



Vision Board Success Secrets

***What To Do After ...
You Create Your Vision Board!***

By Barbara Pellegrino

www.visionboards.net



21 Easy to read Articles with Exercises to Fast Track Your Success!



*The Power to Make Your Dreams... **Your Reality!***

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Why You Need Vision Board “Success Secrets”

By Barbara Pellegrino



21 Easy to Read Articles with Exercises
to *Fast Track Your Success!*

Why You Need Vision Board

“Success Secrets”

Anyone can cut and paste pictures onto a board, but to design and make a Vision board that brings you fast focused and long term results ...

You need the insider secrets

that you will not discover casually, on your own. The advanced and specific secrets to success do not appear to you magically just because you have a collection of pictures on a board and watched the hit movie *“The Secret.”*

You need a guide.

And that’s what this book, the articles and exercises are here for... to take you by the hand and lead you past the smoking wreckage of broken dreams, through the uncertainty, away from the moments of quiet desperation and frustration of failed goals and ...

give you a proven system ...

that will bring you, your treasures quickly, easily
and put you

directly on the fast track to success.

Are you ready for tears of celebration ...to jump with joy
and to shout *“Woo Hoo!”* ...as you watch

Your dreams unfolding before your eyes?

Yes?

Then you have come to the right place.

Enjoy the wisdom and clarity this book will bring you, read the articles, practice the exercises and you will experience your dreams turning into reality faster and better than you could imagine.

Congratulations on taking the first step in
Creating Your Success!

What others are saying...

"Barbara brings a whole new meaning to Vision boards! I have made vision boards and like most of us, I did them with very little meaning, and that is why very little would resonate and create little energy for action..."

Working with Barbara, I learned a whole new meaning to 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,

www.StringFever.com.au - Australia



"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.





About Barbara Pellegrino

Leading Vision Board Expert

"Are you ready to fast track Your Success?"

Barbara Pellegrino will help you achieve your dreams quickly and easily. A world expert and renowned Vision Board Trainer, Transformational Life and Core Energy Coach, NLP Facilitator, Trainer and Author.

Trained in Mind Power, Barbara is a leading authority on using Vision boards to manifest excellence quickly. Barbara specializes in *"accelerated success"* by combining a wealth of knowledge, accumulated over 25 years of study.

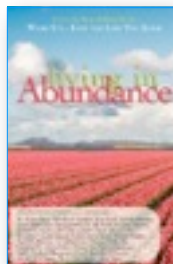
She is a certified NLP (neuro linguistic programming) facilitator & trainer, a certified core energy, transformational life and career coach,

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."*

(both available at www.amazon.com)



Barbara conducts live trainings and advanced classes in *"Vision Boards & Treasure Mapping Your Way to Success"* Group and personal coaching and in Hawaii and Internationally.

Join us on a teleclass from anywhere in the world!

She will coach, guide and teach you using vision board design, fine tuning, energy analyses and more...

She will give you the skills ...to live your dreams!

Visit www.visionboards.net today for your Bonus Gifts and Vision Board Tips!

[illegible]

www.Teaat1024.net



I was able to manifest everything on my Vision Board in no time - I highly recommend her class for people looking for change - on any level."

[illegible]

Malcolm Ching, AMS, PCAM
General Manager
Waialeale Community Association

Additional Resources: :



[Amazon.com: Purposeful Action: Seven Steps to Fulfillment \(9781440163890\): Towanna B. Freeman D.D., Barbara H. Pelligrino CEC: Books](#)



[Amazon.com: Wake Up...Live the Life You Love: Living in Abundance \(9781933063096\): Lee Beard, Dr. Keith & Cindy Robinson: Books](#)

Practical Tools and Support:

[Vision Board Personal Coaching](#)

[Energy Leadership](#)

[Vision Board DVD's](#)

[30 Day Prosperity Accelerator Home Study](#)

[30 Day Original Goal Accelerator](#)

[Vision board 12 Month Journal](#)

[Pocket Coach - Inspiration Cards](#)

Vision Board Support:

[How to- Vision Board- Article](#)

[7 Steps to Creating Your Board](#)

Transforming Lives - One Vision at a Time!

Barbara Pellegrino

Vision Board Success Trainer

Transformational Life Coach, CPC, CEC

Master Practitioner Energy Leadership

NLP Trainer, Speaker, Author.

<http://visionboards.net>

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The Secret to Creating a Powerful Vision Board in 7 Easy Steps!

In 1991, after already using and teaching Mind Powers for a few years, I created my first Treasure Map/Vision board. I discovered the process in a book called, "*Creative Visualization*" - by Shakti Gawain.

The actions of **choosing, cutting, arranging and gluing** pictures of my desired future was indeed an extremely powerful one. Since then, I have received so many "Treasures" and have been living such an amazing life, that I felt compelled to share this process with as many people as possible. In fact, many of my friends and students who have designed and created their Treasure Maps/ Vision boards, are now also living **extraordinary lives**.

When you create a Vision Board the images are impressed onto the Subconscious Mind and the goals become long term sustainable reality, as opposed to short term fleeting results.

Many people achieve goals in the short term but somehow they don't have the "*staying power*" to keep the dream or goals alive. You may know people who work hard to achieve a certain level of **health and fitness** but then they return to their old ways, old habits and lose the benefits of all their efforts.

This phenomenon can be observed in other areas such as;
Careers - Working hard to get a great new job which gets boring or turns sour, after a while.

Relationships - Finding a great relationship which turns bad, after the initial excitement wears off.

Have you observed people who work hard to get a new job or find a new love or friendship but often its only temporary?.

You can avoid these disappointments

In a recent radio interview, I heard Lisa Nichols (from *The Secret*) say that when her Vision Board manifested, the reality was far greater and better than she could have imagined or expected.



Manifest Your Dreams Today With Your Vision Board...





Listed below are:

7 Easy Steps to Creating YOUR Powerful Vision Board

...and start living your dreams, desires and goals now.

1. Choose a poster board or a cork board to use as a background:

Color size are all personal choice. These boards can be wallet size or wall size.

2. Take a few minutes to think:

about and decide what goal board you are creating, is it a general life style goal or a specific goal. Then, flip through magazines and tear out whatever pictures and words impress or inspire you.

3. Arrange the pictures and words:

on the board with photos of you and loved ones in and around the scenes. This concept is to show your subconscious mind a "snapshot" of your desire future to activate the Law of Attraction.

In usual goal setting terms it means *"starting with the end in mind."*

a) If it's a relationship goal:

You could get a picture of a couple embracing, walking hand in hand, dining or in scene that inspires you, and cut your face out and paste it on the body in the photo.

b) If it's a physical goal:

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 that body. Be careful with this. It needs to be something that inspires you. If the "leap" is too great or the picture creates tension, an incremental picture may serve you better, instead of putting a picture of "the end result" on your board,

c) If it's a material goal: Such as houses, cars and vacation destinations; paste photos of your self and loved ones, in the picture, as if you were there and taking photos.

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

*"This or something even better manifests now,
for the highest good of all concerned, easily,
happily, harmoniously, Thank you."*

I call this statement my "**cosmic insurance policy**" as we may not always know what is best for us, nor the fastest way to get what we want, but the universe does, and sometimes our dreams and goals manifest in mysterious ways, in different time frames than we expect and often better than we plan.

5. Add a symbol: of what ever spiritual source you believe in, to show you are partners or co-creators with a higher spiritual source, in the manifestation of your life.

6. Place the Vision Board where you will see it often: and only allow supportive people to see it, especially in the early stages. Since "*The Secret*" has been around, many more people are familiar with Vision Boards, but that doesn't mean that they won't make **negative comments** about yours!

When your goals are new and you are just starting to work with your vision board, **nurture your dreams, work with the law of attraction and protect your energy around your dreams.**

Don't allow "dream stealers" to make comments or give you advise about how you created your board unless they have a **proven track record with Vision Boards**, Law of attraction and Manifesting their own dreams.

7. Celebrate by visualizing and affirming: the pictures on the board are already in reality, to harness the law of attraction and bring you - **Your Goals, now!**

Have fun, with this process and enjoy your results.

***You can laugh at Money worries, if you follow this simple plan.
Get Your 30 Day \$\$ Accelerator - Money Mindset Daily Journal
Home Training Guide, today.***

Order YOURS now...

