



HAVASS
Academy & Coaching

DAY 14

Today I will talk about another magnificent method that will remind you why you set out on this way; vision board! A vision board is a board where we embody the things we want to include in our lives by using various visuals. You can also call it a dream board if you want. It doesn't matter what its name is. The important thing is the excitement every time you look at it. The important thing is that your desire and excitement is reborn whenever your eyes come across with your board.

If you're ready, we're preparing a vision board today!

Collect and combine images from the internet, magazines or other materials that you find suitable for your purpose. Either set it as a wallpaper on your computer or phone, or print out it and hang it where you can always see it. The important thing is that it is always in front of your eyes. Before we get started, let's talk about what you need to pay attention to while preparing your vision board.



The most important thing you should pay attention to is your feelings...

It is no big deal finding and cutting the pictures. The important thing is to find the right images. Pay attention to your feelings to see if you have found the right image. The good feeling and excitement that comes with the photos you choose indicates that you have found the right image.

Take advantage of the power of words!

You can add little notes like "my new phone, my workplace, my best friends" to feel you really have it. You can find an image that looks like you, or even exaggerate the work a bit by adding yourself to the visuals. :) Our aim is to capture the same feeling we will get when we have our goal.

Categorize it.

You can collect your focus in the same place by putting the relative images into the same category. For example, you can help yourself to see the big picture by collecting images related to relationships in the same category, financial goals in the same category elsewhere, and health goals in the same category elsewhere.

You can try to put yourself into the center.

If you find a photo that you are very happy, feeling very confident, in short, that will make you feel good, and you can put it into the center of your board to awaken the perception that all visuals you chose are a part of your life. They said all kinds of tactics are permissible on the way to the goal! (Actually I just told you, but what difference does it make?)

Attention: People get used to the images over time. You will probably get used to the board over time and after a while you will not be able to look as much as before. Think of an item you just bought for your house. While you were glancing at every entrance and exit for a while, over time your eyes get used to it and you don't even look back. That's why you can move the board over time. If you are lazy to this, you can completely remove it for a short time and then put it back in. We have added some visuals to your study agenda that can help you create your own vision board! You can use these images if you wish. We would be lying if we say we don't wonder the board you will make. If you would like to share it with us, we will be glad to review it!

Now, you are ready. Come on, let's go and start.



Tasks:

- Create a vision board. You can take advantage of the visuals we have added to the

