



TUT's
Vision Board Making
ADVENTURE

**21 Tips & Tricks for
CREATING A POWERFUL, TIMELESS VISUALIZING & MANIFESTING TOOL**

1. Get comfortable and cozy before you dive in!
2. Use a medium that suits you: posterboard, scrap books, a bulletin board, online websites, or apps.
3. Don't attach to, or insist upon, *anything* represented. Think, "this or better."
4. Add pictures that stir your soul. Don't hold back. Price is not an object, nor must there be a cost. *It's about the VIBE you create.*
5. Include a few pics of yourself, *from the happiest times of your life* (looking good and feeling great; *any age is fine*).
6. Add a few, recent, happy pics of yourself AND your life to help you "connect the dots" while keeping this forward looking.
7. Include pics of other happy people, whether family, friends, or even strangers!
8. Write a "Life Blueprint," a story that tells the tale of today, onward. Past ref's are fine!
9. Scatter fave quotes throughout, book passages, and your own, unique affirmations.
10. Keep the images, quotes, and photos on your vision board fresh; they should always inspire you.
11. Write love letters, a fabulous agreement, and/or a huge check, to you, from "others."
12. Write to friends or family (real or made-up) of the amazing things now happening in your life.
13. Pen a letter to the Universe; a *Note to the Universe*. Thanking, praising, or saying anything else you want.
14. Digitally "enhance" photos, news stories, headlines, or anything that appears official.
15. Make a mock calendar filled with exciting adventures.
16. Perhaps have multiple boards going at once, each representing different aspects of your blossoming life.
17. Maybe create your visualizing tools with a partner or your family.
18. Play "make believe" with family and friends, acting or speaking "as if" a dream has already come true.
19. Be yourself! Unconventional! You need not follow any pattern or example. You can have 100 pics, or just one!
20. Use your vision board to prime yourself before practicing creative visualization.
21. Keep it fun, be playful, learn to be happy *without*.