

The background of the entire page is a textured, mottled orange and red surface. Two paintbrushes are positioned diagonally from the top left towards the bottom right. The brush in the foreground has a silver metal ferrule and a wooden handle, with its bristles pointing towards the bottom right. The brush behind it is partially obscured and has a wooden handle. The text is overlaid on the upper right portion of the image.

# *Vision Board Guide*

*by Alta Lainez*

[www.loveyourselfmadly.com](http://www.loveyourselfmadly.com)

# Soul Sister!

## Let's speak life into you!

As we prepare your subconscious mind for a powerful year, you will be happy to know that you actually do have control over the images in your mind and how you use your "senses" to start creating new belief systems in your subconscious patterning. We can become manifesting machines! We can actually begin reinforcing more of those images as we do this exercise! I'm excited about it, as I have found the average person doesn't take time to really truly focus on what it is they actually "want" vs. "don't want". We want to focus on what you DO want in your life. Shift the focus and energy through this healing process!

That's where VISION boards come in!

So part of the reason we lose focus is because we LACK VISION! Our subconscious mind interprets motivation through PAIN and PLEASURE syndromes, so that means that the more clear we make the life you DO want, the better! Knowing your vision of the road ahead is important so we can start to shift your energy throughout this process. One goal is to be able to know yourself enough and what it is you want and why you want it so that you can create a VISION of it to start working for it through your healing and manifestation process. That means that you get to ACTIVATE your visualization muscle here. This is more powerful than you can imagine and it WORKS!

## Now for the fun!

I have been making vision boards for YEARS! I have seen tons of mine literally COME TO LIFE. Crazy when I think back! Here is what I have done and that you could do as well to create a POWER SHIFT in your LIFE.

To make dreams happen, we need to create alignment and keep your vision to the forefront of your mind. So we are about to find images digitally to help you do that. You are going to be creating your vision board on **[www.dreamitalive.com](http://www.dreamitalive.com)**

Love this site!

- 1) You can create a free account.
- 2) Then search for images online that will fit what you want on your vision board.
- 3) Finish & print. Keep a copy & email me a copy as well. Share your vision!

## Enjoy the process!

## Some things to think about as you make your vision board:

No one knows you, like you know you.  
 What do you wish to create?  
 Time to explore you!

### Magical Vision Board Activation Guide!

- You need to explore what you believe. This is the time to explore what you currently believe about yourself so you can create a new story and a new image! Start looking for images that represent your future “character” as well.
- Identify your story of what you think you could “achieve” and ask yourself if you have limited yourself in some which way? If so, why? Who caused that within you and what could you remind yourself of to expand your vision? Think of feelings. Then search for an image that represents that.
- Include tons of pics to flood the subconscious mind of the person you are becoming, places you will be visiting, and direction that you are heading into as if you are already there. Vivid & use the senses!
- Have vision in handwriting as well, so you can write out your goals and make two vision boards! One with photos and one with “words” that captivate feelings ignited in you to describe your Vision Board. This is powerful! You must activate the feeling!
- Feel it as if it’s true! You are already that person if you can “feel” like it right now, so you can celebrate and have the fulfillment in your heart right now if you allow it. How can you activate gratitude on your vision board? Put it on there!
- Act with your highest self now - as if you already are that person and speak to yourself with the respect you would require as that person! Think of what your highest self would be more than happy to achieve a d reverse engineer those goals! Think with the end in mind and trace your way back. Now, find images to captivate those huge leaps forward at different levels of mastery & achievement!
- Match your skill sets to be that of your highest self already and to become that right now. Get to personal development asap!! Audio books and reading and do it TONS to learn what your higher self already knows In order to activate your manifesting potential!
- Find images that represent massive daily action to act is if you are already there and doing the actions to have got you there already. Match it with the feeling of your highest self as you are doing the actions! We said this, but really think as to WHY you want what you want, HOW it’s going to impact you and others, and WHAT it takes to get there & sustain it in your life? Find that route to imagine.

