



HOW TO USE YOUR VISION BOARD:

Print off each page and display them somewhere that you will see them daily.

I have my board displayed on my office wall and I look at the images every morning and every evening.

Get as creative as possible when designing your board, cut out pictures of the things you want, the places you want to visit and the things you want to achieve. Stick the pictures to your board. Pictures are the best tool for manifesting, as the images embed themselves into your subconscious.

You can also write down your wants and desires too. There are no limits to your desires and you need to remember that.

Believe it's already yours and it is. Happy vision boarding!

HANNAH X

If you like what I have to say then follow me over on instagram at @iamhannahcharlotte

You can also listen to my Jumping Through Hoops with Hannah Charlotte podcast series which
is available on itunes and most other podcasting platforms

To work with me 1:1 or within my signature group coaching program for entrepreneurs send an email to info@jumpingthroughhoopswithhannah.com

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PLACES I WANT TO VISIT







BUSINESS & CAREER GOALS







FINANCIAL GOALS







HEALTH & FITNESS GOALS







RELATIONSHIP (ROMANTIC, FAMILY & FRIENDSHIP) GOALS







MINDSET & SPIRITUAL GOALS







NEW THINGS I WOULD LIKE TO TRY OR LEARN







WHAT EMOTIONS DO I WANT TO FEEL?

WHAT AM I CURRENTLY GRATEFUL FOR?







AFFIRMATIONS

"Thoughts become things. If you see it in your mind, you will hold it in your hand." - Bob Proctor

"You manifest what you believe, not what you want." - Sonia Ricotti

"We become what we think about. Energy flows where attention goes." - Rhonda Byrne

"See yourself living in abundance and you will attract it." -Rhonda Byrne

"When you visualize, then you materialize. If you've been there in the mind, you'll go there in the body." - Dr. Dennis Waitley

"Your life is the manifestation of your dream; it is an art, and you can change your life anytime that you're not enjoying the dream." - don Miguel Ruiz