<http://www.visionboards.net>

*One Student in Honolulu doubled her income in the first 6 months of 2009! (and completely doubled 2008 by December 2009)
She did her 30 Day \$\$\$ Accelerator program diligently for 90 Days... Will you?*

Action Steps:

List the 3 most valuable points that you will act upon this week.

1.

2.

3.

Notes:

What You Resist You Persist - Understanding the Laws of Attraction and Least Resistance

Have you heard the saying what you resist, persists? When you understand how the law of attraction works you will realize that what you resist and how you resist will only cause it to continue in your life. If you push against something, by the natural law, it will push back against you.

If you choose to resist, you are choosing for it to persist. Whatever energy you put out into the Universe, will come back to you, in fact some disciplines say that what you put out you will get back multifold - multiplied or expanded many times.

The law of attraction states "*Like attracts like*" and the Universal Genie, as referred to in the DVD, *The Secret*, can only give you the experiences of your life; events, places people and things, according to your resonance, your vibration, your energy, which all stem from your predominant thoughts and feelings.

If situations, circumstances and people start to appear in your life, that you don't want, what do you do? Our natural tendency is to resist, to say no, fight against it and get upset about it. If you can grasp the concept that these things are residual, like stars that burnt out many years ago, yet we still see their light shine, then you will have the power to create and not react.

Deepak Chopra explains this in his 7 Spiritual Laws to Success; "*The law of least resistance*", to judge nothing and be grateful for everything. This is easier said than done, especially when things just aren't going the way you had planned, hoped for or envisioned.

How do you judge nothing, and be grateful when you feel bad, things aren't working the way you had planned or imagined? Firstly it is a conscious choice and then it becomes a learned skill and eventually a habit.

1. Choose, to create what you want in that moment.

When you understand that this situation you are currently experiencing is like a burnt out star whose light is still shining and the energy that attracted this to you was released some time in the past. You will have power to not feel helpless, or like a victim and be able to consciously choose how you will think and feel from this moment on.

2. Learn a new skill - What can I be grateful for in this moment?

Ask yourself the question and listen for the answer. Some people ask God, or the Universe or their own subconscious mind or higher self. Ask whatever you believe the universal consciousness to be, the magic is in the asking. Its a distraction technique for the mind and allows your intuition to give you the answer and it instantly changes your resonance, your energy, as the focus changes from reaction to creation and gratitude. What goes out must come back, so isn't it better to send out a vibration of gratitude rather than anger, frustration or disappointment which are highly charged, emotional and powerful vibrations.

If you practice it and eventually master it as a skill, it will become a habit and second nature.

3. No such thing as problems, only opportunities.

Jim Edwards, Internet Marketing Guru, said the one question that has made him the most money is ...

"What's the opportunity?"

You may say, there's no opportunity, this is a disaster!
Everything is ruined!

Yet, all the motivational speakers say that this is the time that you can dig deep down inside and get in touch with your immense inner power. This is the power that is referred to when a Grandmother has the strength to lift a car of a child.

When you ask for the benefit, the blessing, the opportunity in this situation, it firstly changes your energy to that of curiosity rather than negativity and sets your powerful subconscious mind off in the direction of seeking out any potential benefit or opportunity.

The difference between a lucky and unlucky person is that *"lucky people are "skilled at creating and noticing chance opportunities, make lucky decisions by listening to their intuition, create self fulfilling prophecies via positive expectations and adopt a resilient attitude that transforms bad luck into good."* Excerpt from *All the Money in the World* - Bernstein & Swan

When you choose to resist nothing, be grateful for everything and be curious as to where the opportunities lie, you will be amazed at how quickly a negative thought, feeling or situation changes.

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Action Steps:

List the 3 most valuable points that you will act upon this week.

1.

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3.

Notes:

Do You Want to Manifest Your Reality Faster Or Better?

Do you prefer Faster or Better manifesting? When given any choice where I want both, I say both!

Below is a great technique to handle disappointments which will help you manifest what you do want, both faster and better. I know most people are all fired up and motivated to start a NEW year and that's great.

This is for those few people who are looking for support at this time, when they realize their resolutions, are still to be realized and manifested.

"Act as if"

Have you heard about this manifesting technique? Fake it till you make it? I recently heard someone say "fake it till you break it." There is a fine line in manifesting what you want and living in a dream world.

When people first heard about the secret some started visualizing, imagining and pretending that they had the life they wanted. They acted in faith and some people got what they wanted and others did not. When reality doesn't quite deliver as expected or on time, what do you do?

Are you reactive or creative?

Reacting will not get you what you want, although it is perfectly normal to be disappointed when you don't get what you have wanted and worked towards. Many people do achieve what they want if the "stay in the game" but the the question becomes, "is it worth it ?"

Is the Prize Worth the Price?

If it is worth the price, a great motivational and "quick fix" technique is to practice, asking yourself this question in a few different ways as suggested below:

How would I be feeling, if I did have what I wanted right now? What would I be doing, if I did have what I wanted right now?

Then allow your mind to drift off for a few moments to imagine the scenario. The more you can feel the relief and pleasure of having what you want, the more that the Law of Attraction can "kick in" and support you in figuring out the fastest and best way to have what you want. These empowering open ended questions help shift your core energy, from the negative "poor me" focus to the positive "possibility " focus.

This is different from the "act as if" technique, as it gives you a real solid feeling from your core essence of having what you want and letting go of the struggle. Many people use the "act as if" technique but it feels fake and it looks fake. You need to really step into it to use it effectively. When you ask the open ended possibility questions, you automatically let go of struggle and disappointment. This is part of the Universal law of **"letting go"** but not giving up.

As you feel better, better ideas will come to help you take the next inspired action steps to get back on track and bring you what you want faster and better.

Vision Board tip for the year Make sure the pictures you have on your Vision Boards are a true representation of what you really want. Remove any that don't "feel" good anymore.

"Even if people say no to you - You shouldn't say no to you"

-

Heidi Klum

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7 Secrets to Manifesting and Achieving YOUR New Year's Resolutions

Did you know that 95% of New Years resolutions NEVER happen? By the third Monday of the Year - Blue Monday - most people have either broken or forgotten their new year's resolutions. People make resolutions that they don't intend or don't know how, to keep! Will you be one of them?

Take Charge now! Join the top 5% of people who achieve their new year's resolutions:

Choose: which goals you will fully commit to and decide which old ones you are letting go. Yes! It is OK to let go of some goals. This will free up your energy and enthusiasm for the goals you are wanting to achieve.

Create visual and written goals for whole brain and mind integration: Written goals activate the left side of your brain and pictures activate the right side of your brain, and your subconscious mind. Now you have a powerful team moving forward. Design & create Your 2009 Vision board or go month by month with the Vision Board Journal.

Visualize, feel and celebrate the end result: Law of attraction has gotten a "bad rap" recently. Too many people think it is Positive thinking. Its not positive thinking! Its positive focus. A daily 5-minute focused, full-sensory visualization, celebrating the end result - feeling the relief, joy and gratitude of an accomplished goal - will accelerate your success.

Develop new habits: No matter what goal, you are working on, the most important part is your daily practices. The foundation of your goals rely on what you do every day.

Design your positive affirmation: supportive self-talk and a "mantra" to keep your mind busy and to stop any random negative thinking.

Gratitude: Like attracts like and being grateful for what you have will bring you more people and events to be grateful for.

HAVE FUN: The more you feel happy and are enjoying your life, the more you will have to be happy about.

This way you will easily achieve the resolutions and goals you choose. Have a great New Year!

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Are You Attracting What You Want?

How do some people achieve what they want quickly and continue to set and achieve goals while other people struggle to achieve their dreams and desires even after they learn about the Law of Attraction, even after creating a Treasure map/Vision board?

Are some people luckier than others? No, in fact . . .
"according to Richard Wiseman, a psychologist at the University of Hertfordshire in England who conducted a 10 year study of luck, people's thoughts and behavior are often responsible for their good luck and good fortune." - Excerpt from "All the Money in the World" by Peter W. Bernstein & Annalyn Swan.

It sounds to me like the difference between lucky people and unlucky people is that the lucky ones understand and live the basic principles of the Law of Attraction. They have supportive belief systems, which include the pictures in their minds, about their own success.

