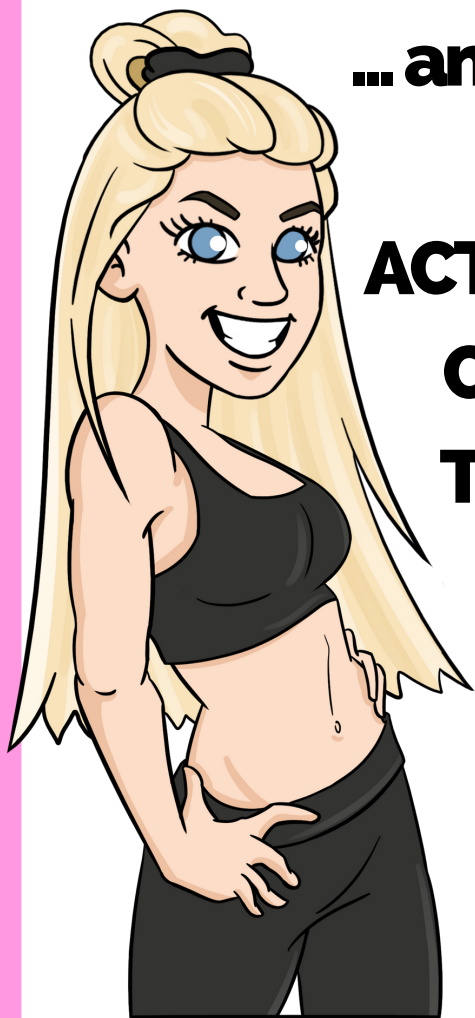


How to make a *Vision Board*



... and make
it
**ACTUALLY
COME
TRUE!**

GLITTERU.COM
HEATHER NEWMAN



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WHY VISION IS SO IMPORTANT

"You will never leave where you are until you see where you'd rather be" - author unknown

The #getUnstuck vision is simply a collage of pictures and images depicting your dreams. What you post can range from places you want to go and things you want to have to aspirations you want to achieve and your deepest desires in fulfilling your personal life goals. It is portions of your life assignment displayed in a way that you can keep them in front of you daily as a reminder of what you are dreaming for and shooting for. It's not that the board itself causes your dreams to magically appear; it's what the realization and clarity of your dreams does for you that makes it work.

Personally, I have experienced the fulfillment of a wide range of dreams in my life through the ongoing practice of having my vision clearly before my eyes. If you see nothing, I am convinced you can expect nothing. If your life hasn't progressed over the past 5 years, then perhaps you need vision and a clear one at that. Just as you would never get in a car and drive having no idea where you're headed, you shouldn't live your life without a clear mapped out destination in mind. I'm here to push you a little bit out of your comfort zone and to give yourself permission to

D R E A M!!!

Giving yourself permission to DREAM:
There are 3 types of people in this world:
Those who make things happen, those who
watch things happen, and those who wonder
what happened - Mary Kay Ash

As you begin to start dreaming, you are going to have people tell you that you are just being foolish or that you are living in a fantasy world. You might even begin to tell yourself that crap. Having the audacity to imagine more for yourself is the ONLY way to move beyond where you are right now!

Your life is a true reflection of your thoughts! Before you ever achieve success, you must first have the audacity to believe in yourself and your dreams. Your beliefs are simply a reflection of the dominating thoughts being entertained in your mind. According to Proverbs 23:7, you become what you think about. That is truly the law of attraction summed up in one scripture verse.

S E E B E Y O N D T O D A Y

There is power in just taking time to see beyond where you are today. Project forward five years into the future and imagine your ideal life. Do not give thought to what is possible or not possible. Just get a clear picture of what you desire to have. When you think in terms of what would you give you the greatest peace in your life, what do you imagine?

What would you be doing?



are you married
do you have kids
are your kids in college
are you working
where do you work

are you self employed
are you teaching or taking a class

is your debt paid off

where do you live

who are you helping

are you at your ideal body weight

what does your house look like

how much money do you have saved

is your car paid for

where have you traveled

what does your life look like 5 years from now?

TOP 10 GOALS: GET CLARITY

Before you start designing your #getUnstuck vision board, you simply need to write. This is what forces you to clarify what you really want. Imagine going to the airport and trying to purchase a ticket to just "somewhere."

That doesn't work. No, you choose a particular destination. Writing your dreams and goals is no different. You are charting your course and deciding where you want to go.

Writing down your dreams and goals enables you to stay focused so you are more likely to avoid distractions. When other opportunities come your way, even good ones, you will maintain your focus if your goals are in writing.

Sometimes it's good to just start with a few desires of your heart. That's pretty simple. Where would you like to travel? What would you like to drive? What would you like to own? How much money would you like to save by the end of the month? What does your ideal physical body look like?

G O A L S A R E S I M P L Y
D R E A M S W I T H
D E A D L I N E S

if you are bored with life, if
you don't get up with a
burning desire to do things -
you don't have enough goals!

