

# SUPER SIMPLE DREAM BOARD

## BY MESHELL BAKER

I like many started this year gung ho to make great change, take large strides and leap big hurdles. But alas there are a few areas that began to fizzle out... So what does one do when this all too common occurrence of lowered momentum begin to creep in? Well there are actually lots of things to do the keep the flames of passionate pursuits stoked!

**For the next few weeks** I will be reviewing not only what can be done, but more importantly shedding some light on practical application. Have you ever heard the saying information without implementation is frustration? Well it is quite true! So I'd like to be of service to you all and share a few key tools along with a step by step guide. YEAH...let's grab the bull by the horns and step into success!

### WHAT IS A DREAM BOARD?

A dream board (also called a Vision Board, an Empowerment Board or a Desire Map) is usually a poster board, cork board or canvas on which you paste, tape or tack on images and words that you have collected and torn out from magazines.

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### Tools for Purpose and Prosperity Seminar

In my Tools for Purpose and Prosperity Seminar you get to create your own Vision Board along with me and other people that sign up!

This seminar focuses primarily on getting individuals the clarity they need about their life, their dreams

and desires, introducing tools to establish strategies that support goal setting to help them achieve their Vision.

To find more information about my seminars, coaching and speaking opportunities visit:

[www.meshellrbaker.com](http://www.meshellrbaker.com)



"It was a great experience. It was my first time making a vision board and I love how visual my goals became...."

~ **L. Haugland**



"Loved the experience and love the energy in the room. P.S. I know this is a workshop but it felt like an experience." ~ **T. Brown**



"Great day! Really inspiring and therapeutic. I love you Meshell!! ~ **K. Baker**

The board supports the idea of what you want to have/achieve/do, where you want to go/live and who you want to become, your life will be reflective of the images that are your dreams and desires.

For example, I place a picture of a woman on a podium on my board in December 2013. I believed at the time it was my purpose to motivate people from the front of the room. I'd done it on a volunteer basis for many years, but as a paid professional never! Well in 2014 I had 6 professional gigs and by February 2015, I had surpassed that amount!

### TYPES OF DREAM BOARDS

There are many methods for making a dream board. In addition to the Super Simple Steps, I've included 3 types of boards to help you get started. Remember this is your life and your story. You are the author with the power and the pen, so let's get busy writing a NEW ending!!

**"I know what I want"** board is to manifest your dreams and desires. This is commonly the board done annually at the beginning of the year. But it's NEVER too late!



## EXAMPLES

These are examples of Vision boards that have been created on my seminar "Tools For Purpose and Prosperity."

You can use these as guide in order to get started with yours!

**"The open and allowing"** is for you if you are not sure exactly what you want. But you know you want change.

**"The theme board"** to invite change in a specific area/event (job, business, marriage, new home, divorce, new birth, etc...)

### SUPPLIES NEEDED:

- a poster board, foam board or cork board (my preference is foam board)
- a stack of old magazines
- scissors
- markers or paint
- glue, tape, thumbtacks or pins
- a photo of yourself (mandatory)



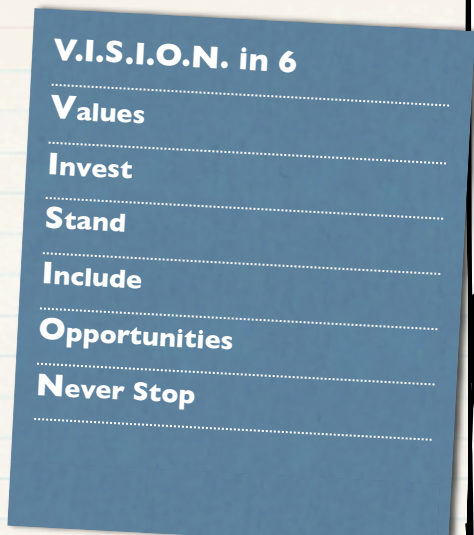
"The workshop really helped me to identify what is truly important to me personally and spiritually and vocationally."

— E.Hunt



"What an amazing time! The community of like-minded women stirred so much creativity and inspiration to create my vision board."

— T. Bohlmann



# Lets get started: The Super Simple Steps



## STEP 1:

Set aside about 1-2 hours to complete your dream board. Go to a quiet space in your home/home office where you can concentrate on yourself for a little while. You definitely want to set an appointment with yourself blocking out distractions.

## STEP 2:

Locate or create a calm relaxed environment. This is vital for you to hear yourself and your inner voice. Put on inspirational or upbeat music, basically select music that gets your creative going. For some of you mood lighting...a few candles may do the trick. Close your eyes and take a moment to reflect on your big goals and dreams. What is it you want more than anything? What do you want to accomplish with your life? What do you want your ideal life to look like?

## STEP 3:

Cut out images from magazines that represent the life you want to live. For example, if you want to become a chef or decorator, you would benefit from cooking magazines or fashion/home design magazines. You will want to clip any and every image and photo that resonates for you. Don't second guess why you are interested just go with your gut! **DO NOT PASTE/ SECURE PHOTOS TO BOARD UNTIL YOU ARRANGE FIRST!!** (I promise

you, your first placement is rarely your last. 9 our 10 times most individuals change placement a photo)

## STEP 4:

Place the photo of yourself in the middle of the board (optional). I highly recommend using a photo of yourself that makes you smile, giddy and happy when you see yourself. Then, paste or pin your magazine images on your board. There is perfect or right way to arrange you board, do whatever feels good to you.

## STEP 5:

You can use markers, paint cut letters to arrange words to create power words, quotes or your personal mantra unto your vision board. You can also just cut out words or phrases from the magazines to paste on your board that remind you of the life you want to live. I've had many clients locate or type out their quotes/scriptures place them on a word document and print out. (This is a time saver if you don't want to search magazines for words and phrases)

## STEP 6:

Place your vision board somewhere you will see and experience daily motivation!

1. Go to a quiet Space
2. Relax
3. Start Cutting!
4. Place your Photo
5. Design it!
6. Place it somewhere visible



This is your Visual Blueprint that will guide you in choosing those paths which lead you towards experiencing the life of your DREAMS!

Wasn't that an easy and super simple process for creating your DYD Blueprint™!

FEELS GREAT Right! Look at it... take it in.. You have just set yourself up for success! And there you have it - an easy, step-by-step process for creating a dream board



## CONTACT

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“Do your Best and BETTER will always Follow!”

-Meshell Baker