But you say I think positive, I have a written and clearly defined goal. You may also have your Treasure Map and like many people, maybe some areas in your life ARE fantastic. Yet, other areas may still be challenging.

As you know the real manifesting power of your mind is the sub conscious, which has been pre-programmed, by all of your past experiences and how you feel about them. So, although two people might have very similar pictures in their conscious minds, one person believes they deserve to be successful while the other is full of self doubts and subconsciously doesn't really believe they deserve to live the life they envision.

Therefore it is vitally important that you keep working on your subconscious mind through the Treasure Maps/Vision Boards, visualizations and affirmations, until you absolutely believe at the subconscious level that you deserve everything on your Treasure Map.

Your subconscious mind works in pictures, sounds, smells, tastes and feelings as it is censorial based. It changes each word to a picture, feeling or memory and each word can conjure up different experiences for different people.

Have you ever been on a picnic? What memories do you have about picnics? Are they wonderful, romantic, fun and laughter filled events or are your thoughts of the bugs and soggy sandwiches and hard rocky grounds? One of my students said "I always think of the fun we had at the beach and not the sand in my potato salad... "

If your conscious mind THINKS, its thinking positive and focusing on a goal, the sub conscious mind may have a very different picture in its memory banks, and guess which mind has the greater power.? Yes, the Subconscious.

This is why it is so beneficial to learn how to create a clearly defined Treasure Map / Vision Board of your goals, dreams and desires, as it gives your subconscious mind the CORRECT pictures and you will discover how powerfully you can achieve your goals when your subconscious mind is aligned with your conscious mind.

Dr. Wayne Dyer said many, many years ago
"You'll see it when you believe it."

And that is the power of a Treasure Map over a written list of goals. The subconscious mind is influenced and re- programmed by the pictures it sees repetitively and daily. This process can be accelerated by learning the Mind skills that I teach in The Art of Manifesting and even more so by using my 30 Day Accelerator Mind Training program.

Regularly practicing these mind skills like visualization, affirmations and listening to and refining your own self talk will fast track you to your goals, dreams and desires.

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Do You Have SMART Goals?

Congratulations on creating your Treasure Map - Vision board. Now that you have a visual destination map, you can decide if your dreams and goals are **S.M.A.R.T.**

Specific - Be specific with what you want.

Clarity leads to power and success. What does your dream look like? What do you see? Describe the colors, places, people in front of you. Where are you? What do you hear? How specifically can you describe your goal and the feelings you will feel when your goal becomes reality.

Your subconscious mind is very literal, is your goal specific, clearly defined? Easy to understand? It has to make sense to you. Your Vision Board / Treasure Map can be general but your journaling and visualizations need to be specific so you can target and achieve your exact goal.

Self Talk: What is your inner voice saying?

Become aware of the mind chatter and develop some supportive self talk. Design affirmations to drown out and replace any negative non supportive thinking.

Instead of allowing your mind to indulge in the usual disaster predictions for your future or complaints about long gone, past events, now, you have unlimited possibilities and choices for affirmations and encouraging self talk.

Story: Do you have a story?

Tony Robbins said *"what keeps people from getting what they want, is the story they have about it."* Your words are thoughts *"materialized or crystalized"* into powerful sound waves. What are you putting out into the Universe?

T. Harv Eker said, when you have a story - *"80% of the people don't care and the other 20 % are kinda glad its happening to you and not them!"*

Listen to your story about your goals and if it's; complaints, frustrations, or repeatedly negative you, may wish to modify what you are saying.

There's an old maxim: *"if you cant say anything good ... don't say anything."* now its time to apply it to YOU!

Measurable: How will you know that you have your goal?

If you want to drop weight, is it 3 or 30 pounds? If you want to improve your income, will finding a quarter in the street satisfy you? Or do you want to increase your net income by \$2000, \$20,000 or \$200,000? How will you measure your success? The subconscious mind doesn't understand loss or gain you will need to state an exact number.

Attainable: Is your goal realistic?

I fully believe we create our own reality and I am extremely practical. So ask yourself, is your goal achievable now? Do you have all the skills needed to manifest this? Do you need to grow, stretch and learn or heal some things to help you along the way to your dreams? Is there space for your goals? Acting in faith can be very subtle, like cleaning out a closet to make room for the "right" relationship. We have all heard "out with the old" in with the new". If you are starting a new business, is there space for your records and equipment.

Many people set goals but are often too busy or afraid to be willing to receive them. Remember the basic formula:

ASK, BELIEVE, RECEIVE.

If your goal does require a certain skill set ex:. to become a doctor, speaker, dancer, great athlete, investor, please go and learn these skills.

Take action and keep taking what Jack Canfield calls "*inspired action*" until you have what you want. Taking inspired action is part of the believing and receiving section and in doing so you are telling the universe you are willing, prepared and ready to receive.

Action is important in both worlds, the outer world of reality and the inner world of thoughts and feelings, i.e.... Doing your Mind work and being disciplined with your thinking and the "vibes" you are generating.

Relevant: Is it a Passion?

You can decide to have any goal you want, but if its not a true passion for you, is it really relevant to your life and worth your time and energy? When a goal is also a passion you will find endless strength and enthusiasm to succeed and keep going, even through the rough spots, or "growth spurts".

Time: Do you specify a date or not?

The usual left brain goal setting techniques suggest you put a time frame, a deadline around your goals and many people like to give their goals a definite date. I partly agree. Holistic goal setting and using the Visualizations and Affirmations, are all about having your desired reality NOW, as if it is already in existence. So the way I qualify this is;

If your goal already has form, then set a date. If you are starting a business, you could set dates. if you are conducting seminars, then you can set dates. If you are getting married ...arranging a vacation ...cleaning out a closet ... having a party, then you can set dates and work towards them.

If your goal is still a dream, then I would not set a date, but work with the "having it NOW" concept and energy. If you want to win a Nobel prize, meet and marry the ideal partner, find the house of your dreams or something else which is not tangible. Then you could set dates for the action steps that you will be taking, towards that

goal, but not for the attainment, as the quickest way to attract it, is to imagine you already have it now. If you feel compelled to put a date on your Treasure Maps - Vision boards, I would suggest you write the date with this qualifier, ".....or sooner". This will allow the universe and your subconscious mind to bring it to you as quickly as possible.

"The universe likes speed" - Joe Vitale
Do you?

Please be aware that if you have nominated a specific time frame it could put undue pressure on you, and whilst some people perform well under pressure and need that intensity to become focused and take action, for others it could encourage non supportive thinking habits to infiltrate such as: fear, worry, panic, feeling rushed.

Be very conscious of your thoughts...
You cannot attract something to you by focusing on,
or worrying about the opposite!

If you do miss your date, determine if it was because your goal is not aligned with your true values, higher purpose or passion, or it is bigger than you originally thought, or is it that you have changed your desires?

If you do not attain your goal by the time your "realistically" chose, there is a reason. Re-evaluate what it is you want, why you want it and is it for your highest good? You may be surprised with your answers and you will always find that out of adversity comes some great learning, opportunity, gift or growth.

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List the 3 most valuable points that you will act upon this week.

1.

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3.

Notes:

The Difference Between Motivation and Empowerment

Remember when you were at a seminar and the leader promised you all your dreams come true with virtually the

" wave of a magic wand?"

There is a real skill in getting an audience revved up, excited and running to the back of the room to purchase all the products that they believe are the answers to all their problems and only in "3, 5 or 12 Easy Steps!"

How often have you seen people leaving seminars excited, motivated and ... *"On Fire!"*

Yes, the products are great they do work, there are gems of wisdom and amazing training's inside the sealed packages.

But the real problem is... 90% of the people who actually purchased the follow up programs, never open them! Yes, life gets in the way and all the reasons for buying and using the programs fly out the window, their dreams gather dust on the shelf, inside the sealed box and they wonder what went wrong?

Nothing went wrong!

All that happened is they got motivated, excited, intensely revved up and burnt out! Like a fire cracker instead of a strong, steady burning fire that has plenty of fuel to continue burning. Even after the fire *"goes out"* the embers continue to glow and any new fuel will *"spark up"* the fire and again, get it *"burning long and strong."*

That is empowerment!

When you observe a successful person, you will notice they have coaches and mentors, they are always learning and growing, seeking education and implementing and practicing what they learn.

They keep adding useful, powerful tools and support systems and they use what works.

