

Dream Board

1. Use a large piece of paper, such as "poster board" in whatever color you'd like! Also, find four thumb tacks, glue or scotch tape. You now have the start of your Dream Board.
2. In the center of your board, put a picture of you that you really enjoy viewing.
3. Whatever your dreams, goals, etc., start cutting out pictures to paste on your board. Or draw the pictures. Can't draw perfectly? Draw it anyway! Find pictures online and print them.
4. What are some of your dreams? Remember to include all areas of your life on your board...Career/Business, Relationships (self-others), Money, Recreation/Play, Healthy/Well Being.
Get specific...real specific and descriptive!
Go for it!! Enjoy it!! Have fun with it!!
5. Tack it on the wall. As your dreams continue to grow, keep adding to it.
6. Make it be the last thing you look at before you go to sleep.
7. Spend a few moments in front of it before you start your day!
8. You'll see that your dreams start coming true!