



Creating an
Effective Vision Board

a step-by-step guide for
Living Your Personal Best
and manifesting your dreams!

Bonus Articles:

*Why doesn't the Law of Attraction work for me?
& Life is Too Short To Pretend Reset your Attractor Field*

Written By
Denise J. Hart
The Motivated Mindset Coach
& Momentum Expert
www.motivationmama.com

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Dear friend,

Thank you!

We don't take it lightly when someone chooses to allow us to be a part of their investment in themselves as they make the commitment to take their life or business to the next level.

You now have your very own copy of *"Creating an Effective Vision Board a step-by-step guide to Living your Personal Best and manifesting your dreams!"*

I have used the techniques in this guide myself, and I've taught them to many others to help create a strengthened and clear mindset for manifesting your dreams.

This guide will help you:

1. Clarify - what it is you desire?
2. Identify - where are you now?
3. Execute - take action to create and receive what you desire

We know that if you take the action steps laid out in this guide, your life will never be the same. Please let us know how your life is transforming and how we can be of further service to you.

In truth, love and unlimited possibility,

*The Motivated Mindset Coach
and the team at
Mindset Mojo, LLC*

Denise's Story

Motivated Mindset Coach & Momentum Expert, Author and Global Leader, Denise J. Hart is fulfilling her life's purpose by helping entrepreneurs, speakers and women live an unstoppable life. They laser focus on what's next for their life and business... AND make the kind of money they know they deserve!

A lively, dynamic speaker and facilitator, she's also the author of the go-to-guide for women who want to thrive, *"Your Daily Mindset Mojo - 365 power thoughts to help you change your mindset and transform your life!"*

As a speaker Denise is known for delivering her message centered on truth, love and unlimited possibility in her signature style filled with humor and kick-in-the-pants honesty!



Denise is the founder of **The Momentum Institute for Women** committed to expanding the presence of truth, love and unlimited possibility in the world.

From graduating from college at the age of 32, to becoming a tenured college professor and owner of a brand and soul message that helps millions of people around the world live a better life than they could have even imagined, Denise's life is a testament to her optimistic "Kick fear to the curb" and Don't Quit attitude!

One of four children raised in Omaha Nebraska, by a single mother forced to rely on welfare, Denise knew at a young age, that she was destined to impact and inspire the world but didn't quite know how she would do it. After a lack luster high school experience where she maintained a 'C' average, she was awarded a track scholarship to attend college in her hometown. Uninspired, she spent 8 months as an undecided major, then dropped out.

She spent the next several years paying her bills as a night janitor and working in the food service industry while doing community theatre on the weekends. One day she decided she had to get out of Omaha and figure out what to do with her life. She relocated to Harrisburg PA and visited several major east coast cities. Finally, at the age of 24 she applied to attend Howard University to study theatre, was accepted and received a partial scholarship. For two years, Denise was on cloud nine. She was focused and maintained a 3.6 GPA, however she couldn't afford to pay and her family could not help her pay the balance of her tuition and she was forced to drop out of school, again.

Deterred, but not willing to quit, Denise spent the next three years working full time as a receptionist and saving money. During this break from school she gave birth to her only son, then in 1994, using her savings and student loans, she was able to return to school and two years later, finally, at the age of 32, Denise graduated from Howard University, magna cum laude.

For two years, she continued to use her 'Don't Quit' attitude as she commuted to New York for graduate school every weekend and in 1999 had completed her MFA. Shortly afterwards, when her marriage failed and she was on her own raising a young son with an enormous amount of debt and mounting bills, she took on two part time jobs and started performing in theatre.

One of her most uplifting achievements came after contemplating suicide when she was repeatedly harassed because she couldn't pay her student loans, Denise decided that she would do whatever it took to live debt free and never again end up in a situation where she owed someone money and couldn't pay it back.

In 1999 she immediately stopped using credit cards and went on a cash only existence. She eventually purchased her first home in 2002 and in 2005 sold it for double its value and paid off \$70,000 in student loan debt with one single check!