When you are empowered, you wake up calm, you have a plan of action, you are using tools and developing new skills that you are a natural fit to your personality style.

Your life starts to flow and ideas and inspiration come to you more easily and quickly. You take action on those ideas because you understand your intuitive voice and trust in your abilities to achieve your dreams. You have a coach to keep you "accountable, on track and confident" and a mentor to guide you with the next steps.

You are emotionally stable and calmer. You have a higher EQ - Emotional intelligence and you have greater rapport and better communication skills, resulting in greater cooperation others, whether it be your team at work, or family and friends.

When you attend your next seminar or if you are looking to hire a coach, notice if you are Motivated and hyped up or if you are being empowered;

Motivation - on its own can lead to excitement and burnout if you are not given skills and tools you can immediately implement in your life.

Empowerment - is when you feel strong in your core, you have skills and tools that you have practiced, you can use straight away and you know they work for you.

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Action Steps:

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Notes:

Vision Board Secrets to Attracting a New Car

Can you get the car of your dreams by using a Vision Board?

Absolutely! A few years ago I made a Vision Board for my husband, as he wanted an exotic sports car called a Ford GT. I created the board for him and as always, I added the written statement that I refer to as the "cosmic insurance policy" - "this or something better manifests for me now, for the highest good of all concerned." The "due by" date I had written on the board was "by December 2003", and it came and went.

When we missed the date, rather than leaving the vision board up on the wall, I took it down and hid it.

Why? Because the subconscious mind has well and truly imprinted the image and is working to achieve the goal. To leave the board up with the date would be a trigger and a reminder that the goal was "missed." This is difficult for people to cope with and is a recipe for undoing the law of attraction and the forces that have been set in motion with the Vision Board.

As the intention had been set the best thing to do was allow the Universe to bring it to us in the right and perfect time.

In March 2004 only 3 months after the due by date was missed my husband became the proud owner of... no, not a Ford GT, but a Lotus Elise a zippy sports car that he loved driving. He still thought he wanted a Ford GT, but now was willing to wait till the prices dropped and in the meantime enjoy, no, LOVE driving the Elise or "go-cart" as is often referred to, due to its extremely good performance, low to the ground hard to flip quality and just because it is lots of fun.

Then in 2005 by surprise, or those of us who know better because of the law of attraction, my husband found another "bargain" and purchased a Panoz Esperante, the same brand of car that Joe Vitale has in his car collection. Joe Vitale is in the hit movie *"The Secret"*, is a master internet marketer, author of *"too many books to mention"* and masterfully demonstrates the law of attraction.

Does it matter that we didn't get exactly what we had on the Vision Board?

No... Why? Because we actually got twice the fun for less money. We are always open to the "something better" part in the cosmic insurance policy, "this or something better, manifests now, for the highest good of all." And, because we are open to allowing the abundance flow from the Universe we know that what shows up is for the best and the ultimate choice lies in our hands.

We all have the ultimate freedom of choice.

To wait for the perfect moment when the object or our desires (in the pictures on the vision board) actually shows up, whether it be by divine providence, co- incidence or well planned and focused action (often referred to as "hard" work) or to accept the gifts the Universe brings prior to the ultimate goal and trust that what shows up may not be exactly what is on the board, but the feelings you have and the joy you experience is the same and what you get, may possibly be even better than what you thought you wanted.

Consider this principle and let me know how it works for you.

Enjoy your vision board pictures, your visions and manifesting the wonderful journey of your life.

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Notes:

Vision Board Secrets to Success

Creating your Vision Board (Treasure Map) is the first step to attracting your dreams and goals, and to manifest your success faster and accurately you need to understand the *"Principles of Warp Speed."*

Clarity:

What do you have on your Vision board?

- a) A picture of a peaceful, tranquil setting - with the words - **STRESS FREE?**
- b) A picture of a slender, trim body - with the words - **LOSE 15 POUNDS?**
- c) A picture of a great car or house; with the words - **NO PAYMENTS / NO MORTGAGE?**

Logically these words make sense and in everyday conversation such words give people a clear understanding about YOUR goal, and these words can help you create a *step by step* action plan.

BUT... They are not useful on your Vision Board!

Why?...Because 40% of your cerebral cortex, the most advanced part of your brain is devoted to visual processing. The images that flash into your mind the instant you read these types of words, are more important than the pictures you pasted onto your board.

Your subconscious mind only responds to the pictures and feelings you experience and what you project into the world.

When you look at the words "STRESS FREE" what picture instantly comes to mind? When you think about these words in the literal sense you have to first see in your mind's eye, what STRESS is before you can see *"stress free."*

The same applies to the other words the mind sees:

15 POUNDS
MORTGAGE

and the your subconscious mind, being the faithful servant that it is, will do its very best to speedily bring you to that image.

What are the supporting words for the pictures you want to achieve?

Easy, Happy, Healthy, Now, Free, Abundance, Love, Joy.

To shortcut your manifesting time - Use only affirmative, optimistic, positively geared words that impact you at first glance, to instantly create the right picture in your mind, and give your the right feeling for the end result you want.

This way you have a powerful, efficient trigger a fast "*one - two punch*", because you are instantly engaging both sides of your amazing brain. It will be like having both feet on the accelerator, instead of having one foot on the brake.

Scary to think that you may have one foot on the brake?

Enjoy Your Success!

"When you are diligent with your inner world the outer world becomes easy." - Barbara Pellegrino

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Notes:

The Secret to Creating a Powerful Vision Board For Relationships and Romance

My original Vision board success story is about how I met and married the man of my dreams. I am absolutely sure that if I had not created a Treasure Map for myself in 1991, also known as a Vision Board, Dream Board or Goal board, and not applied all my mind power techniques that I eagerly share with all my students, I would still be single, living in Australia and wondering why life was so unfair.

Instead I am happily married (since 1994) living in Hawaii, which is a dream destination, experiencing life and travels beyond my dreams and passionately teaching the absolute essence of success.

How?

By creating a Vision Board as the powerful foundation and utilizing mind power techniques to attract and manifest the goals represented on the vision and dream boards.

I am not the only one who has attracted the right partner, many of my students have attracted loving, stable relationships, some married 4 years ago, some recently. When you create a Vision Board or Treasure map the images are impressed onto the Subconscious Mind and the goals become long term sustainable reality, as opposed to short term fleeting results.

A word of Caution, when you create your board, ensure the thoughts you have about your "artwork" are supportive and you feel good looking at it. The worst thing you can do with the law of attraction is to put energy into what you don't want. If the pictures on the board do not give you immediate good feelings, change the images and find pictures that suit your personality style and help you to feel happy.

Is the life you love well represented on your Vision board?

When you look at it can you feel excited about all the possibilities that life has in store for you? Many people put lots of money, fancy airplanes and mansions on their boards but in fact these pictures are too great a leap for some. The term quantum leap is used a lot but how many people are really ready to make that leap? Consider what really makes you feel good about you, the future you want and most importantly, would you be ready and willing to start living it today?

Are you in the picture?

Why my teaching is unique, is that I ask people to put their own faces on the vision boards in the scenes they have chosen. This adds a fun quality and allows the mind and the imagination to visualize the desired future. My first board, created in 1991, had a couple embracing and I happily cut the head off the girl in the picture and put my smiling face in that spot. Ironically, my husband looks so much like the male model in that picture, it is quite uncanny. When the law of attraction "kicks in" and you are willing to receive you will be amazed at how literal the boards can be.

Be Careful What You Ask For

When you are creating a vision board or dream board for the right relationship and romantic partner, be very clear about what you are putting on the board. If you got the replica version of that person, is it what you want? If you got the feeling or the ambiance of the picture would that be OK? Some people throw "caution to the wind" and put pictures on their board, just to see what they attract and that can be fun if you are open. We often laugh about what pictures people are attracted to in class and then a few months later they get what is on the board, but say "it's not what I meant."

As we are co-creators with a higher source, God or some refer the power as the Universal intelligence, I always request that my students add an affirmation to every board they design, which I originally I learnt from Shakti Gawain's book *"Creative Visualization"*.

"This or something better manifests for me now, for the highest good of all concerned, Thank you."

This cosmic insurance policy is the safety net for the boards manifesting because you can then attract, either what you have requested or you may get something even better. I did and many of my students have.

