



Activity 7: VISION BOARD AND CREATING YOUR MANIFESTO

Directions: The most critical part of fear work is to create a vision board and manifesto. Our brain works off of images. It becomes what it sees. Most of us see and feel our Worst Day Cycle replaying in our heads so that is who we become. We need to give our brain a new picture and also get it used to that image so it can become the new norm.

The Vision Board

To create a vision board, go online and find all the pictures you can that represent what you want in your life and then print them out. I found pictures of dinner parties with a bunch of friends, cars I like, things I want to do with my kids, places I want to go, and a ribbon that said, "International best-selling author." I glued them onto poster boards. I have five of them in my office and as my desires change, I add new pictures.

The most important element to a vision board is how we use it. Most just stare at it. That can have some benefit but the real key is to feel it. When I look at the pictures on my board I actually feel what it would be like to be in that place. For instance, I have some vacation spots on mine. I don't just stare at the pictures, I actually put myself in the chair that is in the picture. I try to feel that chair with my body, I consider, what elements of this picture could I see if I were in that chair? I only focus on these items and not the things in the picture that would be behind the chair. I feel the breeze, my feet in the sand, I smell the water. I am feeling the picture much more than I am thinking about it or seeing it. Do this with any aspect of your life. The more detailed you are the better.

Have you ever created a vision board?

Can you see the difference between feeling a vision and just staring at it?

The Manifesto

The manifesto is critical as well. Since most of us have just been on auto pilot allowing life to be dictated by our worst day we need to describe what we want in our life. This isn't like a mission statement, this is a living breathing document that changes over time as we grow and change.

For instance, when I started mine I wrote down I wanted to travel more. Over time, I decided I needed to be more specific so my brain knows what I really mean. So, I put down I want to go to Monaco. After a week or so I realized, that isn't enough, I want to *do* Monaco. I want to have the money so I can stay in the nicest places, see the nicest things, eat the best food. I love opulence and beauty so I not only described it I then found pictures to match it. That still wasn't enough so I put a date down. Because we weren't allowed to pursue our own needs and wants most of us start out really vague. As our brain becomes more accustomed to it being okay for us to pursue our own lives, it opens up to more detail around what we really want. That is why this is a living document. It will grow and magnify as we become less fearful of success and start giving ourselves permission to succeed. Continually go back to it and look to see how you can add more detail. Make sure you look at every area of your life—relationships, work, friends, and hobbies.

What is your manifesto?

Once the manifesto and vision board are complete, ask yourself, "Who will I have to become as a person to achieve what I want and what can I do today to be that person who lives this vision board and manifesto?" I came up with a whole new list. The first thing I put down was, "Sleep less." I had realized two things. Because of the Worst Day Cycle, I slept on average about ten hours a day. If I could cut that to six or seven hours a day that would not only enable me to get much more out of life but it would give me time to accomplish virtually everything I needed to do to become the person I needed to be to achieve that manifesto. About five weeks later, without making an effort I noticed I was waking up after about seven hours of sleep feeling more rested than when I had slept 10 hours.