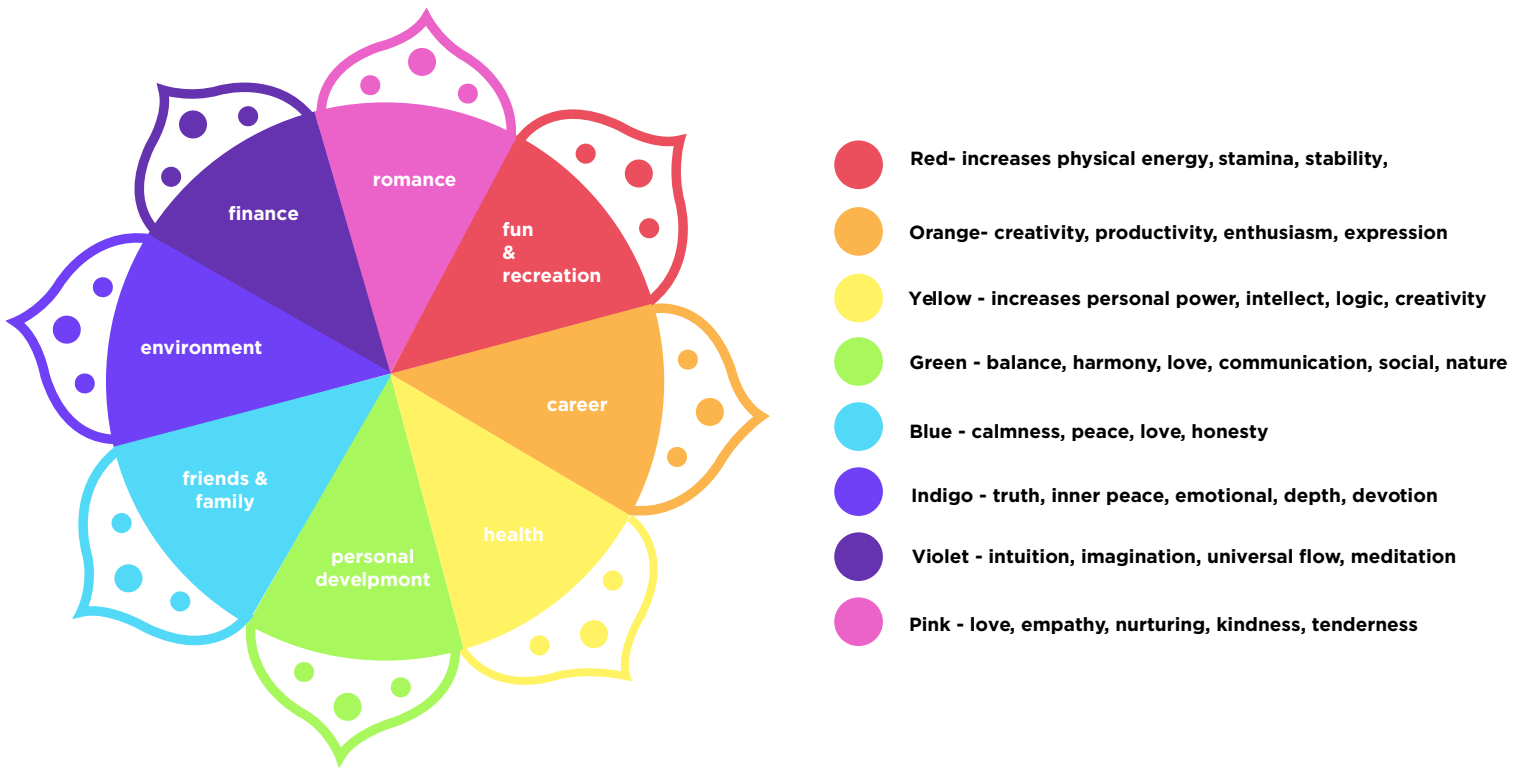
- Meditate and pray and breathe daily on it and stare at your imagines for 17 seconds take deep breaths, and repeat the cycle daily as you meditate, and you can even start with 5 mins and work up your practice. Print it, have it visible, or use a poster.
- You can also use binural beats to help you in your meditation practice and get some free on spotify or pandora or you can always book a private Hypnotherapy session with me & we can reinforce your goals even more or tailor a personalized binural beat hypnosis program just to you!
- You must speak out your vision and your future with conviction. Tell others about your dreams. The feeling MATTERS. It's not what you say, it's how you say it and HIGHEST ENERGY WINS. DAILY. So change your state!! Raise that frequency within you. Find images that will remind you to do this. Things that elevate your happiness in which you know how they already feel or could imagine it. Interrupt patterns of doubt.
- Think of every area of life in which you want to improve: Health, Learning, Love, Finance, Career, Family, Contribution, Spirituality, Growth, Nutrition, Fitness, Business, Entrepreneurship.... etc. Create a masterpiece of a life!
- Speaking goals out loud is one thing, but speaking it to others is a whole other story. You must do it! Conviction and belief happen because you are telling others of what you are building to! Say it and the more you do as you do all of the above you will mean it more. I suggest that you find people daily 1-2 at least to tell them of who you are already as your future self and keep doing this for the rest of your life! This creates conviction in you. You are the by stander to your own words and you need the convincing the most! You interpret information via all your senses so this is meaningful.
- Writing your goals daily, weekly, monthly, and and yearly will keep you focused! The Laws of Repetition happen as you keep repeating the process.
- Placing items that are both attainable in 1 month, 3 month, 6 month, 12 month, and 2-3 years out is perfect! When you get to next quarter, or next year make a new one! Inch by inch to stretch your dream if you have to. The more you see the simple things manifest, the higher your frequency, the more inspired you are to take more actions! Then the Laws of Attraction start kicking in when you synergize! Thought. Focus. Feeling. Belief. Action. Repeat! Manifest, my Genie!

