



One Word Inspiration + Vision Board Creation

***Start the new year off a positive way! Focus on
ABUNDANCE, MANIFESTATION + INTENTION!***

Create and bring in what you desire! Detox our mind, detox our bodies, detox our thoughts, detox our friend list, our relationships... the list goes on and on.

Begin with meditation on finding ONE word that describes or identifies your intention for the next 12 months. Pray and get inspired to what really defines this year.

When I began to add that ONE word to my vision boards in 2014 things really started happening.

Think of one word that defines your intention for the year. Meditate on it, this will go on the top of your vision board!

Set your intention and begin to flip through some magazines that interest you. As you see the images cut them out as inspiration to create and glue onto your vision board. This will start the flow of ideas. Cut out words, short phrases and mostly photos and begin to arrange in a creative display on your board. When you feel it is finished hang it up by your bed.

Nightly or when you awake take a few moments and look at the things you are manifesting and creating. FEEL THEM AS IF THEY WERE ALREADY HAPPENED. This is the key to creative visualization. We must feel it with 100% of our being. Taste the food, feel the sand under your feet, see the vistas, relax in the new bedroom, or whatever it is! GO THERE! Do this every day. Let go of the HOW and just FEEL. The Universe will work on the HOW you simply just take action and be the vehicle.

This is so much fun to do with the family or a group of friends, inspiration abounds within a community of like-minded people!

Watch the 26 minute instructional webinar here:

<http://yoga4love.com/live-loved-lifecoaching/>



One Word Inspiration + Vision Board Creation

ONE WORD: There is some hOMework for creating your One Word. Please visit:
<http://myoneword.org>

Click on the resources and look around. Get inspired!!! Then use large letters from the craft/office supply and place the letters on your board! Message me when you find your word! I want to be in this process with you! Then get to work on your vision board.

Get settled to let the vision flow with these supplies:

- Poster board~ either a half or full sized, decide how much you want to add
 - You can add another $\frac{1}{2}$ board mid year! I always add to mine.
 - We do one on 1/1 then another on Summer solstice 6/21! It is really cool to see how much you have manifested in just $\frac{1}{2}$ a year!
- Office/craft supply 2-3" letters
- Glue sticks
- Several fave magazines
- Scissors
- Snacks
- Water bottle
- An open mind

Take a photo of your completed board and send it to me! We would love to see you post your completed vision board on our Facebook community group page here:
<https://www.facebook.com/groups/yoga4lovecommunity/>



SAY YES!!!
Namaste.
Peace, Love + Light~

Lisa