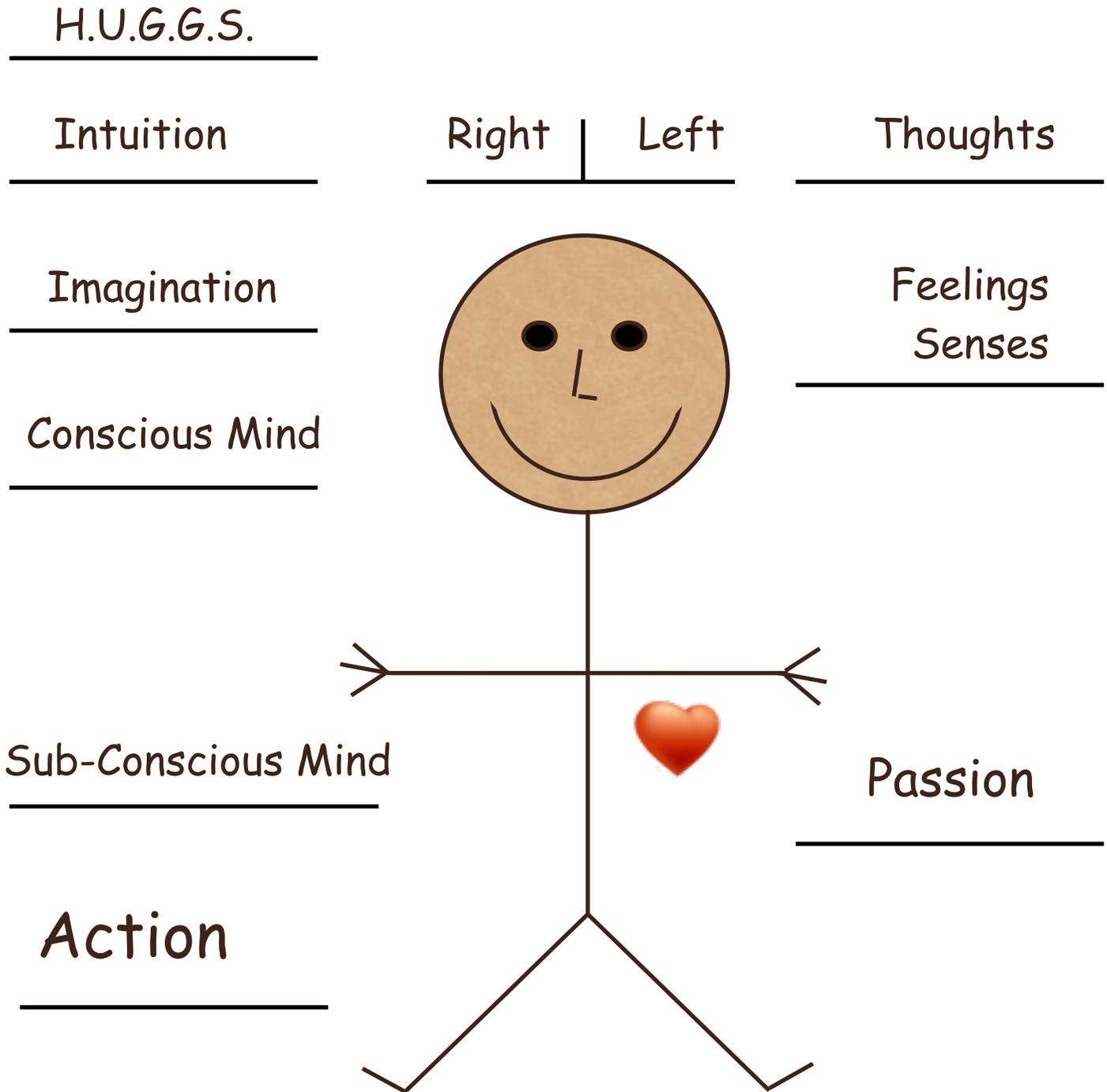
Instinctive desire and our habitual behavior; the result of past reasoning and will. The Subconscious mind responds only to the commands you give it with your senses: feelings, pictures, taste, smell and touch.

The language of the subconscious mind, which is our driver, the holder of our belief systems, is purely sensorially based. It operates from pictures you have in your mind, and the feelings you have in your body, whether they are reactions to current reality, imagined future events or memories of past events.

Many Psychologists refer to it as a powerful, obedient horse, taking direction from the conscious rational mind. It has no mind of its own, but it is programmable.

Formula to Your to Success!

“Where attention goes, energy flows and results show.” - T. Harv Eker



“Success in life could be defined as... the continual expansion of happiness, the progressive realization of WORHTY goals” - Dr.Deepak Chopra

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Brain: Left side - logical reasoning words numbers meaning.