Enjoy your boards and the pictures you collect. Remember to be diligent with your mind and feelings and allow the journey to unfold as you start to attract the right relationship.

Action Steps:

List the 3 most valuable points that you will act upon this week.

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Notes:

How to improve Your Relationships using a Vision Board.

You can improve any relationship you desire by following the 7 principles of creating your Vision Board and adding the mind practice and action steps - *The Art of Manifesting- 7 steps to success*. (You can read about all these principles throughout the articles are in this ebook and you can also get the Audio CD *The Art of Manifesting* by emailing me barbara@visionboards.net)

Get pictures of a time when the relationship was good, (or individual happy pictures or all parties) and you have happy empowered feelings and memories of that time. The pictures you use need to evoke happy loving feelings from inside. Be very aware that there is no feeling of regret or sadness associated with the pictures as the feeling will always be stronger than your "positive" thinking about the images.

You can write words around the images, Happy, Love, Loving or use "love hearts" and whatever images give you spontaneous happy and peaceful feelings around the people in the picture. If you are unable to do this please seek a coach to support you and give you more life skills to help you create the goal and improvements you desire.

Here is one Students story of how she created an improved relationship between her two daughters.

"Hi Barbara, when I attended your workshop, I actually had a list of things that I wanted to achieve. My main aim was to get a new car, a pay rise and take the family on a holiday. I cut pictures out of magazines and pasted them

onto my treasure map (Vision Board). I keep it in the study so I can see it all of the time.

After doing your workshop amazing things started happening. On the very next day I went to my bank account and money had been deposited (it was an unexpected family back payment.) I couldn't get the smile off my face. I knew I could book the family holiday to Thailand. I had been wanting to ask for a pay rise but never felt confident enough but after reading "the secret" and doing the workshop, I asked and I got my pay rise. I was trying to work out how to get the car as this was my main goal on my treasure map (Vision Board). After only a few weeks after the workshop one of our friends who works with cars organised to trade my husbands car in for my new car. It was quite funny as I cut out a blue Mazda 3 but actually wanted a black one and I got a black one.

But one of my most precious aims was for my two daughters who have never got along, to get along. I had cut out a picture of each of them and wrote the word love around them this was in the study where the girls spend a lot of time and not long after I could hear laughter from the study, both of my girls enjoying each others company to me this was something that was out of my control and still gives me much pleasure.

I am still amazed at how easy and unbelievable these things that have happened. I am always happy and positive and believe good things happen to good people. I have encouraged both of my girls to do their own treasure map. By putting your dreams on a treasure map it keeps you focused on what you want to achieve and keeps you

from getting side tracked. But you can't sit back and wait for things to happen you have to put some effort in. I will need to do a new treasure map soon as I have nearly achieved everything on my map.

Thanks again Barbara you have taught me life skills, not only to dream but to achieve my dreams.

*Much appreciated "- Michelle Bennett, Australia,
11/05/2007*

Action Steps:

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Notes:

Vision Boards and the Power of Gratitude

Are We There Yet?

How many time do kids ask.. "Are we there yet?" "Are we there yet?" and we get so exasperated with that incessant question, don't we?

The answer usually is:

"we are on our way "

"we are half way there",

"it won't be long now"

"it's only 3 miles, hold on!"

Have you noticed that we know where we are, how far we have come and how much longer it takes to get to the destination and we expect the children to be quiet, stay happy, be patient and do something till we get there.

We know where we are going and we are absolutely sure we will get there and the kids will (we hope) be happy!

Is that how you are in your goal achievement program?

You create your Vision board/ Treasure map, your dream destination. Then you begin the journey! Some people have their goals show up instantly, almost like magic, and that is the Law of attraction in action.

These "satori" moments are experienced by many people who first create the Vision board; it is as if the creating of the vision board was the last action step required in that particular journey! And "poof" it - your dream, a check in the mail, a business deal, a new relationship - appears. The Vision Board is the tipping point, the "straw that broke the camels' back."

And then how quickly do we move on, forget about the celebration and the thrill of achievement and start on the next journey to the next dream goal and then we start asking ...
"Are we there yet?"

It is perfectly normal to do so, as we expect all our dreams to be fulfilled as quickly easily and instantly as the first one or first few. Isn't that the promise of the secret and the law of attraction? As you so so you shall reap? Like attracts like?

But not all goals happen "instantly", some take a little longer, there is a growth process involved towards the new achievement. Often we think we have all we need to accomplish and manifest a dream goal, but when it doesn't happen instantly, then the searching and growing and learning begins. And often the doubts set in, as we start to compare the distance or the gap that lies between where we are and what we want, or where we want to be.

One sure fire way to stop the nagging from our conscious mind's judging and evaluating and complaining about how far we are from our new dream destination is to be Grateful for everything you already have today, now, in this very moment. Our lives are made up of moments, everlasting "now's". If we can grab this moment and any moment and look around, listen to the inner voice take hold of and be grateful for what we have, you will be amazed how much more quickly you will start manifesting what Joe Vitale calls "miracles".

Since "The Secret" has been around a while, I know there are gratitude journals, gratitude boards and gratitude rocks! All stating the importance of gratitude.

Even if you do have a habitual practice of gratitude, and are seeing great results, have you tried spending the day in gratitude?

I came up with this process recently during a particularly trying "growth" spurt. These spurts can be interpreted as, blocks, slow

downs, and frustration with reality not producing the desired outcomes quickly enough.

Even though I was diligent with my daily gratitude list of 5, 10, 20 daily items, I felt I would benefit from just letting go and allowing the Universe to look after things for a while, as I felt I was just "trying too hard."

So I created a **Day of Gratitude** where... every conscious moment I was grateful. I was thankful for whatever I was observing, receiving or doing, and my day was made up of moments of grace and beauty.

I soon found that all I had been trying to force and manifest through sheer will and determined intention, came around through Synchronicity and far greater results were achieved than I have previously imagined.

At this time of Thanksgiving, look at what you can be grateful for and why not experiment and dedicate a whole day to the process of gratitude and see what miracles show up.

*"Do not spoil what you have by desiring what you have not;
but remember that what you now have was once among
the things you only hoped for." - Epicurus*

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Notes:

How to Make a Powerful Vision Board

What Is A Vision Board:

A Vision Board is a specific Law of Attraction success tool. It can be used as a powerful life transforming blueprint that guides you in achieving your goals and dreams, easily and quickly by reprogramming your powerful subconscious mind. It is also known as a treasure map, dream board or goal board and provides you with long term sustainable results. Vision boards became extremely popular after *The Secret* DVD featured John Assaraf's story about his vision board success. John's story is about how he was living in his dream home and he didn't realize that he had bought the exact same house, that was on his goal boards because the boards had been packed away in boxes for a few years.

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 your conscious mind has something tangible to focus on as you plan your action steps and forward direction.

How to Make a Vision Board:

Traditionally, a vision board or treasure map is a work of art, a collage of well chosen images, words and phrases arranged in a pleasing manner and glued to a poster board. Your life is a "work of art" and you are the alchemist of your life! Find a poster board in a color you like, choose happy photos of yourself and loved ones and lots of inspirational pictures from magazines about what YOU want in your life. These pictures can be symbolic of your desired outcomes. Next,

arrange and paste these images and words onto the board and prepare to do some inner "mind power" activities and exercises to help you achieve your dreams and goals. The map can be quite abstract; it just has to make sense to you and your SUB conscious mind.

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 frustration, a 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 just understand 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 share, 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 Long will it take to See Results:

Some people experience the tipping point and see results immediately. For others it takes a little longer. The time frames depend on how much time and effort and energy have been already invested into the goals and dreams that you are putting on your map. I cover this topic extensively in the Workshop - "Treasure Mapping your Way to Success" and during my private consultations with clients.

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 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 saw and bought a great deal and 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:

Once you have made your vision board or treasure map, put it where you can see it daily and enjoy looking at it. Make sure you share it with only supportive people.

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.

For support, follow-on tools and processes email:
barbara@visionboards.net

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Notes:

The Law of Attraction and the Art of Being

Have you ever written your "to be" list instead of your "to do" list? What and who do you want to be? I learned about the Law Attraction in 1985 and very thank fully soon after, I was given the opportunity to start teaching the concepts. In 1991 I learned about "Treasure Maps" now referred to as Vision Boards and by combining the two techniques of having a Visual goal and applying the law of attraction principles, my biggest dreams came true in 1994 and then the whole "treasure trove" of bigger and better dreams just kept flowing.

