

# Vision Board Workshop

with Robin Brz



April 2, 2022

Greetings Friends!

Are you excited about our upcoming workshop? I know I am. Preparing for it has helped me to focus on what I want to accomplish and has reminded me that living my best life means making me a priority. So, let's get right to it. What does your "best life" look like? For most of us that can be a hard question to answer. We get caught up in the things we think we should do, or be, or achieve. Our busy lives can often overshadow the desires that our buried inside us. The dreams we once had are lost in the activity of every day. Not anymore!

To help you get clear about your best life, we are going to consider seven different areas of life that all work together and make you **SPECIAL**.

**Spiritual**

**Professional** (career/work)

**Educational** (professional development)

**Care** (health & fitness)

**Income** (finances)

**Associations** (relationships)

**Leisure** (quality of life)

Completing the Seven Areas of Life Intentions Worksheet that I have attached will help you connect with your dreams and create a life you love.

**Here are a few suggestions to help you make the most of this activity:**

1. Set aside 20-30 minutes of quiet, uninterrupted time (turn off those electronics!)
2. Choose a comfortable spot and relax. Take a few deep breaths to clear your head, ground yourself and get centered
3. Let go of the things you think you should do, think, achieve, be - and give yourself over to what YOU WANT
4. Reach for the stars. Nothing is off limits. If you can dream it, you can do it!

For each of the seven areas:

- The worksheet prompts you to consider your top desire. To figure out what that is, I encourage you to do a little brainstorming and write down everything that comes to mind. Then go back, review what you came up with and choose the one desire (in each area) that speaks to your heart the most (or loudest!).
- Next it asks, "How will achieving my desire make me feel?" Here I want you to visualize everything that you will feel when you achieve your top desire. Imagine it happening and write down all the words that describe how you feel.
- Finally, "How will I take action to accomplish this desire?" Part of what makes Vision Boards successful is understanding your role in making things happen. For this part of the exercise think about the first step you will take to accomplish your top desire in each area.

Bring your completed worksheet with you to the workshop on Saturday, April 2 at 10 AM. We're going to talk more about each of these areas and the visualization process. Spending the time on your own will really help you gain focus and clarity on what your "best life" looks like, and help you make the most of our time together.

One last thing - I have all the materials you'll need - including plenty of magazines - however, I encourage you to bring things you are inspired by: images, pictures of you, family and friends, printouts, quotes & sayings or favorite magazines to help personalize your board.

I can't wait to see you at the workshop.

Wishing you all the best!

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