Right side - Creative, colors, music, sounds.

Thoughts : Coming from the conscious mind.

“Thoughts become things, choose the good ones” -Mike Dooley

Feelings and Senses: Part of the right brain and nervous system in the body and the language of the subconscious mind.

Action: We need to take action.

We have mobility - hands and feet to walk move, to make things, do things.

A journey of a million miles begins with one step so making the Vision board/ treasure map is the first action step in reality because you are taking the dream and goal you have ... out of the realm of the imagination and giving it form, substance, and molecules and that is the start of the law of attraction.

Passion: Having a happy heart & desire.

What is your soul's purpose? Dr. Deepak Chopra in his *“7 Spiritual Laws”* talks about the law of Dharma - *“the reason why we are here.”* Each person has been born with some desire to do, be or have some ...or many things.

Your Vision Board will help you get in touch with your passion, your purpose, your soul's journey.... even if you are not yet in touch with what it might be.. and if you are, it will help reinforce, confirm and support your passions.

“Follow Your Bliss”

- Joseph Campbell

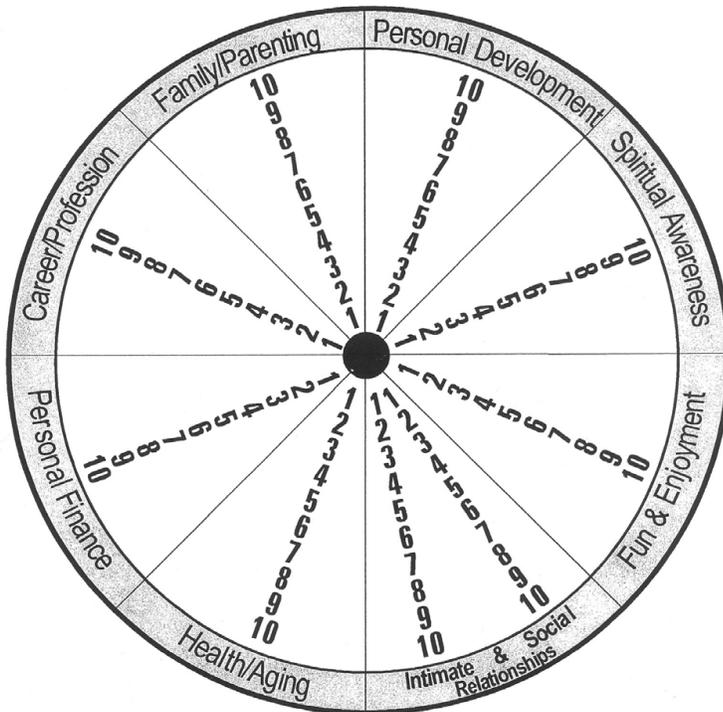
What is Your Passion?

A starting point, "You are here"

If you don't know yet - you are in the right place!

If you do know this will help you get more clarity around how to live it more!

WHEEL of LIFE



Directions: For each section of the wheel, circle the number that represents your current level of satisfaction in that area. The higher the number, the more satisfied you are in that area.

1. Circle the number representing where you are today.
2. Join the dots. If this was a wheel on you car ... How is "the ride?"
3. Circle the number representing where you would like to be and join the dots. How is the ride? How big is the gap between the 2 circles?
4. What are the top 3 areas, you are interested in improving?
 - i)
 - ii)
 - iii)

**"Do you know why most people don't have what they want ?
... because they don't know what they want!"**

T. Harv Eker- Secrets of the Millionaire Mind

I think most people do know...but maybe they don't believe they can have it, or have tried and failed a few times and therefore eventually decide they don't want it or it's too hard to try again.

Creating a Vision Board and adding the Life Coaching will help you to believe again.

Let's Dream ...

Start by answering these questions - then find the pictures that match and feel good to you.

What would You do if:

1. *You knew you couldn't fail:*

2. *Money wasn't an issue:*

Take a few moments and Describe your perfect day:

*You can have many different perfect days, but just for now describe one.
Think about the different areas of your life, Spiritually, Financially, Physically,
Health, Relationships, Family.*

Morning:

Midday:

Evening:

Enjoy Your Passions!

A SUCCESSFUL LIFE:

Life is NOT a journey to the grave with the intention of arriving safely in a slightly used body.

But, rather to skid in broadside, thoroughly used up, totally worn out and loudly proclaiming:

WOW, What A Ride !!!

**Life is Good!
Enjoy it!**

"I have learned from experience that the greater part of our happiness or misery depends on our dispositions and not on our circumstances."- Martha Washington

The Art of Manifesting!

