A Vision Board is the **KEY** to your future:
The Trigger Switch that can *Flip* the Law of Attraction from OFF to ON

The Vision Board Guide

**By Steve Charles**

Discover the idiot proof process of how to manifest

*everything your heart desires*

with a Basic Pin Board and a Bunch of Photo Cut Outs!
“Happiness, Health & Prosperity is YOURS by rights!”
Steve Charles

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A simple Vision Board, that costs pennies, takes less than an hour to make.. BUT WORKS!
Chapter 1. Introduction.

My name is Steve Charles and in this short report I want to share with you my burning interest in vision boards; right from the basics of what they are, what they do, how to make one, how to use them and what you can expect from them.

Trust me: Using a Vision Board will Turn your Life right round!

My own introduction to vision boards came about by pure accident around 20 years ago; until then I had never even heard of them!

It went like this; stay with me I’ll keep it short;

When my 3 kids were younger they loved having their bedroom walls covered in all sorts of posters and stuff; it kept them happy and gave me an idea.

At that time I worked alone from home and had a small office which was a bit ‘business-like’ and formal to say the least, it really needed something to liven it up and make it a bit more pleasant for me to work in - after all I did spend 8 hours a day in there!

So one day I just sort of followed on from what my kids had done. I had a notice board full of ‘must do’ lists which, as important as they were as reminders, they looked dull and even frightened the hell out of me each time I saw the bills I had to pay and jobs I had to do.

I moved all the ‘to do’ lists off the board and shoved them out the way in a drawer and started pinning up a couple of nice photos to brighten the place up.

The first picture I pinned up was of a very nice Mercedes Benz, and I also had a couple of glorious beach style holiday shots up there too.

From that moment on I never looked back – That’s the Real Truth!

I never realized that I had created a vision board (even though it was the most basic board in the world) but I began to notice little changes starting to happen. Over the next few months, little changes continued happening.. and I just didn’t know why, all I knew was that they were and my life was getting better.

Later that same year I actually bought a Mercedes car, after years of driving around in an old heap; and we all had a fabulous holiday in Cebu, The Philippines, where the beaches and palm trees looked almost identical to those 2 beach shots I still had pinned on my board.

I now realize that I had used creative visualization to manifest my dreams. Back then? I hadn’t a clue what was happening or what I’d done; all I knew was that life had gradually started to give me some enjoyable pleasures at long last.
You see, looking at those simple photos had gradually shifted my subconscious mind.

✓ Putting Attractive Photos on the Board and looking at them throughout the day, every day for weeks and months, lifted my mood and subconsciously gave me ‘secret’ desires, intentions and goals

✓ Removing the unbearable ‘to do’ lists took my mind right away from depressing negativity, fear and anxiety.

I was using the Law of Attraction to give me some really good stuff by shifting my subconscious mind and flipping over from negative to positive

- after all those years of my negative thoughts attracting even more negativity my way; my new found positive and upbeat thoughts were bringing me even unbelievably positive rewards! And it happened as simple as that.

I’ve now spent years studying the fascinating subject of vision boards, affirmations, manifesting and the biggest one of all ‘the Law of Attraction’.

So enough about me, let’s see how a vision board can work it’s wonders for you; put theory into practice and bring you the life style that is yours by rights!

Enjoy the journey,

Steve
Chapter 2. Vision Board Basics from A to Z

Wouldn’t it be nice if ‘life’ came with a full set of instructions or we were taught how to get the best out of the ride right back from day 1 at school?

But it doesn’t, and we are never taught this, and that’s why so many of us just do not make the very best of our lives – not because we don’t want to, or we don’t care – we do care, but we just don’t know how to.

The strange thing you might have noticed is that not all people seem to have been handed that dirty stick, do they? Some folks have amazing lifestyles and really do lead the dream that we all want and yearn for – these people have stumbled on the right way of using the Law of Attraction to get them that dream life.. Whether they realise it or not.

So if you now realise that you need to make change to attract the very best that life can offer instead of attracting more of the same old ‘don’t want’, ‘can’t do’ type of garbage that might have been winging it’s way to you over the years, the answer is simple and it’s staring you right in the face.