T H E M O S T C O M M O N G O A L S
P E O P L E S E T L O O K L I K E T H I S :

lose weight
save money
get out of debt
quit smoking
eat healthier
read more
get house organized
get closer to God
spend more time with family

Although these goals are common, they
are a set up for failure. They are broad,
unclear and too vague to ensure
commitment to their achievement.

30 DAY GOAL CHALLENGE :

I have learned more about goal setting from Brian Tracy than anyone else. He introduced me to take on the "30-Day challenge" of writing my goals:

Here is the 30-Day challenge I want to introduce to you:

1. Write your top ten goals for the next 12-18 months
2. For the next 30-days, write your ten goals once a day.
3. Write them in present tense.
4. Write them down each day without looking back to what you wrote the day before. If you cannot remember your top 10 goals, it's ok, it just means that not all of them were that important to you. Stay focused on the ones that capture your imagination and motivate you to achieve.
5. Use a notebook!

T H E F I R S T S T E P T O G E T T I N G
T H E T H I N G S Y O U W A N T O U T O F
L I F E I S T O D E C I D E W H A T Y O U
W A N T

Design & Display your Destiny

Designing your #getUnstuck Board is going to be fun but is it way more than a craft project. It is the true expression of your dreams and goals in a tangible form so you have them in front of you for motivation and accountability.

We are taught to frame our past by displaying photos of what we've previously done and accomplished. But the opposite is true here. You are literally framing your future before it even happens. How cool is this? Your VISION is a collage of images and symbols - visual representations of your personal dreams and goals. As you watch your dreams come to fruition one by one, you will be inspired to continue dreaming. Use photos NOT MERELY WORDS on your board.

Referring back to your list of top ten goals go through each goal, one by one, and research images that illustrate each goal.

Examples could be:

goal 1 - save \$5000

goal 2 - vacation in the bahamas

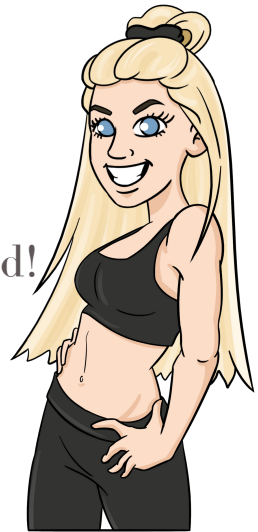
goal 3 - purchase new living room furniture

goal 4 - pay off my car (put the amount too)

etc.

ACTION STEP:

schedule a time and commit to making your #getUnstuck board!



The mind has the miraculous ability to figure out ways of achieving what it thinks about most - Bill Chandler

After you design your VISION, it is vitally important that you keep these images in front of you consistently. KEEP IT BEFORE YOUR EYES DAILY.

YOUR VISION IS NOW DESIGNED
YOUR GOALS ARE CLEAR

NOW WE ARE GOING TO REMOVE
ALL NEGATIVE SELF TALK ABOUT
YOUR LIFE AND REPLACE IT WITH
POSITIVE DECLARATIONS
AFFIRMING YOUR FUTURE!

Your words are a tool to be used to help you reach your goals. Your words can create doubt and negativity or they can position your life for something magnificent. What are you saying about your life? Your finances? Your family? Your health? Your career? Your very own words shape your world.

You cannot talk defeat and expect victory. Your words have creative power. If your dreams appear absolutely impossible and there is no indication that things will ever change, do not use your words to describe your situation; use your words to change your situation.

YOUR WORDS
CARRY
IMMEASURABLE
SIGNIFICANCE!

Your experiences in life are affected by the words you've spoken in the past. Your life tomorrow will be determined by the words you speak today. You have the ability to change the entire direction of your life with that little thing under your nose. It's as simple as it seems. Honestly! It is!!

Successful people take a proactive approach to their dreams. They don't wait to see what happens with their lives. They prophesy their future. They speak an entirely different language. What is this language? They speak of their dreams before they manifest as if they already have them.

It's one thing to stop saying the wrong things but you've got to start saying the
RIGHT THINGS NOW!



Based on my own personal experiences, I want to give you three powerful keys to position you to live the very dreams on your #getUnstuck Board. 1. Declare God's promises over your life. I will share my very personal declarations with you in a FREE DOWNLOAD and you can listen to some of them on my #getUnstuck podcast. 2. Declare your individual true desires of your heart and soul. 3. Declare your dreams as if they already are. (example: I am the best fitness instructor or I am completely debt free)

Speak these daily declarations every morning and/or night. Don't skip a day. The responsibility is on you to believe it.

The Apostle Paul said, "I believed, and therefore have I spoken
(2 Corinthians 4:13)



W H O S H O U L D
S E E Y O U R
D R E A M S

Don't share your big dreams with small minds.

