



## Be The "ONE" Vision Board

**"Imagination is more important than knowledge"**

**- Albert Einstein**

**You've created your New Empowering Statement** and identified and described your emotional needs, positive personality traits, values, and goals. Until now, you have been working on them separately and mapping them out in separate documents. Your vision board features images that represent all of these things and allows you to bring them together in powerful and exciting ways.

**STEP 1** Gather together your **Empowering Statement**, the **Meet to Marry Mantras** that resonate with you, and all the worksheets related to **Your Emotional Needs, Your Essence, and Your Values and Your Goals**.

**STEP 2** Find a spot where you can read over all of them in one sitting. At this point, it's really important to synthesize all these juicy details about yourself and take them in **ALL AT ONCE**.

**STEP 3** While reading, jot down any images that come to your mind that are related to your **essence, why you'll be a great spouse, your emotional needs, and your values and goals**.

**STEP 4** To create your **Vision Board**, glue images onto a larger sturdy sheet of paper or oak tag, use Pinterest to find and post your images, or use any other tool you'd like. The most important thing is that you create something you can look at and draw inspiration from on a daily basis.



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**STEP 5** If you're creating a paper vision board, go through your magazine stash or head out to a store that carries a wide range of great magazines or use Google to find images that correspond to the ones you've conjured up in your mind (and, of course, let yourself be open to any new ones that emerge in relation to them). Cut out or print these images—splurge on color—you deserve it! Clip or print words or phrases that are especially powerful for you.

If you're doing a digital board, focus on online sources for your images.

**STEP 6** Now you've got to integrate your vision board into your daily life because it holds your highest vision. The images aren't superficial; they are a powerful display representing your future, and they will call to you to step into this new, exciting part of your life. Every day, I want you to set aside time to look at the images and visualize what they represent to you. Commit to doing one or two things every day that will transform your vision into your new reality.