Vision Boards are the key to your success. You now know this, and let’s make it very, very clear;

‘when made in the right way, used in the right way and positively acted upon, a Vision Board will bring you nothing but success – Health, Wealth, Relationships and Abundance’

How soon all of this starts to happen in your life depends entirely on you. You are the one and only person that can make positive change: Other people can show you, teach you, lead you, but it always comes down to you in the end to take all this education on board and act on it. Remember;

- Thought leads to Action
- Action leads to Results
- Thought + Action = Results and Success

Importantly, you have a win-win situation going on for you now.

- A vision board is going to cost you just a few pennies to make
- It’s going to take less than an hour to make
- You can have it working for you straight away – Today!
- You can alter it, improve it, and upgrade it constantly
- The results will STAGGER you!

A Vision Board is one of the most effective tools ever for activating the Law of Attraction to manifest all your desires.
Chapter 3. How to Make a Vision Board that WORKS

It’s important to know how to make a vision board in the right way – the way that gives maximum effects and benefits.

The idea behind this is so very simple; by creating a vision of what you want to attract into your life; good health, a great new job, better relationships, a shiny new car, tons of money, luxury holidays – your subconscious mind reacts to the images, your mind set changes and you start to manifest the objects and desires you have asked for.

And it really works, it’s a beautiful concept!

This is exactly what happened to me and I never even realised what I was doing. This proves that a vision board works whether you know about them; never heard of them; believe in them or even think they are the biggest pile of hokum since they said the world was flat – Bottom Line? They work!

The great thing is how quick and easy they are to make. And remember, once they are made they start to work; so whether you’ve never even heard of a vision board, heard of one but never tried using one before, or have been using one for years without success, I will explain everything for you from A to Z.

Different people have different methods but it’s vital you choose the way that works best, but broadly speaking the end goal is to have a collection of pictures and affirmations that really mean something to you; that is the most important point to remember.

Let me make that clear;

**What you put on the vision board must be accurate and focused; it must relate to your end dreams and desires, so accuracy is key to ultimate success:**

My usual example of this is: if you are mad keen to own and drive around in a beautiful, shiny black Rolls Royce Ghost motor car, then that’s exactly the picture or photo you want to pin on your board; it wouldn’t help too much to put a photo of a maroon coloured Honda Civic on your vision board, just because you couldn’t find a picture of a Rolls, agreed?

A vision board needs to be in total alignment with your thoughts to achieve that ultimate goal, and getting pictures from magazines may be alright for ‘broad targets’ but when you want to drill right down and get it dead-on, like my example of the Rolls Royce Ghost, then my trick is to use the internet search engines to find exactly the right picture; it works every time! Simply print the picture off and its ready to be used.

Once you’ve got your collection of print-offs glue them to sheet of plain paper and then cut round the image to make the photo more stable and longer lasting, rather than having a
vision board full of curling images. You can write your affirmations in bold, black ink over the images before you pin them to the board, but more of that later.

The 7 Vital Steps to Making your Perfect Vision Board

1. Think of what you Really Want
2. Be Precise and Accurate
3. Make a list of Affirmations
4. Choose your Photos Carefully
5. Group Your Pictures in a way that feels Right
6. Write Affirmations and Goal Targets on the Photos
7. Put your Vision Board in a very Noticeable Place

Most people who follow the correct ways of making a vision board are amazed at how quickly they start to notice positive change in their lives; so let’s make double sure you fully know and understand those 7 vital steps.

1. Think of what you Really Want. Take time to sit down and write out all that you hate in your life. Think of how you would change it if you were suddenly left a million dollars from a long lost aunt. What is it that really bugs you and makes your life miserable?

From there it is easy to re write that list out, this time putting down everything you really do want and what things would really make your life sparkle and glow!

2. Be Precise and Accurate. Take your time to compile your ‘I want’ list. Even though you can change and update your vision board as often as you need to, it’s always best to start off with a defined goal in mind. That way change will be more targeted, effective and quicker.

3. Make a List of Affirmations. Your ‘I want’ list needs to be written out in short, punchy affirmations to make them as effective as possible. These affirmations will then be written on your images creating a very powerful message of intent to your subconscious mind. More on Affirmations later.

4. Choose your Photos Carefully. Remember my example of the Rolls Royce and the Honda Civic? Accuracy heightens the thought, the intent, the motivation and the action.

5. Group your Pictures in a Way that Feels Right. Try to work out a thought process, a roadmap to your final goal. Let’s say you want to have a brand new kitchen and become a top class master chef; in this case your photo of a brand spanking new, all whistling all singing and dancing kitchen would be pinned up there right next to the photo of the smiling chef.. not next to the Rolls Royce motor car.
6. **Write Affirmations and Goal Targets on the Photos.** More of this in chapter 5, but the affirmations need to fit your wants, goals and desires. They need to be short, vibrant and full of intent rather than vague and dreamy.