In 2005 I updated a section of my course I had been teaching in the early 1990's and released it as Vision boards - "Treasure Mapping your way to Success" - teaching the law of attraction using the Vision board process as the first step in attraction.

The core principle is that **the Vision board becomes a magnet** for you and as you practice the basic and then the advanced mind skills, you begin start to resonate and reverberate at a different frequency, sending a strong signal out into the universe.

During these practices something happens in your brain and as you focus more on what you want the reticular activating system in the brain (the part that acts like a spam filter) starts to seek out and allow in to your awareness "vibrational matches" and that's when you begin to notice and see things you may have previously missed, ignored or for some, been oblivious to.

The law of synchronicity "kicks in" and you experience "meaningful co -incidences." Opportunities appear, things start "falling into place."

All these cliches start to become very real and have a deeper meaning as you experience them in reality and no longer in the imagination.

Until recently I just accepted that once you become the person who naturally resonates these things then reality flips and people start to live their dreams.

I never quite understood the mechanics of the believe step. I heard people flippantly say "just believe" when you believe it, "truly believe it". Well how do you really believe something that you are trying to manifest, that you are visualizing and affirming to your self over and over and over and over again, especially when it doesn't come as quickly as you expect?

It's in the "Art of Being".

Recently, I heard a speaker say "stop attracting and start being". I kept hearing about the art of being, in fact, the life coaching process I share with my clients is about be-ing.

Who you are at your core dictates what you do, what you attract and therefore how you are in the world. It all stems from the core, your deepest beliefs. And there is that word again belief!

Our basic core energy, our resonance is made up of a whole lot of beliefs which statistics say are not even conscious. So how do we transform ourselves from the core?

"Be - live" in the moment. Live the event be LIVE, be present! Be alive in each daily moment truly living your life not off in some day dream, not in denial about what you have and don't have, not dreaming about something else but living in your life and appreciating all you have. You will find new levels of enthusiasm for what you want to accomplish.

How do you change your beliefs and what you attract to you?

When you visualize the life you want, then "be - live" in that visualization have every cell in your body resonate and be in that moment. When you do this you are sending out a strong core essence - be-ing the dream, living the dream, for a powerful 5 -10 minutes daily. Looking at your Vision Board a picture of the goal, the end result you want, will help you get into the believing - "be-live in your dream" .

I remember Zig Ziglar saying "Be where you are"... and on stage, demonstrating how stressful and exhausting its is when your body is at work but you mind is at home, and vice versa.

Be here now! Notice what you want in every moment. Become aware of how you react to situations in your life, how "present" you are and whether your thoughts are focused on opportunities, problems or daydreams. The more you stay present the more personal power you have and the better choices you make.

When you take time to look at your vision board and visualize you are present "living in that moment", the stronger is the vibration that you are emitting and the more attraction power it has. The more you believe in that moment - by being alive in the moment - the faster you will attract.

Have fun and enjoy each moment.

Wayne Dyer said "You will see it when you believe it".

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Notes:

Are You Still Jumping For Joy?

Would you like a really practical and fun way to feel energized, create motivation, find the inspiration to achieve your business goals and personal dreams? You have probably seen and heard DVD's like "The Secret" or "What the bleep?" state that everything in the Universe is energy and like attracts like. What exactly does that mean? Like attracts like?

Can opposites attract?

Well, if you really examine, the "opposites" attract theory you will find at their core, these things that are meant to be opposite are really the same! Magnets are still metal, just one end has a positive charge, the other end has a negative charge, but it's still a metal magnet attracting other metal objects. You may be attracted to your opposite, but you will find you have more similarities than opposites.

In this Universe you cannot attract the opposite.

You will always attract to you, the people, situations and circumstances according to your own personal vibration. The energy you send out comes back to you, the thoughts and feelings you experience many times over and/or more intensely, will in fact come back to you. So how do you attract what you really want?

One fun way is to **JUMP FOR JOY!**

I observed a small child recently in a store. As his father was about to give him a sweet treat the child jumped for joy, clapped his hands, giggled laughed and was unashamedly eager to receive the treat! When he received it, he gobbled it up joyously, still extremely excited, happy to experience the gift and buoyant, even effervescent in his energy.

His happiness and delight, charmed and amused all of us who stood there and watched this sweet innocent child. Can you remember the last time you were so excited about receiving something that you literally jumped for joy? I can and it wasn't too long ago! I get that excited every time I run a Vision boards class because I know what treats, goals and "*dreams come true*", that my students will be attracting to themselves.

Energy is catchy!

Your energy or emotional state sends out a resonance in waves (imagine a rippling effect) and other people are always affected, just as you are affected by others' energy or moods. Do you know someone who has the ability to cheer up a whole room...

JUST BY LEAVING?

People who are not aware of this transference effect, will always be on a roller coaster emotionally and either feel happy; raised by a strong, powerful, happy person's energy, charisma and vibrant personality, or easily brought down by a dark, bad tempered or aggressive individual.

Only those who are well trained, in maintaining their own energy levels and understand emotional intelligence can avoid being affected by other peoples moods.

For those who believe in the "law of attraction" principle, understand that the Universe responds to all the energy you put out. Your personal vibration, your resonance (your predominant thoughts and feelings) is what is responsible for what you experience in your reality not your wishes and hopes and longings.

Like attracts like. Success brings success.

Jumping for and celebrating your goals, even before you attain them, can give you a surge of energy, a boost of enthusiasm and creativity that you may not have experienced before which will lead to new ideas and action steps.

So why don't you start now to jump for joy? Look at your Vision board and celebrate it, jump for joy, enhance and increase your personal vibration, become "jazzed" deep in your core and attract to you more things that you really would "jump for joy" about.

Please send this to your friends now and have more people jumping for joy in anticipation of and celebrating their dreams and goals with you!

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Notes:

The Immense Power of Appreciation and Gratitude

Appreciation and Gratitude are quite popular concepts nowadays, since *"The Secret"* exploded into our consciousness. As you know, practicing and becoming expert in the basics give us a strong foundation to build on.

If you are already practicing gratitude and keeping a journal, or a gratitude board, consider adding this distinction to your current practice and see how much more energy becomes available to you to attract your dreams and desires.

Consider writing a daily list of your Gratuities.

1. What or who you are grateful for...things, people, events.

Writing a list of all the things you can think of, that you already have in your life is a powerful process. A minimum of 5 and any amount above that is good. In this case, if a little is good, more is better. It can be the most basic of things to the most profound. The first two items on my gratitude list everyday are "Thank you for my good health and my healthy husband and family." After that, I list whatever I decide on that day. Somedays my list comprises of 5 items, other days it is 15- 20.

2. Why are you grateful?

Choose some items from your list and write another list as to why you are grateful for each of these things, people or events. This process of appreciation adds importance to each item and impacts your neurology. As you search for reasons and ideas, your mind remains focused whilst lingering on a pleasant topic. In fact, this is an ideal and easy way to improve your concentration, and it is a great subject for contemplation, which strengthens your ability to concentrate. The conscious mind is in constant motion, it is usually

very active and often turbulent, therefore, training your mind to remain focused for a period of five minutes or more, adds power to everything you do in life, including your visualizations, affirmations and any other creative work that you may practice to activate the law of attraction.

3. How does it makes you feel?

Ask this question for each item on your list, because this question adds emotion, which strengthens your "vibration" and resonance. You may also find out what your values are, as the same feelings may emerge from each item that you question. An example of this is: I feel a sense of freedom, great love or support. The universe will deliver to you situations, circumstances, events and people according to your predominant thoughts and feelings which create your resonance. You may start to experience more reality according to your values.

Adding the focused questions of why and how, helps to add to your "attractor factor" (Joe Vitale's term), your vibration of "already having" what it is you want. Being appreciative and considering these concepts allows your creative mind to contemplate and reach far more deeply into the concept of gratitude and the art of allowing and receiving. While you are thinking and feeling about what you already have in life, you are allowing or inviting the universe to bring you more.

Your resistance is down, and you are not thinking about what you don't want, or feeling lack or limitation, you are in the attitude and vibration of appreciation, gratitude and maybe even love and that sends out a strong signal to attract what you want, and now you are open to receiving it.

