

Think-It-Through Worksheet

Created especially for readers of the book

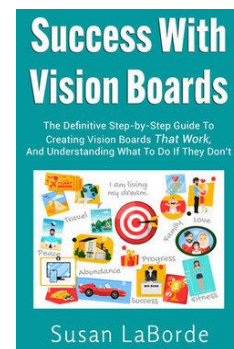
SUCCESS WITH VISION BOARDS

The Definitive Step-By-Step Guide to Creating Vision Boards
That Work, and Understanding What To Do If They Don't

by
Susan LaBorde

 MakeAVisionBoard.com

*(This worksheet will make more
sense and be much more helpful
if you read the book first.
[See it at Amazon.com](https://www.amazon.com/dp/1601631418))*



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Think-It-Through Worksheet

1. Category: Write your main category in the space below – choose from the left column in the Vision Board Ideas chart, or create your own.

2. Topic: Write your topic in the space below – choose from the right column in the Vision Board Ideas chart, or create your own.

3. Description: Write a brief statement to explain your desire. You don't need detail here, just a broad overview of what you would like to be, or do, or have in your life.

4. Details: Looking at what you've written above, give some thought to exactly what your desire involves. What will your life look like when your vision becomes your reality? Include lots of specific details such as:

- Where are you? Describe your surroundings, including everything you see in vivid color and dazzling detail.

- What are you doing? Write about any activities involved in your vision. Include all your senses. What do you hear, smell, or taste? Are there any physical sensations that you feel?
- Who is with you? What are they doing and wearing? Describe the expressions on their faces.

Take your time doing this step. The more details you include, the better!

5. Emotion -- This is Key: Read through the details you just wrote and imagine that what you have described already exists. In the space below write about how you feel. This is your emotional attachment to your vision, the reason that your dream matters, *and it's a key factor in making your vision a reality.*

Are you making a vision board?

Get the number one guide from the creator of the original MakeAVisionBoard.com website -- check it out on Amazon!

SUCCESS WITH VISION BOARDS by Susan LaBorde

Also by Susan LaBorde

Do you sometimes feel that positive affirmations are useless? You faithfully repeat the words, but they come across as unbelievable and uninspiring.

It doesn't have to be that way!

Effective affirmations involve much more than mere words – and that is the inspiration behind this interactive journal.

It includes 50 positive affirmations, with TWO writing prompts for each one.

This unique design will help you dig deeper by approaching your thoughts from more than one angle to:

- Raise your self-awareness.
- Acknowledge your negative thoughts so you can...
- Turn your focus to the positive.
- Get clarity on what you value most and why.

These 100 writing prompts take you on a fun and interesting journey to discover what's really going on in your head. Use them to explore, focus, and visualize, and you can turn meaningless words into empowering positive affirmations!

See it on Amazon:

Positive Affirmations Journal