In 2005, she once again had to call on her 'Don't Quit' attitude as she faced down fear and stepped up to stand up for her life as she won her battle with breast cancer, but one year later, in 2006, she stood over her mother's grave because her mother lost hers. It was then, that Denise made a commitment to honor her mother's life by not only learning to trust life and live again, but to live well.

Desiring to have a real and meaningful relationship with her father, despite his history of domestic abuse, in 2009, at the age of 45, Denise began the most challenging quest of her life, to forgive her father and build a quality relationship that would rest on a strong foundation of love, truth and trust. The road was not paved with ease but the pay off has far exceeded her desires. She and every member of her family has been transformed as she and her father have become an example of the awesome power of healing, forgiveness, respect and love.

A serial entrepreneur, over the years, Denise started, dissolved and re-started, several businesses before she was inspired to start her soul message company, Mindset Mojo LLC and embark on the journey to use her soul gift to impact the world and inspire millions to KICK fear to the curb and rock their mindset mojo so they can be more, do more and have more of what they really truly desire.

Denise knows that a Don't Quit attitude can't fix everything, but she also knows that if you keep going after what you want despite the fear you may have, you just might end up with something you could hardly even imagine!

WHAT IS A VISION BOARD?



The picture to the left is a section of a vision board I created several years ago. The primary focus of the board was on health, wellness and positive mindset.

So what is a vision board? Basically, it's a collage like project that you fill with images, words and statements that reflect the kind of energy, growth and development you want to be dominant in your life.

Everyone is visioning things in their daily lives. When you use a vision board you're simply creating something tangible that reinforces the positive thoughts and advancing ideas in your mind and inviting more of that energy into your environment.

I recently completed two new vision boards. One is for my new business and book venture **"Your Daily Mindset Mojo - 365 power thoughts to change your mindset & transform your life,"** and the other is for my personal life. I'm really pleased with how they turned out. When I look at them the energy emanating from the boards makes me feel certain, supported, assured and excited.

As you can see, I'm a really big fan of using a vision board to help transform your thinking and thus, transform your life.

DOES IT WORK?

Many ask, does a Vision Board work. In my experience and for many of the women who've taken my vision board classes, we would have to say yes.

The reason why a vision board can work is because the board is a reflection of the thoughts we hold around something we desire to come into fruition in our lives. The board becomes a visual reminder resonating the energy of what we desire. I desired a healthier life and that's exactly what I manifested.

Using a vision board can help you to clarify, focus on and achieve your goals.

DIFFERENT KINDS OF VISION BOARDS

Crystal Clear

This board is used when you have a very clear vision of what you want for your future. You'll be looking for exact images and sets of words. For example: you envision yourself going to Paris within one year. You'll look for a specific image that reflects Paris (Maybe an image of the Eiffel Tower) and maybe the word or number 1, etc.

This board may not need very much editing over the months because your goal is crystal clear.

In flux

This board is used when you aren't sure what you want or you're not sure where you should go or what you should be doing. You'll be looking for images and words that speak to you in terms of fine tuning your direction. This kind of board goes through much more editing than the Crystal Clear board.

Themed

Use this style of board if you're working on a single area of your life or maybe it's for your birthday or some other event. You may want to manifest something specific by your birthday. You could include the age you'll be and words that reflect what you want to achieve by your birthday or what you want for the event to be a success.

Categories

You should give careful consideration to several areas of your life that you may want your vision board to reflect either singularly or as a whole: Purpose or Mission, Service, Finances, Spirit/Faith, Health, Relationship, Career, Business, etc.

You can design your board to include all or several of the selected categories.

HOW TO CREATE AN EFFECTIVE VISION BOARD

You can create your board on a large piece of cardboard or you can use a piece of poster board. Make it as large or as small as you'd like. The board is there to serve your needs and your preferences matter.

