



MINDY LEISHMAN
... COACHING ...

VISION BOARD

WORKSHOP

for

**Love &
Abundance**

By

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W E L C O M E

I'm so happy you made the decision to join this masterclass! Living a life you love doesn't typically happen by chance. You see, we live in a world where everything is created twice; first in your mind, then in reality. But most people never take their time to design their lives. In fact, most people spend more time planning their 2 week vacation than they do planning their life!

SET YOURSELF UP TO RECEIVE THE MOST OUT OF THIS EVENT...

- ✓ Clear time on your calendar Saturday October 7, 12 PM EST (US time)
- ✓ Print this workbook or have a notebook handy to write in.
- ✓ Join the Facebook Group - Mindset of Pure Potential - [Click here to Join](#)
- ✓ Look for notifications from your Success Advisor in the Facebook Group. They will tag you with updates!
- ✓ Check your email for zoom link and replay
- ✓ This masterclass is the roadmap to everything in the life you desire.
- ✓ A life that wakes you up and feeds your soul! That is our aim and I hope it is yours as well.

Happy Visioning!

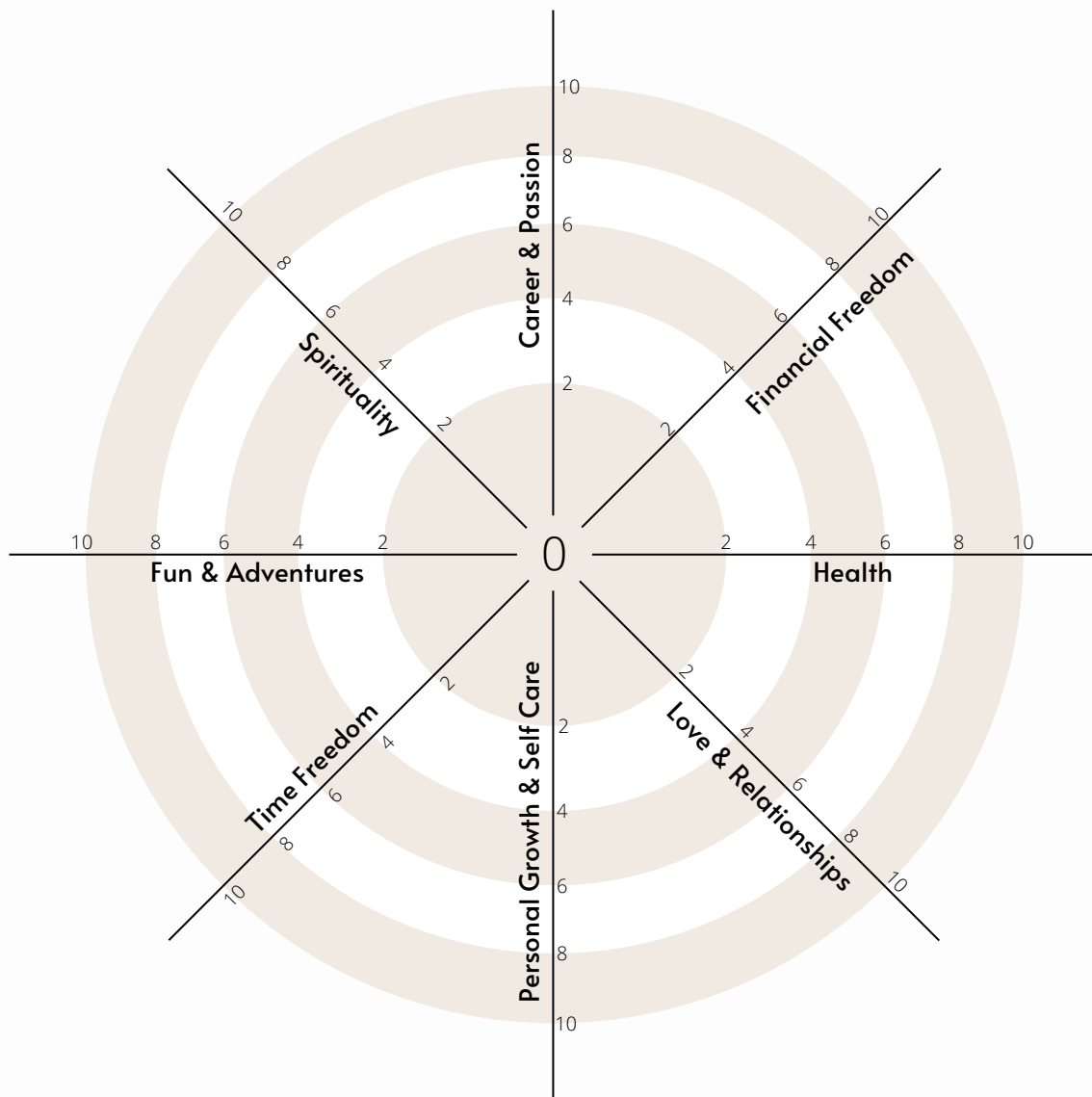
Ready to turn your dreams into reality? Schedule your free 45-minute vision call with me and let's start creating a plan together!