Your success can be determined in part by those with whom you surround yourself. One of the most important decisions we make in life is choosing our friendships. Who you spend your time with has a huge impact on the dreams you achieve. Remember "Misery loves company". Nothing gets you off course faster than hanging with the wrong crowd. If you've ever had a friend or relative in prison or even visited a prison, you will quickly discover from the stories of the inmates that they have a common thread. One by one, they were affected by their environment, their community, their associations. Bottom line: their relationships led to trouble. Hanging out with the wrong people they became like those they were around the most.

So who does NOT NEED TO SEE YOUR #getUnstuck Vision Board?

- 1 .NEGATIVE THINKERS
- 2 .PEOPLE WHO HAVE SETTLED
FOR AVERAGE OR MEDIOCRACY
- 3 .NEGATIVE TALKERS
- 4 .GOSSIPERS
- 5 .DREAM THIEVES - NON
SUPPORTERS

GET COMFORTABLE BEING
UNCOMFORTABLE: THAT'S HOW
YOU BREAK THE PLATEAU AND
REACH THE NEXT LEVEL
- - CHALENE JOHNSON

success is contagious

IT IS BETTER TO BE ALONE THAN IN
THE WRONG COMPANY. TELL ME WHO
YOUR BEST FRIENDS ARE AND I WILL
TELL YOU WHO YOU ARE. IF YOU RUN
WITH WOLVES, YOU WILL LEARN HOW
TO HOWL BUT IF YOU ASSOCIATE WITH
EAGLES, YOU WILL LEARN HOW TO SOAR
TO GREAT HEIGHTS - - JOHN MASON

Dream365.online



Heather Newman

Goals Checklist: This is to help you start brain storming and digging deeper into your true dreams!

FITNESS GOALS:

___ How much weight do you want to lose?
by when?

PERSONAL GROWTH GOALS:

___ How many books do you want to read?
by when?

RELATIONAL GOALS:

___ What goals do you have for your family & friends?

FUN GOALS:

___ How many trips do you want to take with your family?
Where do you want to go?
How much money do you need to save?
When do you want to go?

CAREER GOALS:

___ Where do you want to be in your career?
By when?

___ What do you want your yearly income to be?
By when?

FINANCIAL GOALS:

___ How much debt do you want to pay off?
By when?

___ How much do you want to be giving (planting seeds for return from God)?
Where do you want to give to?

Now....**PUT THESE GOALS ON YOUR NEW DREAM BOARD!** Be specific with \$ and time dates - you have to shoot toward something - if it doesn't happen, we adjust the date, not the goal! Unless the goal is no longer serving you of course! Always keep moving forward toward something **NEW** to keep your dream on track and your purpose fulfilled!

Links to your Videos to watch

Video 1: click here

https://youtu.be/Q31b_Piu_EA

Video 2: click here

https://youtu.be/-rcnUkl_4A4

Video 3: click here

<https://youtu.be/EXKuj1Jztjk>

Video 4: click here

<https://youtu.be/KsX0q9jOwgc>

Dream 365 .online

Heather Newman

Homework:

Start by brainstorming your priorities. Create a dedicated journal so you have more space if you need it to list any and all areas of importance in your life today. Priorities are those things that are so important that if they were stripped from your life, you would be devastated, unfulfilled, and living without purpose. Who do you want to be? What do you want to accomplish? what makes you happy? do you wish to be remembered for at the end of your life? what do you want people to know was most important to you? What makes you feel good about yourself? What areas of your life are of great importance yet you believe you must keep yourself accountable to honor them?

Place a star next to the five areas that are most important to you. Now list the three priorities that you have identified as most important to you. Use just a few words to identify each category, such as "faith", family, career, my charity, my health and so on....

Rewrite the list in order of importance to you:

My number one priority

My second priority

My third priority

Take the priority you've listed as number one and complete the following statements

The reason I have placed the greatest importance on this area of my life is because

I will honor my number one priority by doing my best to

The following actions would be inconsistent with my commitment to my top priority

To honor my number one priority - I will limit the following

To honor my number one priority, I need to make the following changes

Now you're ready for the last question on this worksheet and it's so important!!



Heather Newman

Homework continued:

Now you're ready to create your top priority statement!

With as much detail as possible, create a top priority clarity statement in the space below. Here are some examples

My number one priority is to fortify and honor my relationship with my family by spending more time together, listening, engaging and sacrificing to help each member feel important, admired, trusted, respected and supported in our everyday lives and to limit activities and pursuits that might be harmful to these relationships.

My number one priority is to build my business by being present, disciplined and focused on serving my customers and committing to learning everything I can about leadership, management, and business success and eliminating excuses, distractions, and unproductive pursuits.

Now write yours, Take all the time you need!

Write or print out your top priority clarity statement and post it on your computer, near your desk, in your kitchen, on the inside of your medicine cabinet, and hey why not make it the lock screen on your smartphone? Memorize it. With this statement front and center, it's miraculous how clear even the toughest decisions become.