

DEFINE YOUR VISION!

Vision is having faith and belief in what you are doing, and the ability to see the end result regardless of present circumstances.

Vision isn't something we can observe just by looking at someone.

We might *assume* people have a natural edge or talent that makes it easy for them to accomplish seemingly impossible goals. The truth is, everyone has competing obligations and circumstances – which too many people allow to get in the way. What makes the difference?

Establishing a clear vision is the key to your success. When you have a clear vision, and the will to stay the course, you can accomplish what most people only imagine in their dreams. Your story and professional life unfold through clearly outlined vision.

Decide what you want. Success begins with a dream, and the first step in making dreams come true is to know what you want. Create a powerful mental picture of your goals. The mind's eye must see the things you want. When your mind has a strong mental picture, it will begin to change your dreams into realities.

In the same way, it's essential to write down your goals; it's equally important to put your visions into a physical form. One of the most creative, productive, and fun ways to make your visions a reality is to create a vision board!

HOW TO CREATE A PERSONAL VISION BOARD

1. Buy a very large poster board (and glue) or corkboard (and thumbtacks).
 - a. A corkboard may work best as you'll want to move things around as your dreams get bigger!
 - b. You can create your Vision Board in digital format, but there's something magical about the act of physically interacting with your Board!
2. Create a list of all your ***hopes, dreams, and aspirations*** – both tangible and intangible
 - a. Think about how it looks in physical form
3. Go online and find all the pictures when finished with step two
4. Cut out the pictures ***most*** representing your deepest desires
5. Arrange the pictures in such a way so they really resonate with you (take your time)
6. When finished, put your Vision Board where you'll see it daily
7. Affirm yourself with the Positive Affirmations below!
8. Be inspired as you set your dream in motion! Believe and you will achieve!

POSITIVE AFFIRMATIONS

Say the following aloud at least five times a day with *enthusiasm!*

- I am highly energized and totally positive today!
- I am enthusiastic and energetic!
- I am a positive and successful winner!
- I focus on and see the positive side of all experiences!
- I have a good sense of humor and can laugh at myself!
- I have an inner strength and confidence!
- I am fulfilled with my accomplishments!
- Today is a great day, and I feel wonderful!
- I have clear goals in mind for my life!
- People are attracted to me and the Mary Kay way of doing things!

Most people find affirmations have more of an impact on your daily life when hand-written on old-school 3 x 5 index cards.

Take a few minutes and do it now!