



Your Moment to Shine!

Dream Board Session

Instructional Guide

First Step:

You will need a large cork board, a large piece of poster paper, scissors, glue and/or two-sided tape.

Second Step:

Find lots of different types of magazines. You can find several types at your local library that have been donated by patrons. Look for pictures that reflect how you feel, what you want to have in life (material and non-tangible), and where you want to go as it pertains to travel. If magazines are unavailable, simply do a search for images on Google and you will find some really neat ones you can print out and place on your dream board.

Be creative! If you want to travel to the moon one day, place a photo of your face in a picture of an astronaut's suit floating next to the moon. Find photos that really cause you to light up on the inside or make you laugh or smile. Only use positive photos that depict places or activities that you really want to go to or do in life. You can also cut out and paste words that motivate and inspire underneath the pictures or throughout the layout of your dream board. Also, consider your core values and beliefs when selecting the pictures that will reflect your new life.



You Can Be Whatever You Want To Be!

by: Donna Levine

*There is inside you
All of the potential
To be whatever you want to be;
All of the energy
To do whatever you want to do.
Imagine yourself as you would like to be,
Doing what you want to do,
And each day, take one step
Towards your dream.
And though at times it may seem too
difficult to continue,
Hold on to your dream.
One morning you will awake to find
That you are the person you dreamed of,
Doing what you wanted to do,
Simply because you had the courage
To believe in your potential
And to hold on to your dream.*



Third Step:

Find a favorite picture of yourself doing something that you love and makes you feel good. This photo will be placed in the center of your board.

Fourth Step:

Take a felt pen and/or a bottle of glitter (any color) and outline the edge of your dream board prior to pasting your pictures. The border is meant to represent the light or positive energy surrounding the dreams/visions you have for your life.

Fifth Step:

Write at the very bottom and center of your dream board that the images above are going to manifest into the life you deserve to live. Believe that your dreams will come true!

Sixth Step:

Start pasting your pictures. Remember to place your photo in the center of the board and work out from the center.

Requirements:

Have fun and really go for it!! You are taking the first steps to creating the life you have always wanted and deserve to live!!

Essential Action Steps

Put this dream/vision board somewhere you will see it every day. You should spend at least five minutes every morning and five minutes every night before bed looking at your dream board and envisioning yourself actually achieving the goals you have outlined on your board. Take time to feel the emotion or sensation each picture on your dream board invokes in you. Be mindful of the colors as well as these are meant to stimulate and inspire you to tap into your creative center. You should feel a sensation of energy emanating from your dream board. Your dream board is intended to inspire great expectations for your life's journey.



"The most common way people give up their power is by thinking they don't have any."

Alice Walker

The Power Mindset that Turns a Dream Board Into Reality

Following are the characteristics of the mindset you must possess in order to turn the images on your dream board into the life you truly deserve to live!! You **MUST** be...

1. Active - accept the fact that in order to make your dreams come true that you are going to have to invest time and energy, which combined are the equivalent of work. Often times we expect others to make opportunities available to us when the most successful people in this world create their own. So be prepared to work late into the night or have to rise just a little earlier in the morning. The reward is a life well earned and one that would have been worth living.

2. Conscious - always try to be "present" during your journey of transformation. While you may experience setbacks during this process of change, you will also enjoy sweet victories. Remember the goal is not necessarily to wait until you achieve a certain milestone, you want to celebrate each step along the way, whether it be painful or full of pleasure. Enjoy the journey!

3. Focused - be deliberate in how you design your daily schedule so that you make the maximum use of your time. Learn how to say, 'NO.' One of the many obstacles people who are working to change their lives encounter is dealing with too many tasks at one time. This is why it is important to learn how to prioritize. Not everything is urgent, only those tasks that are going to take your life to the next level.



It's the Journey That's Important...

by: John McLeod

Life, sometimes so wearying
Is worth its weight in gold
The experience of traveling
Lends a wisdom that is old
Beyond our 'living memory'
A softly spoken prayer:
"It's the journey that's important,
Not the getting there!"

Ins and outs and ups and downs
Life's road meanders aimlessly?
Or so it seems, but somehow
Leads us where we need to be,
And being simply human
We oft question and compare....
"Is the journey so important
Or the getting there?"

And thus it's always been
That question pondered down the ages
By simple men with simple ways
To wise and ancient sages....
How sweet then, quietly knowing
Reaching destination fair:
"It's the journey that's important,
Not the getting there!"

Be Proud of Yourself for Taking the First Step
Toward Changing Your Life!



Shine On!

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