

# SHAPING YOUR FUTURE VISION/ACTION BOARD



**INVINCIBLE**  
DIVORCEE

# SHAPING *Your* FUTURE

## Vision/Action Board

There are many different ways to make your dreams come true. When your marriage is breaking up one of your dreams is coming to an end and thinking of making your new dreams come true seems far off in the future. Your desire for this episode in your life to end is your main focus. You “wish” for something new to happen but the reality of the marriage ending clouds your vision.

So how do you stay focused and hopeful on what you want in the next 12-24 months when your present is stressing you out? This is what the Vision/Action Board can do for you. It's that constant reminder visually keeping what you want in front of you as well as in the back of your mind. First some basic information; your subconscious mind controls your behavior and you must directly affect it in order to make permanent change. The subconscious takes information in as fact regardless of whether it's true or not. It imprints the information best visually and emotionally and the more you're exposed to it the faster your behavior changes. There is also a whole body of work that promotes the concept – the more you are exposed to images of what you want and think about it, the faster you will attract them. Based on my experience it works, it's about focused intention. I personally use any and all tools as long as I feel they are contributing to my desired outcome.

Utilizing this tool and anything that keeps you focused on what you want and where you're going is valuable.

There are different types of visual aids that provide a visual guide to keep you focused on what you want. A Dream Board is a long range wish list of things that you'd like to have and are just out of reach, but possible. A Vision/Action Board reflects the present and displays the plan you're executing. For our purposes now the focus is on a Vision/Action Board.

I did my first “Dreamboard” many years ago. It was a wish board in hindsight as much of the content on the board was never realized but it was a fun project and it did have value in that it got me dreaming about what I wanted. Over the years I've made other more targeted boards that did produce results. I explored and experimented until I realized that to make changes and attract what I wanted I needed to be very specific, realistic and have a plan. I started using the boards and the visual representation on them to keep me focused consciously and subconsciously on where I was going and the steps necessary to get there and what the prize is. My tool set and approach is different from others. I look for tools that have a high impact and are time efficient. I help my clients avoid the trap of “wallowing” in their “stuff” and empower them with tools and teach them to use them skillfully so they can be successful in all



areas of their life. The Vision/Action Board is a tool I personally use and advise others to use because it works to keep you focused and get what you want.

I'm a situational performance coach. I mentor people who want to get from Point A to Point B, to get what they need and come out with a greater sense of self-worth, confidence and composure. I'm not your typical divorce coach for women. In a survey I put out to my female clients for their feedback on my work with them, the most often mentioned asset I have is the male perspective and my directness. Don't get me wrong, I am a heart centered person and rely on my intuition but I also want to move things along and my female clients appreciate my male perspective and value my direct approach.

The games played during a divorce are often ugly and unexpected. The clearer you are on what you want and the more focused you are from moment to moment the less stressful your journey will be. You'll also surprise yourself with how things play out in the process.

## THE BENEFITS OF CREATING A VISION/ACTION BOARD –

It's a visual representation of the life you want

Helps you to become very clear about what you want

Makes your goals visible and keeps them in front of your eyes

Reminds you of what you want

Allows you to choose our goals

Reminds you of what you are working for

Keeps you in a positive mood

Allows you to create a purpose in life



## **1) Getting Started**

Creating a Vision/Action Board is pretty easy: get a piece of poster board, scissors, glue and a stack of magazines. The first step is to paste a picture of you in the center and then start cutting out all the pictures that represent what you want to see on your board and paste them on your board. You can even go to an art store and find stickers and images if you are searching for a specific picture that you're not finding in your magazines.

## **2) How to make creating your vision board a powerful experience**

When envisioning the future and creating your Vision/Action Board, understand its real purpose and avoid just cutting out pretty pictures. Every image on your board must have purpose and real emotion attached to it.

## **3) Expand your search**

If you just look at magazines lying around the house, you could easily miss images that represent a future you haven't yet imagined. Go to a book store and check out the magazine section. Pick up any magazine that jumps out at you – even if it's something you would normally not look at. You never know what you'll run across and what direction your mind will go. You may discover things you didn't know even existed ...

## **4) Allow yourself to get in touch with what you feel and dream a little**

Give yourself permission, get lost in the moment and avoid letting your rational mind take over. You don't have to have all the answers on how you're going to get there in the moment.

## **5) Observe your process while making the vision board**

If you are spending too much time looking for the ideal images it could represent a need for perfectionism. It's more important to keep working on the board and moving forward. Just because you post a picture on your board it doesn't mean you can't change it when you find an image you like better.

## **6) Why does a Vision/Action board work?**

Some believe that the powers of a Vision/Action Board are rooted in the Law of Attraction. It's true that when you put your attention on something, you experience more of it. You also become more aware of opportunities around you and it seems you're in the right place at the right time saying the right thing to the right person more often. Part of this is called "getting in the flow", a state of mind athletes know very well. Part of it is being so committed to a goal - you just make it happen. Either way or whatever you call it we all have experienced this state when wanting something so much you just make it happen.

## **7) Now that you have created your Vision/Action Board, make the most of it**

Put it where you can see it as a reminder of what makes you happy.

Take time to observe it every day.

Take a picture of it and have it with you so you have a reminder of the future that awaits you.





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