



CREATING A VISION BOARD

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CREATING A VISION BOARD

I want to begin with a quote from an unknown author “you will never leave where you are until you see where you had rather be”. The key word in this quote is “SEE”. That’s why when you’re believing God for great things, have huge dreams and desires of the heart, you need to surround yourself with images of your vision. It causes your dream to become more alive inside you. It adds clarity to your dreams and desires and keeps your attention focused on them.

So, What is a Vision Board? It is simply a collage of pictures and images depicting your dreams as well as any text to describe the dream. Now I want to also note that the word dream can be substituted for goals, desires of the heart, etc. and I often use them interchangeably.

Before I go step by step through the process of making a “Vision Board”, I want to teach you some concepts that will help you achieve everything on your “Board”. These concepts are crucial to you seeing the manifestation of your goals and dreams.

FIRST THING: In order to make a “vision Board” work for you, you need to know some things about how your mindset works and that the way you think is a major contributor to your success. In Proverbs 23:7 says “whatever a man thinks in his heart, so is he”. Neuroscience is just figuring this out. For over 2000 years the Bible has been telling us that the mind and our thoughts are powerful. In Romans, Paul tells us to not be conformed to this world, in other words don’t think like the world, but be transformed, become a completely different person by renewing your mind. How do we renew our mind? By washing it with the Word of God. Paul also said in 1 Corinthians that we are to cast down any thought that doesn’t line up with the knowledge of the Lord Jesus Christ. Thoughts are powerful...they precipitate action and are the beginning of our destiny. So thoughts that conflict with your dreams and goals or are opposed to them, can’t be allowed to stay.

A favorite preacher of mine once said “you can’t keep birds from flying over your head, but you can keep them from building a nest in your hair”. A great analogy about thoughts. You can’t keep thoughts from coming into your head, but you decide how long they stay.

You actually become what you think about. The images you visualize in your mind become your reality. Neuroscientists have discovered through brain imaging that the brain actually makes changes depending on the kind of thoughts we have. Happy, positive thoughts cause the brain to send signals to the body to release certain endorphines, and hormones such as serotonin, oxytocin and dopamine. These chemicals bring about healthy responses. They have also found that when negative, toxic thoughts are present, the brain signals the body to release chemicals and hormones such as cortisol, adrenaline, and norepinephrine that promote disease and discomfort. Let me give you some statistics about thoughts.

Average person has around 48 thoughts per minute. Approximately 50,000-70,000 thoughts per day! 80% of our thoughts are negative and 95% are the same repetitive thoughts as we had the day before.

That would mean we have about 40,000 negative thoughts a day.

Let’s do a quick exercise to prove that you can’t think negative thoughts and say neutral or positive words at the same time. Start counting silently to 10. When you get to 5, say your name out loud.

Now when you said your name, did you realize you stopped counting? What was going on in your mind ceased to continue!! This is how we cast down thoughts that are negative and don’t align themselves with God’s Word or our dreams and goals.

We speak the opposite of that thought. That’s taking your thoughts captive...you’re in control! ALWAYS!!!

SECOND THING: Keeping your dream in your sight is critical. Let me give you an example of what I’m talking about. When God promised Abraham he would have many descendants, what did God point to for Abraham to get a vision of just how many? ...SAND, STARS.

What do you think a guy living out in the open in the desert saw constantly?...SAND AND STARS!! Another example: What do you actually "SEE" when I say the word dog? Do you picture an actual dog or do you see the word D.O.G? We all saw a dog, right? I visualized our two dogs specifically. The picture we see in our mind simply represents the thought we had or are having. Every single scenario we have ever rehearsed in our mind has been in pictures...never words like a typed script. It is crucial to your success that you literally have a vision of what you want to achieve. You don't need to see words, you need to see pictures!!!