7. **Put your Vision Board in a very Noticeable Place.** You need to be able to live with this board constantly to have it work its magic in the most effective way. Where do you spend the most of your time? In the office, the kitchen, the bedroom? Put it where you can see it and enjoy it at least twice a day, morning and night. My board is right here above my computer screen so every time I am in the office working on my computer I only have to look up and there it is! The more and longer you look at it the greater the results!

The Law of Attraction gives us what we ask for, positive or negative, and the vision board helps us think in a positive way bringing us closer to our goals in life.
Chapter 4. How to use a vision board with Intent & Purpose

Most people wish they could have more purpose to their lives: More happiness, more success, better relationships, more love and romance, in fact more abundance in everything.

If that is the intent, and someone genuinely wants it, then what the heck’s stopping it from happening?

The answer could be many reasons; such as a subconscious road block, lack of true intent and desire, failure to take responsibility, or even failure to make the final call to action. Whatever the reason maybe, the good news is that a Vision Board can break down ANY barriers and can power-force the Law of Attraction into positive action and get it working for you instead of against you.

The way this works is simple. Your vision board is transferring positive intent and desire to your subconscious mind; at the same time all the negative ‘can’t do’ and ‘won’t do’ thoughts are gradually being eroded away and replaced with good, positive vibrations – your mindset is shifting from negative to positive, and all by the power of creative visualization.

You are visualizing your perfect situation, whether that be a brand new car in the driveway, a better job, a healthier lifestyle or whatever. A vision board provides you with a constant reminder of what you want so the more you look at it the more that idea drills down into your subconscious mind – and that’s when the Law of Attraction kicks in, gifting you with whatever your thoughts demand.

Look at what happens;

✓ You create your vision board
✓ Your board is BUZZING with ‘ideal’ situations and dream goals
✓ You feel great when you see the images on the board
✓ Repetition and Creative Visualization are powerful partners
✓ Your mindset changes from off to on and raises awareness
✓ Your subconscious mind shifts paradigm from negative to positive
✓ Positive mood creates desire and intent
✓ Intent creates motivation and action
✓ Action brings expectation, success and rewards

You are creating a natural process that lies within every living person on the planet. It’s in our nature to want what we see; it’s the most natural thing in the world. Kids have it, adults have it, animals have it.. Everything and everyone has this in-built ‘see, seek and want’ inner force that stimulates and drives us.

Sometimes we lose sight of our goals but a vision board is there as a constant reminder of what you want in life right in front of your face, and each time you look at the board full of
your chosen, glorious images it takes your powers of intent and desire to a higher level creating even more motivation and call to action – a very simple and basic natural instinct that works like a dream!

Repetition, repetition, and more repetition – such a powerful force and it works in a cycle of ever increasing desire;

- Visualization
- Emotion
- Motivation
- Action

Place your vision board in a very noticeable place that you can look at the images as often as you want to, at least twice a day. After all why wouldn’t you want to look at them, they are your beautiful targets, and every time you look at them you fill up with desire and enjoy that ‘feel good’ factor. That feeling of emotion in turn drives the motivation which naturally triggers a course of action – a simple law of nature working perfectly and so effectively, that, until you try it for yourself, you wouldn’t even begin to realise how effective it really is.
Chapter 5. Vision Board Affirmations that Demand Success!

The first step is to write down your list. Let your imagination run wild, go for the best and aim big. Decide what really makes you feel good and excited - nothing less than that will do; that’s where most people go wrong.

Don’t waste time on smaller targets just yet; I will come to that in the next chapter, that is your ‘what if this doesn’t work’ guarantee and get out clause.

The most popular wants are health, wealth and relationships – remember, go for the desires that get you emotionally charged up and set your pulses racing! Write down a simple yet SHORT and CLEAR phrase to match the emotion and always use the present tense, not the future, and never use a negative phrase.

Your list of affirmations needs to match your desires and your images PERFECTLY! You need to be really accurate as we mentioned in the Rolls Royce and Honda Civic example.

We talked about how we achieve our list of ‘wants’ by first of all writing down everything that is bugging you, harming you, making you miserable and so on.

