

Creating Your Ideal Vision

By Amanda Moxley

Step 1: Dream BIG and imagine your ideal body and life.

Step 2: Write about your BIG dream in your journal. You can categorize your ideal life into different segments from the Wheel of Transformation exercise

Step 3: Enjoy picking pictures, phrases and words out of your favorite magazines. Clip pictures that really jazz you up and get you super excited about your future.

Step 4: Get a paper board in a color that calls to you. (Mine is yellow.) What color is yours?

Step 5: Breathe and take your time gluing your pictures onto your board. It may take you a month. Don't rush, take your time and enjoy your vision board journey!

Step 6: Here is a really cool tip: Harness the power of the Universe by creating your Vision Board on the New Moon. The New Moon is a wonderful time to birth new ideas, dreams and visions. Then on the full moon take your Vision Board outside and bake it in the moonlight. (Feel the beautiful moon energy charging your Vision Board with love and light.)

Step 7: Hang your Vision Board where you will see it every day. Find a special wall in your bedroom, office or kitchen. Mine is on the wall next to my bed. It is the first thing I see when I wake up in the morning. My Vision Board pulls me out of bed and gets me excited about my life in a really positive way.

Step 8: Look at it daily, close your eyes and visualize your ideal life. Get into the feeling of what it would feel like if your vision was a reality now.

Step 9: Keep adding to it. If you see some pictures that really juice you up add them to your board as you move through the year.

Step 10: Take your Vision Board down when the time is right, put the date on it and store it somewhere special. Be grateful for your Vision and the amazing Universe and make a new one!

Creating your vision is a VERY powerful way to pull you forward into your future. It allows you to become crystal clear on your vision, hopes, dreams and desires for the year. If you can spot it, you got it!

Your Body Transformation Coach,

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Body and Soul Coach