God has given you 2 types of sight: natural and spiritual. Natural see's what's all around you. Spiritual sight sees within, sees the invisible and sees what others can't see. Some call this "seeing with the eyes of faith". Remember Abraham...he was seeing with the eyes of faith. But God knew in order for Abraham to take him at his word he was going to have to get a vision...he was going to have to be reminded daily with a vision of this powerful dream God had given him. It takes a determined person to see and remain fixed on God given dreams.

This is how Abraham was able to receive the promise of a son from God. God knew how important it was for Abraham to see something with his natural eyes that would represent the dream. So he gave him things to look at daily. Sand and Stars. These stars and sand represented something much bigger, something that caused Abraham to get a vision of a person that he could not see. What he saw in the natural helped him visualize what he dreamed about in the spirit.

I want to make you aware of common mistakes people tend to make in goal-setting or as we are calling today vision/dream setting.

1. Unrealistic: become a millionaire, lose 50 lbs in two months, write four books in a year, drive a new Porsche, save \$500,000. Now can you think of what might be a more reasonable goal for each of these? Instead of becoming a millionaire, how about just getting debt free first? What about losing 50 lbs? How about 10-15 to begin with? What about writing 1 book instead of 4. What about driving a brand new top of the line Toyota instead of your used beat up Ford?

It's important to set goals that can be achieved within 12-18 months. If not, your confidence can be destroyed as well as the hope of ever achieving your dreams.

Most success coaches recommend you set goals that have about a 50% chance of possibility. Set goals that stretch you, push you and build your confidence but have a good chance of becoming reality.

2. Too General: Lose weight, save money, quit smoking, eat healthier, get closer to God, get house organized. Although these are common goals, they are a set up for failure. They are too broad, unclear and too vague to ensure commitment. So let's look at some suggestions on how these goals could be more specific and clear. Lose 20 lbs. in two months, save \$5k in 12 months, see doc and get RX for quitting smoking and join support group, start Mediterranean diet with meal prep on weekends and join WeightWatchers. Start a Bible reading program everyday with 20 minutes of meditation each morning, join a bible study group. Hire professional organizer, implement suggestions one room at a time. Once you get specific, action steps are much easier thought of and implemented.

THIRD THING Crucial to your dream becoming a reality is WRITING IT

DOWN! Habakkuk 2:2 says : The Amplified Translations reads "The Lord answered me and said, write the vision and engrave it so plainly upon tablets that everyone who passes may be able to read it easily and quickly as he hastens by."

Now this may seem overly simple...it is but that doesn't make it any less important. I want to tell you about a study conducted by the 1979 Harvard MBA program. Graduate students were asked, "Do you have clear, written goals for your future?" A shocking 3% had written goals and plans. Of the 1,000 students 13% had some goals but never worth them down. An alarming 84% had no goals at all. Ten years later, the same graduating class was interviewed and discovered that the 3% who had written goals were earning on average 20 times as much as the 975 of the class combined. In other studies it's be found that simply by writing down your goals you are 42% MORE LIKELY TO ACHIEVE THEM. When you write something down, you are setting your aim and putting a target in front of you. The actual act of writing your goals down makes them real and tangible. Writing your dreams and goals enables you to stay focused so you are more likely to avoid distractions. When other opportunities come to divert you, even good ones, you will maintain your focus when your dreams and goals are written down.

Two things you need to know: 1. You must decide exactly what it is you want to accomplish and 2. You must determine what price you'll have to pay to get it. You won't be able to enjoy some activities that others are when you get serious about your goals/dreams. You will have to say "No" to things that you could have otherwise said "Yes". But now you are putting your goals/dreams first and clarity about them is an important step to your success.

The number one question that will stop you from dreaming big is "HOW?" Don't ask that question!! It's not your job to figure out how...it's your job to stick with the dream, keep visualizing it daily. God never intended for Abraham to figure out how he was going to make a great nation of him...he only needed Abraham to believe...to visualize the dream God gave him.

Don't worry about what that dream is...don't worry about the time frame...don't worry about your ability, your age, your situation. To make sure your dreams are realized and goals achieved we need to incorporate what I call and many of you may have heard of, THE S.M.A.R.T. goal technique.

