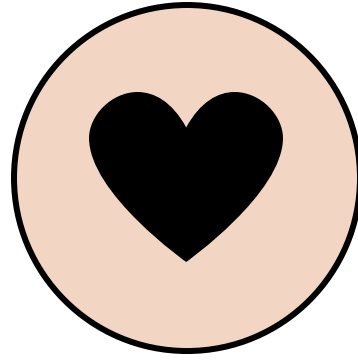


The background features a collage of pastel-colored rectangles in shades of teal, light blue, lavender, yellow, and pink. A large, light purple circle is positioned in the upper right area, with a vertical line extending downwards from its center. The main title is centered within a large, light yellow rectangular frame.

Vision Board Showcase

By: Roky & Cendrine

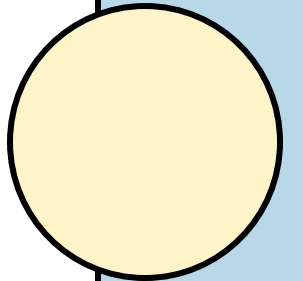


*If you have a goal, write it
down. If you don't write it
down you do not have a goal-
you have a wish.*

~ Steve Maraboli

What's a Vision Board...How does it work?

A vision board is a collage of pictures and/or words representing someone's wishes and goals. It serves as inspiration or motivation. Celebrities like Oprah winfrey, steve harvey and more have testified to its usefulness. The vision board that you create only works if you work. It's not a magic board that just grants you what you want. It serves as a re-focusing item to help along with your thinking.

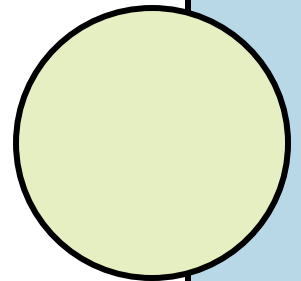


The Brain



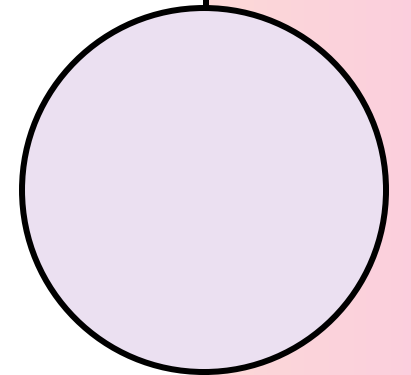
It has been scientifically proven that you're 42% more likely to achieve your goals if you write them down on a regular basis. Writing it down activated both sides of the brain: imaginative left and logistic right. As humans we process visuals 60,000 times faster than having to imagine it based on a study by the 3M company.

Neuroscientist Dr Tara Swart Said : 'Looking at images on a vision board primes the brain to grasp opportunities that may otherwise gone unnoticed. That's because the brain has a process called 'value-tagging' which imprints important things onto your subconscious and filters out unnecessary information.'

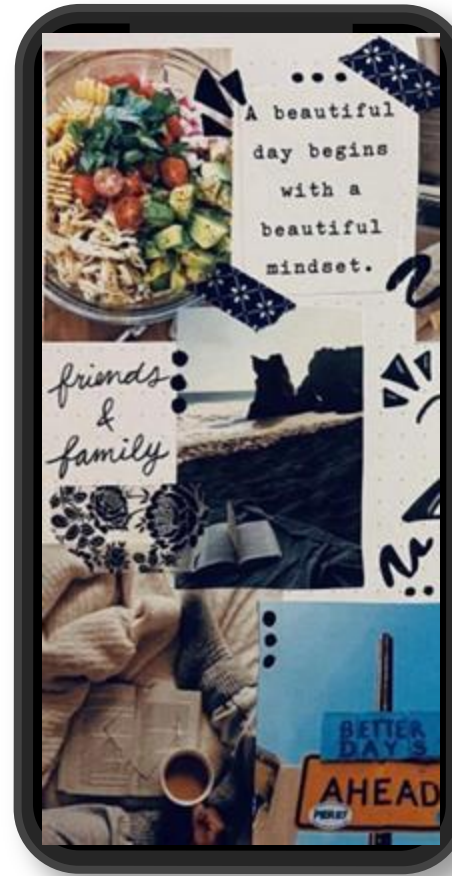


Why would it fail?

Having a vision board doesn't automatically mean that you'll get what you want automatically overnight. You have to work for it. Like we previously mentioned we said that it serves as motivation and a focus point for you. You need to be able to look at the picture you have on your vision board the visionize how you're gonna get there ad actually do it. Like its stated on Inc " There are a multitude of studies that show athletes, students, and musicians perform worse when they visualize themselves succeeding, as opposed to visualizing themselves going through the steps it takes to succeed.



Examples



Cendrine's Vision Board

This is an old vision board that i previously wanted to use for 2022. I had aspirations of starting to pray on a constant basis. I've always told myself that I must stay on top of my academic achievement and find out what works best for me when it comes to classwork. I'm looking forward to remaining consistent in the gym.



Roky's Vision Board

I've always considered tasks I could complete when constructing my vision board. Having to stay nourished at all times, as well as reminding myself to maintain a positive mindset in order to thrive in my chosen profession. Keeping up with my daily scripture and having to spend time with God. Having a side hustle, such as selling bracelets. Saving money and spending it on something meaningful to me.



Roll In the Numbers

65%

Of people are
visual learners..

30%

Of people are
Auditory Learners

5%

Are kinesthetic
learners .

Fun Facts

Ellen

In one of Ellen Degeneres episodes she explained how she had a vision about being on the cover of O Magazine, she put it on her vision board and it happened.

Beyonce

On a show beyonce was asked if she image of an academy award in front of her while using the treadmill she replies “ “I do, but, it’s not right in front of the treadmill. It’s over in the corner somewhere. Just so it’s in the back of my mind.

Lily

Lilly Singh a.k.a SuperWoman has been open about her use of vision boards on her IG Posts And how they helped her.

Micheal

Michael Phelps an Olympic medalist said “One of the things that has been good for me I think, besides training, has been my sort of mental preparation,” Phelps said of the technique.

Katie

World-record holder Ledecky has said: “I have my goals and I visualize things to help me achieve those goals ... I know what my stroke should feel like at different parts of the race, and I can just kind of picture that in my mind.”

Rhonda Byrne

The Washington post stated “Vision boards, sometimes referred to as dream boards, rose in popularity in the 2000s, thanks to the enormous success of Rhonda Byrne’s self-help book “The Secret.” Byrne introduced the Law of Attraction to the masses“

The Law of attraction is a whole nother topic.



Conclusion

- 1) Most difficult part?
- 2) How does this relate to your future?
- 3) What's 1 thing you are most proud of?
- 4) Why did we choose this?



THANK YOU

Now it's Your Turn!

