



21 WAYS

TO MAKE YOUR

Vision Board

MORE POWERFUL

JACKCANFIELD

Maximizing Your Potential

Use this simple checklist to improve your current vision board and multiply its empowering effects.

The best way to achieve your goals is to keep them top of mind, so that you're always consciously and subconsciously looking for ways to move yourself closer to them – and a vision board is the perfect tool to help you do that.

By putting a vision board somewhere you can see every day, you will prompt yourself to visualize your ideal life on a regular basis. And that's important because visualization activates the creative powers of your subconscious mind and programs your brain to notice available resources that were always there, but escaped your notice. Through the Law of Attraction, visualization also magnetizes and attracts you to the people, resources, and opportunities you need to achieve your goal.

By adding a visualization practice, like vision boards, to your daily routine, you will naturally become more motivated to reach your goals. You'll start to unexpectedly do things that move you closer to your ideal life. Suddenly, you'll find yourself volunteering to take on more responsibility at work, speaking out at staff meetings, asking more directly for what you want, and taking more risks in your personal and professional life – and experiencing bigger pay-offs.

If you haven't read it yet, I strongly encourage you to check out my blog post, [How to Create an Empowering Vision Board](#) to get a deeper understanding of the practice.



Jack Canfield's Vision Board Checklist

You can make a vision board in 6 simple steps:

- 1** Create a list of goals you'd like to achieve
- 2** Find pictures that represent your goals or symbolize the future you wish to create. Use photographs, magazine cutouts, images from the web, or whatever inspires you!
- 3** Make a collage out of all these images on a bulletin board, wall, or in a binder. Feel free to get creative! Consider including a picture of yourself in a happy moment.
- 4** Keep it neat. Avoid creating a cluttered or chaotic board - you don't want to attract chaos into your life.
- 5** Add motivational "affirmation words" and inspiring quotes that represent how you want to FEEL, like "courage," "love," or "imagination."
- 6** Take a few moments to review your vision board every day, especially when you wake up and before you go to bed.



Jack Canfield's Vision Board Checklist

The Checklist

To make your visualization practice even more powerful, I put together this checklist to help you evaluate your vision board's effectiveness.

- My vision board depicts goals and dreams in all areas of my life, or in just one specific area that I'd like to focus on.
- The images I chose represent or symbolize the experiences, feelings, and possessions I want to attract into my life on my board.
- There are positive affirmations, inspirational words, quotations, and thoughts on my board.
- Only words and images that best represent my purpose, my ideal future, and words that inspire positive emotions in me were used on my vision board.
- My vision board is neat, and I was selective about what I placed on my vision board.
- I keep my vision board somewhere prominent, such as near my bed or my desk.
- I leave my vision board in a viewable position as often as I am comfortable with
- I spend time each morning and evening visualizing, affirming, believing, and internalizing my goals.
- I look at the images that represent my achievements, and feel gratitude as my dreams begin to manifest.
- I wrote down the date I created my vision board
- I create a new vision board each year.
- I regularly hold my vision board in my hands and really internalize the future it represents.
- I read my affirmations and inspirational words aloud at least twice a day.

Jack Canfield's Vision Board Checklist

- I see myself living in the manner my life is on my vision board.
- I regularly feel myself in the future I have designed.
- I believe the items on my board are already mine when I look at them.
- I am grateful for the good that is already present in my life.
- I acknowledge and celebrate any goals I have achieved.
- I acknowledge and learn from the changes I have seen and felt.
- I regularly acknowledge the Law of Attraction at work in my life.
- I have fun and never give up.



Now that you know how to make the ultimate vision board, it's time to create or improve your own.

And to help you discover what exactly you should make your vision board for, I designed my [Vision Board Collection](#). This complete dream-building program is the only product of its kind. Not only does it include a beautiful heirloom-quality Vision Board (one you'll want to keep for years to come) and accessories, you'll also receive his popular book on The Law of Attraction, a Daily Gratitude Journal, along with simple a step-by-step guide for applying its principles for magical results.

Jack Canfield's Vision Board Checklist

So, how did you do?

If you've checked off more than half of this list, then you're off to a great start.

If you've checked off less than half of this list, that's okay, too!

The unchecked items simply show areas of opportunity for you to improve your vision board and visualization practices.

I recommend printing out the checklist or writing down the unchecked items so you can implement these tips and check them off.

It takes time and commitment to create new habits, so be consistent when implementing them in your routine.

Remember, your vision board should be used daily, but it should not be used excessively.

Although a daily practice of visualization is vital, you don't need to spend all day thinking about your goals for this technique to work. In fact, spending too much time in visualization can rob you of something essential – living in the moment.

Daily rituals help to establish the right balance between thinking about the future and living in the moment. Start by picking a time during which you'll review your goals and visualize your success. **Ideally, do this twice a day – first thing in the morning and right before you go to bed. The process typically will take 10 minutes or less.**

Research has revealed that images or scenes that are accompanied by intense emotion will stay locked in our memory forever. To multiply the effects:

1. Read your goals or affirmations out loud.
2. After each one, close your eyes and create the visual image of the completed goal or your dream life in your mind.
3. Add sound, smells, and tastes.
4. Add the emotions and bodily sensations you would be feeling if you had already achieved your goal.
5. Once you have visualized each goal as complete, it's time to release.
6. Let go of your goals, and spend the rest of your day being in the present moment.

Jack Canfield's Vision Board Checklist

The more passion, excitement, and energy we muster during visualization, the more powerful the results will be.



Using a vision board is an extraordinary technique for your visualization practices, but to really set your intentions, start achieving your goals, and consciously create the life you want, I highly recommend enrolling in my new goal-setting program, [Your Extraordinary Life Plan](#).

Over the course of 6 weeks, you will:

- Create a clear vision of what you want your life to be like
- Identify a breakthrough goal that will launch you closer to your vision
- Develop a weekly roadmap showing you exactly what you need to do each day

Get Jack's 6-week guide to achieving any goal and turn your vision board dreams into real life!

[Enroll Now](#)



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About Jack Canfield

Jack Canfield is an award-winning speaker and an internationally recognized leader in personal development and peak performance strategies. For over 50 years, he has been teaching entrepreneurs, educators, corporate leaders, and people from all walks of life how to create the life they desire. As the beloved co-author of the *Chicken Soup for the Soul*® series, he's taught millions of individuals his modernized formulas for success, and now certifies trainers to teach his content and methodology all over the world.

Jack is the author and co-author of more than 150 books (66 are best sellers) with more than 100 million copies in print in 47 languages around the world. His best-selling book, *The Success Principles: How to Get From Where You Are to Where You Want to Be* has been hailed as the new self-improvement classic, now containing 67 of the most powerful secrets to success known to mankind. In 2014, SUCCESS magazine named him "One of the Most Influential Leaders in Personal Growth and Achievement."

For more information on Jack, please visit: JackCanfield.com



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