S. Specific. Goals/dreams must be clear...what do you want to accomplish and be very specific.

M. Measurable: How will you know when you've achieved your goal? The scales weigh you less. Money in the bank in 12 months.

A. Action: Use action verbs. What action will you specifically take to achieve your goals and see your dreams manifested.

R. Realistic: If goals are too big, you're setting yourself up for failure. Set goals that stretch you and help you grow but are also somewhat attainable.

T. Timeline: Deadlines motivate. Always establish a "due" date..a date this will happen.

FOURTH THING: Make your board and keep it in your line of sight! Your Vision Board needs to be in a prominent place where you will view it daily and often. This Board is your visual reminder of what you are expecting to accomplish; what you are believing God for! You may need to place it in a private place so others aren't viewing and expressing their negative comments about whether or not it will ever happen.

Ever notice when you start working on making positive changes, there is always someone that will respond by ramping up their negative chatter? They will remind you of all the pitfalls, why it won't work, because it didn't work for them and all the negative consequences of trying something new?

We had a presidential candidate that said "when they go low we go high". Well that's not normally what happens....when you go high....some will go low. Most people can't deal with seeing someone succeeding, especially if they aren't.

In 2 Corinthians 3:18, Paul writes, "But we all, with unveiled face, beholding as in a mirror the glory of the Lord, are being transformed into the same image from glory to glory". Notice this scripture says we are transformed into the same image. What image? The one which you are beholding....the image you constantly see.

You want to start your day and end your day reviewing your dreams and goals...do this by looking at your Vision Board. This is a Biblical principal that works every time.

Example: Genesis 30. Jacob is working for Laben. Remember he asked for Rachel for his wife...agreed to work 7 years for her but Laben, Rachel's father deceived him and gave him Leah (The UGLY sister) instead. So Jacob had to work another 7 years for Rachel. Jacob decided he wanted to go back to his home country and take all of his family, 2 wives and all their children and servants. Laben didn't want him to leave so they came up with an agreement that at a certain time they would be allowed to leave in good graces if Jacob would continue to tend his herds for a while longer. For his work Laben agreed for Jacob to keep all the flock that was spotted and or striped and black. Laben immediately removed all those animals that were spotted and striped and black in order to keep Jacob from reproducing those kind and therefore, keep him there. He left him to tend only the white, pure flocks. So, Jacob devised a plan to produce animals that were striped, spotted and black from pure white flocks. He peeled white streaks in the sticks of poplar, almond and plane trees, exposing the white of the sticks. Then he set them in front of the flocks in their watering troughs. This was also the place where the flocks mated and bred. They were looking at the two-toned sticks every time they drank water and as they bred. Once the females starting giving birth, Jacob found that their newborns were all spotted, striped or black. He took the newborns and separated them from the flock.

Then he set the faces of the flock toward all the newborns that were spotted, striped and black. Whenever the stronger of the flock came to water, Jacob immediately placed the sticks in the water trough. When the weaker of the flock came, he did not use the sticks. So the strongest of the flocks were spotted, striped and black and the weaker ones were all white. These animals became what they beheld. They were seeing variations in color on the sticks so they produced a newborn that also had varying colors. In God's system you become what you continually behold.

ONCE YOUR BOARD IS COMPLETE AND IN A SIGNIFICANT PLACE:

1. It is important to remove all negative self-talk and replace it with positive declarations that affirm your dreams and goals. You cannot talk defeat and expect victory. Some examples of self talk are: Interpersonal communication, talk that appears in the form of thoughts that you can "hear" with the auditory part of your brain, It can also include speaking to yourself outloud as well as reading words and hearing them in your head as you read.

