

Life Vision Refinement

Refine Your Life Vision

Revise your Life Vision so that it inspires and motivates you.

“Concretize” Your Life Vision

The following process will engage your unconscious faculties in the pursuit of your best life. It will also give you a strong visual and more tangible reminder of your goal.

Create a collage of your life vision.

Collect pictures and words that appeal to you and that represent the feeling of your Life vision. Let this collecting process be very intuitive. You can find pictures and words in magazines, from greeting cards, advertising materials, or your own private photo collection. Just make sure that the images that you choose appeal to you and invoke in you a feeling of excitement and anticipation. They don't have to be an exact representation of your vision, but they need to evoke the *feelings* of your vision. They need to “speak to you”.

You will also need the following supplies:

scissors

glue

art board or poster board

felt tip pens (to embellish the words and images)

After you have selected your images and words, arrange them on the art board or poster board. Let your intuition lead you as to how to place them on the board. Feel free to place them at odd angles, overlapping them if you like. Do this with a sense of playful creativity.

When you feel satisfied with the arrangement, glue the images and words onto the board. Enhance your creation with words and images drawn with the felt pens.

After your vision collage is complete, find a special place to display it, where it can inspire you and motivate your subconscious mind. Enjoy it!

Take time to visualize your ideal life regularly. Focused imagining is powerful!