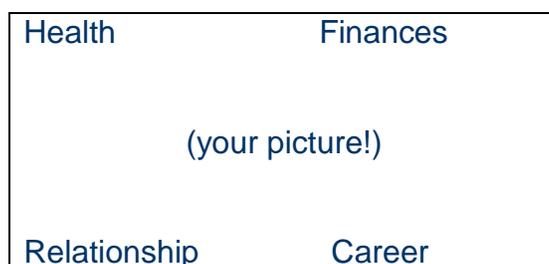
Brainstorm - Gather a whole bunch of old magazines and photos of yourself, family and friends that you may want to use on your board (all of this depends upon what you identified for the areas you want to include on your board).

Go through the magazines and tear or cut out all the images and words that 'speak' to you or resonate to you. Maybe you're drawn to a certain word or image and you don't know exactly why. That's okay, cut out the word or picture anyway. These images and words should fit the categories you've decided to focus on and should feel in alignment with your goals and dreams.

Gather a large pile so you have a lot to pick from once you start the process of finalizing your selections.

Organize – Start to arrange the images and words on the board in a way that feels good to you. Play around with things, moving them around until the layout feels right. Have fun creating the energy that will reflect the vision for your life.

Depending upon the kind of board you're creating you might organize the board by categories. For example, you might design the placement of your categories like below:



You're going to place images and words that reflect your goals for health in the left corner and your finances in the right corner and so on. You can also write words or quotes on your board so you may want to leave some white space.

At the center of the board you can place a picture of you at your best or you could put a word in the center that has a powerful resonance that sums up what your board is all about.

If your vision board is a theme board, meaning it's dedicated to career or some other category, than you don't need to arrange it by category.

HOW TO USE YOUR VISION BOARD

Use it - Looking at the board every day will cause you to always be aware of your dreams and goals. Also, this action will cause your belief in what's possible to be up-leveled. Your subconscious naturally agrees with whatever thoughts you feed it. If you consistently say or think "I don't believe that's possible," then, you won't believe it's possible and whatever it is, most likely won't manifest.

Believe – Remember, a large part of your success with a vision board is believing that you deserve what is reflected on your board. This belief will become the catalyst for you to do what's necessary to meet your goals and achieve your dreams.

Update it – As your vision and dreams shift remember to update your vision board. You want what you've imagined in your mind to move into the tangible world with consistency.

Be patient & never give up – Keep using your vision board to help you to clarify and focus your goals and your dreams. Just because you put an image on your board and it isn't manifested in your life within 2 months doesn't mean that it doesn't work. You have to remain patient, use the tool, believe that you deserve what you've envisioned and keep on living your life. It will come to pass if you keep the faith and allow the Universe to work seeming miracles.

Alternatives - there are also lots of online ways to create a virtual board. Use Pinterest. You can download applications to your computer and have your vision board right on your desktop if you'd prefer to go that route.

Whichever format you use, a vision board is one of the most powerful ways to transform your mindset and your life!

TECHNIQUES TO EFFECTIVELY ENGAGE WITH YOUR VISION BOARD

Using a Vision Board Rant to raise your Vibration

One of my most favorite ways to raise my vibration is to do a Vision Board Rant. I like to do it in the morning after I meditate, but you can do it at any time of the day. Usually, the word rant has a not so positive connotation, but we're going to use it in a very positive way. Here's the meaning we're going after:

- Rant means - to speak in a wild or impassioned manner!

Here's the method you can use to execute a Vision Board Rant.

1. Stand in front of your vision board and look at each word on your board.
2. Spend a few seconds reflecting on what each word means as it relates to why you have it on your board.
3. Next, you're going to say each word on your board and put "I am" in front of each word. For example, if you have the word health on your board, you're going to say "I am health."
4. If you have phrases on your board like "eating foods that are good for you," you're going to say that out loud as "I am eating foods that are good for me."
5. If you have places or material items on your board you'll phrase that as something like "I love my time in Paris." or "My new home is comy cozy and a gathering place for my family and friends."
6. So, make your way around your vision board speaking aloud and affirming everything you've declared more of in your Life.
7. Connect to the feeling of enjoying the truth that your board reflects and being affirmed, supported and encouraged.