One of the best ways to defeat negative thoughts and speech regarding your dreams and goals, is to speak your dreams and goals out of your mouth. Act like Jesus did when he was faced with a dilemma. Jesus never prayed or spoke the problem he was facing. He always prayed the answer, he spoke what he desired to take place. He spoke the end result. He never confessed current circumstances. That doesn't mean his physical senses weren't aware there was a problem...he just didn't talk about it. Remember what he said to Jairus. This was the story about Jairus asking Jesus to come heal his daughter..they were interrupted by the woman with the issue of blood. A few minutes later someone came and told Jairus that his daughter had died. Jesus looked at Jairus and said "don't fear, only believe". Jesus immediately went to Jairus' house and healed his daughter. Jesus also never entertained doubtful thoughts and suggestions. He always used the Word of God to get rid of them. Remember what he said to satan when he was being tempted... "it is written". Jesus always spoke directly to the problem. He spoke to mountains, trees, storms, waves of water, demons and to satan himself. And all of them obeyed him.

So be like Jesus and stop talking about your obstacles or why this won't work or nothing is happening. Talk about what you want to happen and not what you have.

Talk about your dreams and goals and what you will do when they come to pass. Talk about them in present tense as if they already exist. Proverbs 18 says that death and life are in the power of the tongue and those that love it shall eat the fruit thereof. Matt 12:34 says “for out of the abundance of the heart, the mouth speaks”. So think and meditate on your dreams and goals and allow those to be abundant in your heart so that your speech will line up with those thoughts. Talk about them as if they already exist.

2. Develop an attitude of Gratitude. Start expressing thanks for the manifestation of your dreams and goals right now. Gratitude means you stop focusing on what you don't have and start focusing on what you do have. Try going 24 hours without one complaint. For an entire day start thanking God for the food in your fridge, the car you have that gets you where you need to go, the home you live in, the ability to work, the relationships you have, or good health. Take this even further and start thanking God in advance for what he is about to do in your life. Remember what happened when Paul and Silas began praising and worshiping God while in prison? They were in shackles, beaten and bruised yet getting their praise on. All of a sudden an earthquake opened every prisoners jail cell and un-cuffed them as well. Gratitude and praise will bring victory every time.

3. Don't share your big dreams with small minded people. They can suck the ambition right out of you. Who you spend your time with has a huge impact on the dreams you achieve. Choose your associations wisely. We know that Jesus was known as the friend of sinners and yes he associated with them and ministered to them but these were not his closest relationships. The 12 disciples were who he spent most of his time with and his closest were Peter, James and John. If you invest most of your time with people who cause you to compromise, think small and limit your potential, you will forfeit the dreams God has put in your heart. You are who you associate with. Do you have friends that are generous, excellent in appearance, live by a higher standard, believe all things are possible with God? Or are your friends unmotivated, negative and content with where they are? Make good choices about who you associate with most.

Don't try to convince anyone that your dreams and goals aren't crazy. Don't try and justify those dreams and goals...they're yours and they are God given...you owe no one an explanation for them.

OK SO YOU'VE CHANGED YOUR THINKING, CHANGED YOUR SPEECH, MADE A VISION BOARD, HUNG IT UP, GOT RID OF NEGATIVITY, DAILY BEING GRATEFUL SO NOW WHAT????

FOCUS!!

Bill Gates and Bill Gates Sr. (among the five richest men in the world) both said that the most important skill for success is FOCUS.

Begin to make changes that propel you in the direction of your dreams and goals. You change yourself by changing something you do each day. You change your routine. You can't keep doing the same thing you've always done and expect to get different results.

If you allow "the haters", distractions, negative thoughts and emotions and stress to change your focus, you can forget about the manifestation of your goals and dreams. Once you've decided on these things and have gone to the trouble to make your Vision Board, you will then have to muster all the discipline you have to keep your focus. Focus is intentional. It is purposeful and absolutely necessary for your success.

