

# *School Of Spirit*

*Discovery Homework*  
*Module 1:*

*Creating Your Vision*  
*Board*



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Spiritual Medium

# Creating Your Vision

As spiritual practitioners, we understand the importance of sacred space. We all have our own habits and routines to center and ground ourselves before being of service to others. I want you to put this same effort into creating a vision board for your life!

What we focus on expands. Your assignment this week is to create a vision board and put it in a place that you see often. This allows you to do a mini-visualization exercise every time you pass by your vision board.

**Your vision board should focus on how you want to feel, not just on what you want.**

By all means, include the material stuff too, but the more you focus on how you want to *feel*, the more it will come to life.



# *What to put on your Vision Board*

Anything that inspires and motivates you!





*Think about your goals:*

-  Relationships
-  Career
-  Finances
-  Home
-  Travel
-  Personal Growth
-  Spirituality
-  Social Life
-  Education
-  Health

**What you focus on expands.**

You'll be amazed at how things just start popping up all over the place once you set the intention for what you want and how you want to feel!

# What you'll need:

-  Any kind of board. You can use a cork board or a poster board, and if you'd like you can get a nice frame to put it in
-  Scissors, tape, and/or a glue-stick to put your board together.
-  Markers, stickers, and magazines that you can cut images and quotes from.
-  The stuff you want to look at every day. Photos, quotes, sayings, images of places you want to go, reminders of events, places, or people, postcards from friends and just about anything that will inspire you.
-  Time. Give yourself a stress-free hour or two to put your board together. If you're a social butterfly, invite you friends over and make a party out of it. I host a vision board party with my family every January to start the year off by manifesting our vision for the year ahead.

## How to do it:

Set the mood. Turn off the TV and turn on some relaxing music. Light a candle and clear your space.

When it comes to actually putting your stuff on the board, I like to leave space in between each item because clutter clouds my mind. I like space. However, if you love the feeling of closeness and want everything to touch and overlap, then huddle it all together and overlap your objects. As for choosing what makes the final cut, lay everything out before you start gluing and pinning so you can get an idea of where you want everything.

**Then make sure that you post a picture of your vision board in the Facebook group for us all to see!**