Be practical. Be crazy. Be unreasonable. Be reasonable. Be logical. Be emotional. Be unique. Be authentic. Be you. Be your own vibes. Be your magical self. Be conscious. Be subconscious. Be love. Be present. Be now.

**#LoveYourselfMadly**

**Let's begin to notice our angelic signs!**

*Alta*  



## Manifesting A Life That Colors Your Soul

I want you to think of a life that brings a vibrancy that has impact and Colors your Soul. Way too often we get to the destination of our goals & we aren't happy. The success isn't as fulfilling as what we imagined. We seek something outside of ourselves when true joy is inside of ourselves. The deep freedom we seek. Mind you, a life of not being in tune to your deepest soul calling will prevent you from true joy & that's not what we want for you! Your life is meant to be loved in such a powerful way that allows you an inner harmony and an external life balance!

That's where the "Gps Guidance System to Color Your Soul" cheat sheet comes in!

When we can think of how we want our life to "feel" at the end of the road it gets way easier to distinguish the actionable steps to make & take.

### As you are setting your new vision, ask yourself:

1) What types of relationships fulfill my life so much that I catch myself mindless of how any hours go by when I'm with them? The laughter & life you lead feels childlike here. You can feel the energy! \_\_\_\_\_

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*Put more of those moments & people on your vision! Create a life with people you love hanging out with!*

2) What feeling do I get when I have money and what do I LOVE to use my money for that brings me added peace, fun, joy, and happiness? \_\_\_\_\_

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*Add some of that to your vision too! Create a life filled with only stuff that has love & real value in your heart and soul also! What's the point of having tons of "stuff" that means nothing to your soul freedom?! None! Don't do it.*

3) When I'm my happiest, what do I crave and or wish I had more time to do more of and it taste in life? \_\_\_\_\_

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*If your life isn't filled with activities, people, places, meals and events that illuminate your being then, you may look good on paper but your Soul will be sad and depressed in its growth cycles! Put more happiness activities! Color that Soul!*

4) When I'm most hopeful in life, what do I notice my thoughts want to believe about myself and my future? What do I believe about my mentors and or people I attract? \_\_\_\_\_

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*This is time to get positive! Trust me. There is no coincidence on the whispers in your mind of your possibilities. Your mere ability to shine your loving admiration to another means that you too are experiencing the hologram effect in your life and seeing a mirror reflection of the best in you through them. Write in and or paste in the qualities that you see in others you admire & that's an area of growth for this year! Become more of that which you admire in others! Tame those thoughts & stretch them from possibilities into capabilities!*

5) If I were to leave this earth before my time, what things would I need to do or say today, and or weekly to make me feel complete in having poured my love everywhere necessary? \_\_\_\_\_

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*Life is short. Death is long. All too often we think that we have so much time to do things "later", when really that is an egoic thought in emergence robbing us of our self realized moments of higher consciousness. In the process of actual using our deepest Spiritual connection to our highest self there are souls and things we need to do and accomplish before we leave this planet.*

*The things we think matter are masked often in illusion, which is why you must stay present and grounded to creating inner peace with your time today. Running ragged isn't a life your Soul will thank you for at the time of your death, so don't do it! Place on your vision the actionable things that will feel like you could rest easy tonight if something were to ever happen. I pray it never does, but this way adding these things that activate that feeling to take action means the world in living a fulfilled colorful soulful life.*

I'm proud of your Soul. I see your color! I feel your vibe. Your aura is powerful! Your vision is dynamic & it's about time you saw yourself with even more fresh eyes!

### **Signs the Universe is Talking to Me**

I believe you are pure spirit. With that you have a guiding intelligence within to see all that you may have missed. As a result of activating your dreaming muscle you will start to see SIGNS daily! It's your task to get excited about them, feel the energy & frequency go higher within you to activate even more gratitude for your blessings!

Daily Record 10 Universal Signs that awaken you to pay attention to "more" coming! This becomes fun! Manifesting is fun. Make it so!

Angel guides, numerical synchronicities, signs on billboards, opening to specific pages with a book to read a particular message, logging onto social media and reading a post that spoke to your situation, jumping in the car and hearing a song that speaks to your heart or is in repeated sequence, text messages coming in at divine timing, that phone call you were hoping for, that job opening up, that perfect contact coming into your life, running into specific people ...etc. are all signs the Universe is talking to us & that God is making a pathway for us to see it, hear it, sense it, feel it & even taste it! So let's start "tracking it". Try this for 21 days & see what happens! Bet you will be shocked!

**Sign 1:** \_\_\_\_\_

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**Sign 2:** \_\_\_\_\_

\_\_\_\_\_

**Sign 3:** \_\_\_\_\_

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