Once you finish, this technique will significantly raise your vibration. You might find yourself smiling, weeping or shouting. One might even say, you're going to be on a natural high! Let me know how it goes!

The F.O.C.U.S. Technique

If you need to raise your vibration and strengthen your mindset, use my original technique **F.O.C.U.S.** which stands for:

Focal Point
On
Continuous
Uninterrupted
Seeing & Feeling

You're going to use the technique with your vision board. First, look at your vision board and the very first word, image or phrase you see, you're going to close your eyes and you're going to implement F.O.C.U.S. (say the actual words above to yourself a few times because this is the road map to true focusing).

Now, visualize you being and experiencing the essence of the word/image or phrase that you saw on your vision board.

Next, (still with your eyes closed) you're going to speak out loud all of the associated words that come to mind that reflect how you'll feel and what you'll be doing as the word/image or phrase is manifested in your life.

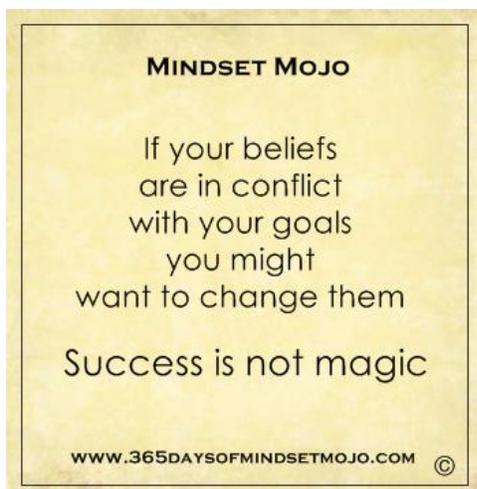
For example, if the word "Author" is the word you see, you'll close your eyes and F.O.C.U.S. on it. Then you might say words out loud like "writer, published, serving, joy, peace, laughter, words, paper, comfortable, flow, etc." Okay, I now you get my drift!

Please stop back by and let me know how using the up-leveled technique of F.O.C.U.S. helped you raise your vibration and strengthened your mindset for manifesting your heart's desire!

Bonus Articles:

*Why doesn't the Law of Attraction work for me?
& Life is Too Short To Pretend Reset your Attractor Field*

The Law of Attraction - Why Doesn't it Work for Me?



Why doesn't the Law of Attraction work for me?

Maybe this thought has been bubbling or screeching to the surface for you. You've been doing lots of reading about the Law of Attraction and trying out the manifestation process. You've been setting your intention. You've been asking, believing and receiving. You are allowing, releasing and trusting, but... nothing's really happening so far.

Over the years of helping others understand and start to consciously practice the Law of Attraction or, put it into deliberate action, I've noticed that there are several mindsets that get in people's way when they begin to consciously practice the law of attraction.

1. Not really agreeing with what they say they want. That means you are saying you want 'X' but deep down, you don't really care about it. You may want it because others want it or other people think you should want it.

For example, you might really want to totally change careers, but you're up for a decent promotion and you express to the Universe that you want the promotion, but due to the split integrity in your statement, the energy that you're sending about the promotion is causing your vibration to be low.

In other words, there's no real heart to your desire and as a result you are attracting a mixed bag of experiences that exactly reflect the duplicity you actually feel about your current job and saying you want the promotion. ~ *Mindset Mojo - you can't get what you desire if you set an unclear intention.*

2. Practicing fake it until you make it and when you don't make it all you're left with is faking it. I'm not an advocate of this kind of thinking because at the core idea is centered on lying and has the energy reflective of a lack of integrity.

Be who you are and where you are with honesty and authenticity every step of your journey. You want genuine authentic connections and if you are faking something what

do you think you will eventually attract. You don't need to dupe anyone even if you think that's the only way you can catch a break. *"Mindset Mojo - you can't attract the truth when you're busy living a lie."* <-- TWEET this!