Action Steps - Using the Law of Attraction

Daily: Spend 5-10 Minutes looking at your Vision Board -Treasure Map. *“Remembering your success”*. Get excited!!! **Act as if its over, it has already happened and these are your happy memories!**

1) **Celebrate: “Rehearsing Your Future.”** Feel the Joy and the Relief. Say YES! Hooray! *Woo Hoo!*” Dance, jump around, shout. Do whatever you usually do to celebrate. The idea is to feel it resonating deeply, through your whole body.

2) **Gratitude :** Say and feel the words **Thank you!** Exhale (audibly) relax and feel the relief.

3) **Visualize:** The end result, exactly as you want it to be. Create your full color, *“action packed mind movie”* using all senses; *sight, sound, touch, feelings, smells and tastes*. Use your powerful imagination; the subconscious mind doesn’t know the difference between a real or an imaginary event.

4) **Contemplate:** Sit quietly, imagine this picture is real right now and feel the satisfaction, the joy, the peace and wonderment of the result that occurred. Look at your map with loving memories, as if you were looking at a sleeping baby, release a sigh, tension is dissolved. Keep your focused attention on the Vision Board and ask yourself questions and think about *“what life is like”* ... now that this has occurred for you, easily happily and quickly. **

5) **Create:** Ask empowering questions. This is similar to contemplation because it helps you focus on what you want and not on what you *“don’t want”*. Any time you feel resistance, doubts or fears. Ask yourself an empowering question such as:

“What would it be like if this goal really did happen for me?”

This allows the mind to relax and daydream, it stops the negative mind-chatter and releases the tension around the goal.

Visit www.visionboards.net today for your Bonus Page of Morning Affirmations Free Download.

The Art of Manifesting!

Action Steps - Using the Law of Attraction

6) Positive Affirmation: to add to your Boards/Maps.

*"This or something even better manifests for me now, easily, happily
and harmoniously in totally satisfying ways,
for my highest good and for all involved. Thank you."*

"My Subconscious Mind is my Partner in Success."

You can use these affirmations (self talk) to make sure you are working for YOUR and the highest good of all people involved with your goals and dreams..

Make your *Vision Board - Treasure Map* beautiful and experience complete joy and satisfaction while you create it and work your mind skills to manifest the future you desire, **now!**

and Have Fun!

7) After Time: If some of the goals on your Vision board haven't come to fruition within a reasonable period of time... take the map down and hide it, (do not destroy it) let your subconscious mind bring it to you in the right and perfect time.

** For more detailed explanations and exercises choose a 30 Day Accelerator Journal to incorporate the daily guided, Mind power and written practices to "fast track" your goals.

"When You Visualize - You Materialize" - Dr. Dennis Waitley

Fun words and \$\$ to cut and paste onto your board!



Happy Now

abundance

wow results

Great Body

Love

Great Team!

perfect Body

Free

I Love this!

Your Smile

Happy

Easy

I Love it!!

Now

Fun

Healthy

Miracles

Now

SUCCESS

joy joy

Fun

HAPPY

I DID IT!!

Healthy

FREE

Easily

Fun



prosperous

Recommended Reading:

Title:

Purposeful Action - 7 Steps to Fulfillment
(available at www.amazon.com)

Mind Power into the 21st Century

Creative Visualization
Evolve Your Brain
What Treasure Mapping can do for you
Miracles
The secret of Creating your Future
Goal Achievement through Treasure Mapping
Ask and it is Given
Secrets of the Millionaire Mind
Psych-K, The Missing Peace in Your Life
The Trick to Money is Having Some
The Game of life and How to play it
Real magic
The Power of Intention
The Science of Getting Rich
The Success Principles
The Seven Spiritual Laws of Success

DVD:

The Secret

What the bleep do we know?

AUDIO:

Zero Limits
The Awakening

For Kids:

The Mastery Club™

WORKBOOKS & JOURNALS:

Accelerator Series:

30 Day \$\$ Money Mindset

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www.visionboards.net

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Reports and Essential Monthly Hot Tips!**

*The Future belongs to those who believe
in the beauty of their dreams...*

- Eleanor Roosevelt

*Everyone has their own specific mission in life.
Everyone must carry out a concrete assignment that
demands fulfillment... therein their lives
cannot be replaced or repeated*

-Victor Frankle -"Mans search for Meaning"

It Starts with Vision - Get Yours Done Right!

Anyone can cut and paste pictures onto a board,
but to design and create a
Vision board - "Treasure Map"
that brings you

Fast, Focused, Sustainable Results,
you need the insider's secrets...

Barbara generously shares these secrets
with you and more...

When you open this pack you will find all the
materials in an easy to apply format,
for you to start the process of
creating your dream life.

Barbara, a certified life coach and "*accelerated learning*" trainer,
expertly guides you past the smoking wreckage of broken
dreams through the moments of quiet desperation

to the fast track of Your Success!

Enjoy Your Vision board and live the life of
Your Dreams!

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