And now have your list of ‘wants’ write them out clearly in a positive, present tense, definite way. Remember this is not about what you don’t want, it’s all about what you do want. Don’t waffle and don’t be vague – this needs to be clear, precise, and full of desire and intent.

Good Example: I earn $10,000 each month

Bad Example: I hope to dump this lousy job and get a better one by this time next year

The first affirmation is spot on, clear and precise and very positive. It sends the Law of Attraction a clear message. This should now be hand written on a great photo of a big wedge of dollars and pinned to your dream board – It means something to you, your dream board is glowing!

The second example stinks! It’s negative and wishy-washy, and tells the Law of Attraction that you want the job next year – that means it will always be next year.

Never use a negative phrase. The Law of Attraction does not recognise any negative inference and ignores it. See what happens;

Example: ‘I don’t want back ache no more’

The way the Universal Law reads it would be like this;

‘I want backache more’. It removes the ‘don’t’ and ‘no’
You can see that a negative affirmation really backfires and creates even more negative response from the Law of Attraction, simply because the Universal Law cannot see the negative subject. The correct Affirmation should read;

‘I enjoy perfect health every day’

That simple Affirmation is precise, clear and means your health is perfect right now.. not next month or next year, but now!

Selecting the affirmations that suit your requirements takes time and thought but it’s not difficult at all; don’t forget you are affirming what you want in life and we all know that, don’t we? Some people feel the need to either write down or repeat their affirmations every day to create the feeling, motivation and action process – with a vision board there is no need for that.

The Affirmations are on your board, inked to and working with your images, and nothing can work more effectively than that. Your own personal power and connection to the universe are an extremely powerful combination to manifest any change into your life.

There are no limits.
Chapter 6. When the Law of Attraction Falls flat on its Face

The world is in a real big mess and it seems no one has any short-term plans to put matters right either...but is that good enough reason to blame it all on the Law of Attraction?

Some people say it is. In fact, they go out of their way to blame ALL their bad luck on the Law of the Universe; if not on the Law, then on their parents, or their upbringing or their lack of money – but never on themselves.

Most people are TOO quick to make excuses and head back to the hills, back to their little pocket of misery. This pattern of behavior is understandable and typical of people grouping together for comfort when all about them seems to be going haywire.

But wait. Who are these people who are blaming anything and everything on the Law of Attraction?

When Rhonda Byrne’s The Secret came out in 2006 it promised us all a life of prosperity and happiness. The book claimed that everything was there in abundance for all of us simply by wishing for it so what went so wrong?

The answer is clear. Nothing went wrong with the Law of Attraction; it’s always been there and always will be. The problem is knowing how to use it correctly and completely – and that’s the problem, and why so many people are so willing to blame their misfortune on the Law of Attraction.

Has the Law of Attraction fell flat on its face? Not at all, and never will do. How can it? It’s the Law of the Universe, the same as the Law of Gravity or the Law of Love or the Law of Gratitude.

This Universal Law has been in existence since the beginning of time, and you can be sure of this; it continually works night and day for everyone on this planet, always has done and always will.

Anyone who says that the Law of Attraction has fallen flat on its face are those who simply do not know how to use it in such a way that gives them positive rewards – They say that because all they are getting is more ‘negative trash’ - trash which they are attracting themselves.

The Law is working for them, but not in the way they want it to.

Knowing and understanding how to use this amazing law in the right way, the way that guarantees good fortune, will absolutely ensure your perfect lifestyle, now and forever more BUT until you KNOW, UNDERSTAND AND USE the full and complete procedure involved your success will be hit and miss; rewards mixed with failure and disappointment.

Using a vision board, shortcuts the route to the Law of Attraction and makes it work THE WAY YOU WANT IT TO – did you know that? By looking at your favourite images and
affirmations on your dream board you are visualizing your perfect world, seeing it clearly, enjoying it and really feeling it, and as we all know the Law of Attraction mirrors our thoughts, good or bad, and always responds accordingly.

Those people who claim that the Law of Attraction has failed them are those who have never grasped the concept of how it truly works!

So in simple terms if you have a beautiful collection of ‘perfect-lifestyle’ images on your dream board, pictures that really get you buzzing with that feel-good factor, your positive thoughts will attract positive returns.

That’s the Law of Attraction: And that’s how a Vision Board works hand in glove with it to ensure perfection and success.
Chapter 7. Taking Action – The Final Step

I will make this chapter brief because I want the message to come over loud and clear.