Some days when I am feeling stuck and my goals seem so elusive, I spend a day in gratitude. I let go of all expectations and just

give thanks... pretty much all day. When I do this process, I feel a sense of relief and a "letting go" of tension, worry and fear, and I always find that shortly after, I receive an abundance of events that I am extremely grateful for... Great things happen, I meet incredible people and I seem to be in the right place at the right time. Try it today, make it a habit and then allow the universe to reveal and bring its treasures to you.

" The Universe may not give you what you want, but it does give you what you have been thinking. Thoughts become things, so choose the good ones." - Mike Dooley

"What you think about and thank about, you bring about."
- Dr. John Demartini.

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Notes:

What Questions Do You Ask Yourself?

"The quality of your life is based on the the quality of the questions you ask." - Dr. John DeMartini

When you experience a problem or things aren't turning out the way you expect, ask yourself a powerful question.

The one question that Jim Edwards (internet marketing expert) says, has made him the most money is:

What's the Opportunity?

Instead of getting upset, resisting and trying to figure out what is wrong, or what went wrong, or how it went wrong. It's far more powerful to ask for the lesson, gift and opportunity in the situation. You will find either the situation disappears, or the difficulties dissolve and you are moved towards your goals much more quickly. Sometimes the answers come rapidly and sometimes they may take a while and you may have to ask yourself the question repeatedly before a viable answer evolves. The answer may require, learning a new skill and therefore the resolution may take time.

Einstein said the mind that creates the problem is not the same mind that provides the solution. You need to go outside the realm of what you already know to get new ideas, inspiration or intuition, to allow theses ideas to come to you.

We all have gut feelings, hunches, and ideas that "pop" into our minds while in the shower or out walking or when focused on something other than the problem at hand. Many successful people trust and act on these feelings and intuitions as they are "wired" to seek solutions and don't dwell on "problems."

Be Solution oriented and ask Questions that direct you towards what you want.

Some additional and good questions to ask are:

What's the highest and best use of my time right now?
How can I have a great day today?
How can I be most efficient with my time?
How can I have more fun?

What will resolve this matter?
What would it be like if.... (insert your statement/request)
What would my life be like if I was happy today?

Another set of questions can be reframes of current questions

Instead of asking yourself:
Why can't I... ? *Reframe it with* How can I...?

Why did this happen to me ?
or How did I attract this? *Reframe it with:*
How can I attract ... the opposite of the unpleasant situation,

or specifically ask for what you want:
more money,
a happier relationship,
better health,
peace of mind,
more energy.

You will find the more you ask yourself empowering questions the more empowered your life will become and the answers will come more clearly and quickly which will enable you to continue moving in the direction that you want, to achieve your dreams goals and desires.

Enjoy the journey and ask empowering questions.

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Vision Boards and the Four Step Success Formula

When I was invited to speak to 120 high school teenagers and share with them the basic principles of Treasure mapping, Vision boards, effective goal setting and understanding the law of attraction, I must admit I was a little anxious.

How would I get the message across succinctly, clearly and powerfully? What was the best way to inspire, motivate and activate these young adults, to set goals, understand and believe they can achieve their dreams?

After careful consideration, I decided, I could teach them through a powerful and simple 4 step formula:

1. **Goal: Know what you want.**

The clearest way to get this point across, was to ask the kids if they ever went into a restaurant and ask for food because they were hungry. They laughed. They knew that when you order food, you order specifically what you want! Right? Who goes into a restaurant and says

"I'm really hungry, just give me anything.."

But how many of us ask that of the Universe! I am lonely I want someone to love, I need a job, any job... but when we aren't specific in requesting what we want, we are actually leaving it to other people to decide what we receive. and then we blame them for not fulfilling our needs, wants and desires. Its not their fault, if you don't ask specifically for what you want!

Did you know, most people don't have what they want because:

- 1) They don't know what they want.
- 2) They no longer believe its possible or
- 3) They don't believe they deserve to have it.

2. Clear Picture: Your powerful creative mind works in pictures.

Creating a Treasure Map/Vision board is an incredibly powerful tool for getting what you want. Your powerful subconscious mind only works in pictures, sounds, smells, tastes and feelings and will do whatever it can to bring YOU, your most predominant thoughts, feelings and belief systems, but it only relates to sensory information. So if you have a goal make sure you have a clear PICTURE, not only written goals. If you write "picnic" and try to list all the details of a great picnic and your subconscious mind still remembers and references, the picnics at the beach with sand in the potato salad, soggy sandwiches, bugs, flies and no bathrooms? What sort of results do you think you will get?

And then we wonder why we don't get our goals, or the law of attraction isn't working. It is working, but its attracting the pictures that are already in your "old filing system" instead of what your think you currently want.

With a Treasure map/ Vision board your subconscious mind will change its course and bring you what is on your map, not what is stored in its memory banks. You will overwrite the old non supportive programs. Your past will no longer automatically create your future.

3. Beliefs: "You'll see it when you believe it" - Wayne Dyer

Your belief systems give you exactly what you believe you deserve. If you want to know what you really believe, look at your life. Your subconscious mind always gives you exactly what you believe.

If you want something other than what you currently have, you will need to reprogram your subconscious mind. The most efficient way to to this is to:

- 1) Create a Treasure Map/ Vision Board with the goals, dreams and desires you want.

2) Look at it and celebrate it for 30 days. Like attracts like. What you see in your mind and feel in your body you will soon see and experience in your life. Always visualize your desired result as if it has already been accomplished.

3) Now, you have programmed your subconscious mind and it will bring you your new beliefs.

4. Action to Success:

"NEVER, NEVER, Never Give up!" - Winston Churchill

This very famous phrase needs to be updated. Nowadays, we understand how the mind and brain work and we know that we must give our subconscious mind, the command stated in the positive. We have to state what we want, not what we don't want.

Your subconscious mind doesn't hear /see the qualifying word, (never, cant, don't) and only moves in a forward direction. Can you see a picture of "never give up?" No, in order to do so, your mind will see the picture of giving up before you can imagine NOT giving up. The better more effective and powerful way to say "never give up", is to say:

ALWAYS, ALWAYS, ALWAYS KEEP GOING UNTIL YOU SUCCEED.

So many people start out enthusiastically towards their goals, but soon give up, when the going gets a little tough and again, they blame the situations, circumstances and anything, except the fact that they just Gave Up! If you take action and persist and continue till you succeed, you will find the journey to your goals, dreams and desires will be shorter and easier. The difference between a winner and a lose is, as loser falls down once and stays down. **The winner falls seven times and gets up eight.**

You know what you want, you have a Vision Board / Treasure map, a clear picture of your goal, you believe IT IS possible and all you have to do is keep going and persist until you succeed.

Enjoy this 4 step formula and share it with your FAMILY AND FRIENDS today.

Barbara Pellegrino

barbara@visionboards.net

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Make this Year - YOUR Year for Success

If you really want to be successful at anything, you will always need to get "back to basics." Understanding the fundamentals is paramount to achievement. Vince Lombardi the legendary coach of the Green Bay Packers football team, is famous for beginning each summer training camp by holding up a football and saying

"Gentlemen, this is a football."

It seems a bit redundant doesn't it? Don't you think that these champion athletes, know what a football looks like? Yet Vince Lombardi felt it imperative.

Now, imagine if you were building a new house, where would you begin? Choosing the paint color, the window trims or light fixtures? Or digging the foundation and deciding on the materials that will comprise the basic structure. It may be more fun to chose the "pretty" things first, but having a strong powerful foundation, for your house is far more important initially. Even if you do choose the paints, trims and lights first, you will need to put them on hold, or in storage somewhere until the house is ready.

It seems to be common sense, yet, I see many people trying to achieve their dreams and goals, with out first building a strong foundation.

Especially, when one dream has been achieved and a new goal is set. People often forget that they are embarking on a whole new journey, entailing new lessons and mastering new skills.

Therefore a basic mind power program, daily, is essential to all success. It is how you master the law of attraction. The Universe is impartial and unemotional, it will only reflect back to you, your predominant thoughts and feelings, not your vague wishes, slight hopes or faint desires.

As Mike Dooley from The Secret says " The Universe may not give you what you want, but it does give you what you have been thinking." So how do you create predominant thoughts and feelings?