3. Not believing that what you want is possible. Simply put, if you don't believe it's possible, then it's not.

4. Not seeing results quickly enough. When what you desire doesn't manifest or become a part of your life quickly enough, many people lose faith. When you focus on not seeing the results you stop feeling good about things and you short circuit your highest vibration. You stop feeling good about where you are and where your life is headed, which lowers your vibration and your attractor field starts to attract more of what you don't want.

To keep yourself in alignment and in position to attract more of what you want, you're going to have to lift some "mind weights." Maybe your daily practice of focusing on the truth has fallen off. Get back up by getting on a thought diet. You want to think beneficial thoughts like:

- I expect good things to come to me.
- All things are working out well.
- All things work together for good.
- I am deserving of all the good that is coming my way.
- I am an action taker and I complete my goals.

Notice, this list is very general. Right now, you don't need to mention anything that you specifically want to manifest because as it stands, you're associating those things with something you can't have. You're assigning them negative value.

Instead, you want to get into alignment with the truth that God, the Universe wants you to have your heart's desire no matter how long it seems to be taking. That good things are in store for you always.

Once you start feeling good because you KNOW that all things work together for your good and you expect good things to come to you, you will then reset your attractor field to a high vibration. Continue to allow (the Universe), release (negative or conflicting thoughts/beliefs) and trust (that your good is coming to you right now.)

Remember, everything is possible. Nothing is impossible. Something only becomes impossible if we make it so.

Life is too Short to Pretend - reset your attractor field

Life is too Short to Pretend, but we do it anyway.

We pretend to like things we really don't like and this is what mucks up the law of attraction. Yes, the law of attraction is always working but we wonder why we're thinking one thing and we're getting another. Instead of evaluating ourselves we say "The law of attraction doesn't work." or "Why can't I attract what I really want?"

The biggest challenge we face with manifesting what we desire is we cut ourselves off from feeling really good.

We can't feel good when we're busy pretending. When we pretend, what's happening in our energy field is we're expressing a fake feeling in hopes that everyone around us will believe it and even if they don't believe it's real, at least they won't call us out and reveal that its fake.



Being fake uses up a great deal of energy that should be going towards experiencing real stuff in your life. Real stuff that feels good, makes you happy and gives you satisfaction. Those feelings add up to our sense of well-being.

You see, your well-being has everything to do with what you attract. If you're consumed with pretending and keeping fake feelings afloat and sending this fake energy out into the Universe, how can you expect to attract the real desires of your heart? Well, it's simple, you can't. It just won't work. When you're engaging in your pretend feelings, the yuckiness you're feeling inside undermines the positive thoughts you do have and the images you put on your vision board (if you've created one) that reflect what you really want to attract. You can't feel bad inside and expect to attract good.

For example, if you're having a really bad day it can feel like all of a sudden every negative thing imaginable is coming your way. Part of that is because your attractor field is attracting more things to it that reflect what's already present. Feel bad and typically you'll get more of the same.

For example, if you want a really loving, compassionate, trusting, passionate, love relationship than you can't expect to attract this kind of relationship if you're investing your time and energy in a pretend relationship right now.

So, I guess the opposite would be just as effective: Feel good, you get more good.

But how can you feel good if you're pretending? I recommend that if you want a real shot at having the law of attraction work the way you want it to in your life, stop pretending. Stop. Right. Now. Trust me, we've all done it, but when you stop pretending, several things are going to happen:

1. You're going to feel relieved.
2. You'll start to experience self love.
3. You'll acknowledge the truth, that you desire a meaningful relationship and not a meaningless one.

Your attractor field will reset to reflect your self-love and true desires. So, please stop pretending. Relax. Be real and have fun feeling good and then you'll see real results as you start attracting what you really desire!

What are you willing to stop pretending about today?

Thank you again for making the best investment anyone of us can make, an investment in our growth and development.

Please let us know how your life is transforming and how we can continue to be of service.

Remember, life is precious. Do your happy dance. Enjoy life!

In truth, love and unlimited possibility,

A handwritten signature in cursive script that reads "Denise".

*The Motivated Mindset Coach
and the team at
Mindset Mojo, LLC*

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