To help you keep your focus, make sure you are investing in yourself daily. Get in a routine of exercise, good nutrition and education. Use your exercise time to listen to good teaching and instructors in the area of your focus. Locate experts in the field of your interest and download their podcasts, audible books, radio shows, etc. Listen as you exercise, drive,

cook or anything else that you can do while listening! Become an avid reader in the subject area of your goals and dreams. Read online, magazine, books, anything that can educate you and increase your knowledge in the area you are focused. These things will help you maintain your focus, energize you and keep you excited about your future success.

There is one last thing that will absolutely “put you over” when it comes to achieving your goals and dreams and that is being a “GIVER”! I totally believe in the power of sowing and reaping. It is a biblical concept that I have lived by my entire life! Once you make your “Vision Board”, go through your list and see if there is anything you can sow into another person’s life that pertains to your own goals and dreams. Let me give you an example. Let’s say you have a goal of owning a new car in the next 12 months. First, make sure that is reasonable. If you are so badly in debt that it will take 24 months to get that obliterated, then the new car probably needs to come after that. But if that’s not the case and you have means to save and make this happen, then sowing toward this new car could be you making a car payment or two for a single mom that is struggling to make ends meet. It might be paying for a car repair bill for someone that needs that car to get back and forth to work. Once you start thinking in this way, you will be amazed at the ideas you will get. Just remember, giving is God’s idea and He loves a cheerful giver. His system of sowing and reaping always works.

LET'S MAKE YOUR VISION BOARD!!!

Materials needed: poster board (1 large and 1 divided into smaller sections), scissors, colored pens, markers, two sided tape or glue sticks, magazines, pics that reflect your goals and dreams and any other decorative items such as ribbons, glitter, etc.

1. Decide what your goals/dreams are. For your vision board, no more than 10 is recommended and they should not all require the same time line to be accomplished. Most should fall within a 12-18 month time period.
2. Write each goal/dream down in order from biggest priority to least on your poster board.
3. Now search for pictures that represent these goals/dreams. If one of your goals is to have a new car in the next 12 months. Find a picture of the kind of car you want and tape/glue next to that written goal/dream.
4. In a notebook, write each goal/dream down in the same order as #2. Leave enough room between each, to list all the action steps required to accomplish this goal. Refer to the S.M.A.R.T. goal setting.
5. List all the resources you will need for each goal/dream just under your action steps. Also, include anyone that you may need to help you. You will also want to decide on a reasonable time-line for each goal/dream and write that down under your resources needed.

6. Make your board interesting. Make it appealing and exciting to view. It's your board...make it worthy of the time you are spending to create it. Jazz it up any way you like!! Get creative!
7. Cut up your other poster board into smaller pieces, maybe 4-6. List on each, your goals/dreams in the order as your large Vision Board. You will not be placing pictures on these. Place these in smaller areas that can be seen mostly by you and no one else. Examples would be inside a kitchen cabinet door where your vitamins are stored, on the wall directly facing your toilet, on the visor of your car, in your laundry room. Place your "Vision Board" (the large version with pictures) in a place you KNOW you will see daily (preferably more than once).
8. Go to the Word of God and find scripture that reveal to you that your goals and dreams are God's will for you! I can tell you, there is nothing that you need to be successful in life that you can't find a promise for in God's Word. Write these out in your "Vision Notebook" where you have listed all your action plans, resources needed and time lines. These verses will only help you be more convinced these things are possible.
9. Daily look at your "Vision Board" and make positive confessions about them coming to pass. Think about that board all through the day. Visualize these things coming to pass and how you will feel basking in the success of each goal and dream you have placed on your board!
10. Keep a journal of gratefulness. Daily write about the things for which you are thankful. Chart your progress as you begin to see each goal and dream become a reality. Write about the people that are helping you along the way.

Journal about the incredible things that fall into place as you are seeing your success unfold. Don't forget to place a date beside each goal and dream as you achieve it!

I'm so excited you have decided to make your "Vision Board" and start working on those goals and dreams that have only been thoughts in your head! Get ready, they are about to be your NEW REALITY!!!!!! Wow...this is living your best life now!!