To guarantee you have the fundamentals covered:

1. Create a Treasure Map/Vision Board and have written goals.

A thirty year Harvard study found that the top 3% of the graduating class, controlled 95% of the personal wealth and all had specific and written goals. All success systems encourage you to write your goals. Many suggest you write them as if they are already accomplished and some personal development trainers suggest you write them out daily. Bob Proctor suggests writing goals in this manner: " I am so happy and grateful, now that...(fill in the blank with your current goal)...." Written goals are great for the left side of your brain. Pictures are great for the right side of you brain and for the subconscious mind. So for a whole brain integration, make sure you have a colorful and vibrant visual goal board in addition to your written goals.

2. Visualize, Feel and Celebrate the end result daily.

To guarantee your success vibration, a daily 5 minute, full sensory visualization, celebrating the end result (feeling the relief and gratitude of an accomplished goal) is far more powerful than scattered or intermittent positive thinking throughout the day. Thoughts are real forces and can be scientifically measured. A focused 5 minute celebration has far greater attraction power than many less focused thoughts added together. People often think they are "doing the work" when they aren't really. This is the difference between going to the gym and chatting to your friends versus going to the gym and doing the exercises.

3. Be diligent in your practices.

In The Seven Spiritual Laws of Success, Deepak Chopra says; *" Success in life can be defined as the continual expansion of happiness the progressive realization of worthy goals. Fulfilling ones desires with effortless ease."*

The way he suggests this can be accomplished is by a daily mediation practice. Even though goals change and accomplished dreams become the basis of new desires, dreams and goals, the method by which they are accomplished remains the same, daily basic practices.

No matter what goal, dream or desire you are working on now, the important part is your daily practices, the foundation of your goals rely on what you do every day.

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Before You Make This Years Resolutions You Must Consider

"This is the time of year people make resolutions they don't plan to keep!" Did you know 95% of all New Year's resolutions are either forgotten or broken by "Blue Monday", the third Monday in January?

If you want to achieve the New Years resolutions that you are setting please consider the law of attraction and do the following:

- 1. Choose** which goals you will fully commit to.
- 2. Decide** which goals you will de-commit from or let go of.
- 3. Complete**, celebrate and acknowledge all last years and prior success to add momentum and activate the Law of Attraction for 2008.
- 4. Create** your new Treasure Map/Vision Board and use the accelerator techniques for a minimum of 30 days, to give your subconscious mind a full sensory experience of what it is you want.

Do you set the same goals year after year with out really ever attaining them? If you do then you are giving your subconscious mind a very powerful message that you are not really wanting the goal you are setting. I am not talking about a long term goal that may take a few years to achieve, I am referring to the "frivolous" goals that are set with good intentions and then forgotten about or broken, each year.

Do you know which goals they are for you? Is it a weight or fitness goal? A relationship goal? An educational one? A financial one? Which one of these do you just keep meaning to follow through on, but never manage to find the time or have the willpower to **"Just Do It"**.

Your Subconscious mind knows that you are not serious about having what you say you want and therefore, it will continue to sabotage the result, not because its your worst enemy, but because it's what it has been programmed for, year after year

Now, it's time to commit or to de-commit and its OK either way.

If you fully commit, then you can be confident about having the law of attraction working in your favor by using the powerful techniques of Acknowledgment and Treasure Mapping/Vision Boards, briefly explained below.

If you de- commit then you can be confident that you will release old heavy "baggage" and allow the new goals to manifest more easily and effortlessly.

You will be amazed at how much energy is "free-ed" up, once you actually let go of the old goals that you have been "should-ing" on your self about. In fact in some cases the mere fact of letting go and releasing the obligation and worry about the goal, gives it the space to manifest anyway. (If this has happened for you please email me your story as they are always inspirational for others).

Psychologists say that we can only pay attention to 7 plus or minus 2 things at any one time, if there is more "on our plates" our attention units can become overwhelmed.

This is explained in Jack Canfield's recent work, *"Success Principles"*, where he mentions this, discovered by a German psychologist, *"who noticed that a waitress, who had not yet had the bill paid, could remember everything that was ordered for the meal even if there were eight people at the table, but as soon as the bill was paid, she could not remember half of it, which is good, as her mind was able to become "present" to focus on the next thing."*

To free up your mind's attention units for the year;

1. De- commit from unfinished, forgotten goals now.
2. Acknowledge yourself for anything you have achieved, celebrate it and declare it complete!

As you have heard now, so many times:

"Like attracts like", "Success breeds success".

More success will come your way, when you "feel" successful, but you cannot feel successful if you do not look for and acknowledge your successes. The success can be major or minor. it doesn't matter. What matters is that you acknowledge yourself for whatever you did do. Write down now, your success's from last year.

And finally create a new (or update your old) Treasure Map/ Vision board to acknowledge your success's and completions, to fine tune current goals and to add any new goals you have for 2008.

Wishing you an awesome and wonderful happy, healthy and fulfilling year and congratulations for your great success's and accomplishments.

Love Barbara

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Notes:

Your Money Or Your Life?

Which one would You spend:

- * To have your dreams come true?
- * To become an overnight success?
- * To have, be or do whatever you desire?

The main reason people don't have what they want is, they don't have enough, either time or money, to invest. Do you believe that? Most people you meet are willing to invest maybe one or the other... but not both. But the most successful people in the world, do invest BOTH...TIME AND MONEY!

They continually study, learn, grow, buy programs, hire coaches, seek out mentors and invest in their personal development and education to become who they want to be and the best they can be,... entering the world of their dreams, armed with a breadth of knowledge, practical application and a "never give up" determination and passion to achieve exceptional results.

If you wanted to achieve any physical goal, whether it be get in shape, playing a sport, trekking through Peru! What would you do? Doesn't it make sense to follow a structured training program and practicing daily, to continually improve your skills and performance? Wouldn't it make sense to hire a coach or a trainer, to "fine tune" your skills and to bring out and develop your natural talents and abilities?

If you wanted to learn a musical instrument, wouldn't you would want to hire the best teacher and even then, you would still need to practice the skill and evolve your natural abilities, long before you would feel ready to perform as a musician. Yet these days we are lead to believe that it is natural and normal to do a little and get a lot. Start something new and then receive immediate overnight success.

Unless you have innate natural talent and abilities, like very few people, you will need to develop and grow your skills. Tiger Woods

has natural and innate abilities, but he still gets the best coaching and spends the time to stay "on top of his game." Mozart was a child prodigy, but it still took time and focus to develop his talents.

Who do you know that became an overnight success without a history of development? You will find anyone who has achieved any level of expertise has invested both time and money to develop their skills. Even the "overnight success" stories, usually have up to 10 years of solid learning and skill building prior to their "instant success."

If you have limited time, then you can invest your money to get the best training programs and personal coaches to fast track your success. There are many people already proficient in so many areas, you can probably find experts who have worked out the quickest and most efficient methods to achieve mastery in an area.

If you have limited money, then you can invest in a home study training program and spend the time going through the proven exercises that are provided for you. There is a saying the "practice makes perfect." IT IS NOT REALLY TRUE. Practice makes permanent. It is only "perfect" practice that makes perfect. Get a proven, home study program that has been designed to fast track you. Either way if YOU choose a path and stick to it - you will succeed beyond your expectations.

*"Your thoughts determine what you want,
your actions determine what you get."*

Take action today... hire yourself a qualified personal coach to fast track your developments and success, or purchase, at a much lower cost, a proven self study program and invest your time, to become who you want to be and achieve your dreams! Either way you will get what you want - all it takes is your commitment and your focused, continued actions.

"If you don't believe and invest in you - Who will?"
"If not Now - When?"

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Your Feedback is Important!

Please use these pages to answer these 4 simple questions and return to us for a FREE Audio CD or Gift valued at \$30.

Please mail to **Creative Living Seminars LLC**, 9 Malunui Ave, Kailua, HI 96734
or email to barbara@visionboards.net

1. What Article(s) / story gave you the most benefit?

2. What Action(s) did you take?

**3. What questions do you still have about
Vision Boards/ Law of Attraction?**

4. Regarding Law of Attraction & Vision Boards:

- a) What is your greatest challenge?
- b) What is your biggest Success?

Any Further Comments:

Name :

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☐

Yes, you may use my feedback in future promotions.

Signature: _____ Date:_____

We appreciate you taking the time to give us your feedback

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