As good as The Secret by Rhonda Byrne was, it is incomplete. Who says so? Well not just me, you don’t have to take my word on it; but most of the Masters of the Secret have since come out quite openly and said they felt that there was a missing chapter, a piece in the process of manifesting that was not fully covered in the book.

I can remember way back to year 2000, well before The Secret was published, something the late Lynn Grabhorn said;

Visualization alone is not enough; it is only the 1st step in the process of manifesting.

Emotion alone is not enough; it is only the 2nd step

Motivation alone is not enough; it is only the 3rd step

The missing, and equally as important step is taking educated action – the Final Step.

The first 3 steps are vital but completely inefficient if not followed up by the 4th and final step of taking good, constructive action. All the visualisation and intent in the world will not manifest physical rewards by themselves alone.

The correct procedure is this;

- ✔ Visualization
- ✔ Emotion
- ✔ Motivation
- ✔ Action

A Vision Board literally guarantees that EVERYONE who uses one follows these 4 steps; in order, positively and efficiently, and by doing so, goes onto gain the dreams and desires asked for. It can’t fail; it’s the Law of Attraction working its magic.

Chapter 8. The Summary

There is no doubt at all in my mind that using a Vision Board is the true way of attracting health, wealth and abundance into your life. The process involved calls on the Law of Attraction in the truest and most efficient way possible. It never fails.

The Law of Attraction states that Like Attracts Like – a Vision Board gives you the perfect way to visualize on your real desires and goals and keeps your subconscious mind focused on them and away from the negativity and road blocks that will bar your route to everything you desire in life.
Visualization – Motivation – Action

..and if the roadblocks return, the repetition dissolves them clear away and kick starts the process all over again, without hindrance.

Be Positive and have Complete Faith

A vision board works when you allow it to work – it’s as simple as that. If you are just going through the process without giving enough passion, emotion and thought to it, not much is going to happen. You need to be in perfect alignment with it; your mind set, your emotion and your feelings.

- Most people think that sticking a few little pictures from an old magazine on a vision board and then looking at them now and again is enough, but it’s not – nothing like enough!
- Other people don’t really believe in any possible change and so are subconsciously blocking their own success, and then complain that a vision board don’t work!
- Some folks merely follow like sheep and copy what their friend has on their board rather than thinking what they truly desire for themselves.

10 Seriously Good Ways to make a Vision Board work for you – The Summary

Follow these 10 Golden Points and I can almost guarantee that you will be amazed how a vision board can bring positive change into your life and create all you desire in terms of health, wealth, great relationships, material luxuries and anything else you set your mind on, even if it has failed before;

- Think carefully about what you don’t want in your life, what you are lacking
- Now think how much you would like to alter all of that ‘lack’ and ‘don’t want’
- Get into a ‘feel good’ mood to optimise your feelings of enjoyment, passion and desire
- Write an accurate list of your dreams, goals and desires
- Visualize your end goals and go BIG
- Turn that list into dead-on affirmations
- Select spot-on images to accurately accompany your affirmations
- Pin, not glue, the images on the board in relevant groupings or in what order feels right
- Write your affirmations in large bold letters on top of your images
- Place the board somewhere where you can easily access it at least twice a day

A Vision Board is an Ever-Changing Friend – Change with It!

A vision board grows and changes with you, that’s why I make the point of pinning your images and not gluing them – as change begins and your little successes start to happen you’ll need to amend your board accordingly.
**Struggling to Get Started?**

If success seems slow, if your interest and motivation seems to drop, on these occasions I ask you to aim for lower targets to begin with, yet still keeping your end goal in mind. Once you start winning little prizes, bigger prizes will surely follow; you will become used to achieving success, your mindset will shift and your previous mental blockages will fade away allowing for even greater success.

**A Vision Board uses the Law of Attraction**

When you create your Vision Board you are in the process of creating your dream situation; something that shows in images and affirmations exactly what you want from your life. When you look at your board your ideal scenario is staring right back at you so before sticking a whole bunch of ‘that will do’ hit or miss pictures on your board, make sure that whatever goes on that dream board really jumps off the page at you!

Your Vision Board should get you jumping up and down in excitement: That good!

Finally Remember this is what you are asking the Law of Attraction to give you, and to do that you have to think it, believe it and want it; as soon as you get in that feel-good place with your vision board, as sure as eggs are eggs you will see positive changes happen one after the other.

Enjoy the Journey

Steve Charles