BOOK YOUR FREE 45 MIN - VISION CALL

SHAPE YOUR DESTINY

Too many people are caught up with making a living – and not designing their life. -Tony Robbins

The Wheel of Life is a powerful gauge, showing precisely where you stand in the present moment. It's a snapshot, revealing how your current thought patterns have created the current conditions of your life.. And the exciting part: the moment we shift those thought patterns, we unleash the potential to manifest entirely new, life-altering results!



Assess your current satisfaction level in each area by marking a point on each line that corresponds with your current life satisfaction in that area (-0- indicates a high level of discontent in that area while 10 indicates a high level of satisfaction in that area). Once all points are marked, connect them to gauge the balance or imbalance in your current life.

WHERE DO I EXPERIENCE DISCONTENT?

Discontent is the spark of transformation, the catalyst that propels us to seek a brighter, more fulfilling reality.

1) How do I feel about my current life circumstances and are there parts of my life that I am no longer willing to tolerate?

2) What one or two life categories could I focus on over the next 3 months that would have the biggest impact on all areas of my life?

3) What difference would it make in my life or my family's lives if I were to make changes in these areas?

ALLOWING ABUNDANCE IN

Abundance is not a limited resource yet many people struggle with allowing abundance in.

1) What does abundance mean to me?

2) Do I struggle with feelings of scarcity, self-worth, limiting beliefs about myself and my ability to create love or financial freedom?

3) Do I believe I am worthy of experiencing a truly loving relationship or unlimited abundance or do I have a belief that loving relationships & wealth are privileges for "other people"?

AM I UNKNOWINGLY BLOCKING THE FLOW OF LOVE & ABUNDANCE IN MY LIFE?

Beliefs become thoughts, thoughts become feelings, feelings become actions and actions create results. You need only to look around at your current results to discover your true, underlying beliefs.

1) Keeping the above statement in mind; are there any themes or patterns of thinking or behaving that are sabotaging my current results?

2) Fear, self-doubt, holding on to anger, resentment, and pain from the past, or even fear of success may be blocking the flow of love & abundance in your life. Do any of these common blocks resonate with you?

3) How have the above blocks impacted your life and your current results?

SELF AWARENESS EVALUATIONS

Self-awareness is the lantern that lights the path to personal growth. It's the mirror that reflects our true selves, guiding us toward authenticity, purpose, and a deeper connection with the world around us. To know oneself is to embark on a lifelong journey of wisdom and self-discovery

1) Where do I experience a longing for something more in my life?

2) What is something I would love to do or try if I knew I could not fail?

3) What would I do, be or have if time & money wasn't a determining factor?

MY ONE YEAR VISION

Vision is the compass of the heart, guiding us through the unknown, painting our dreams upon the canvas of reality, and reminding us that every journey begins with a single, inspired thought.

1) What would I like my life to look like in one year? Who would I be in the world? What am I doing? What do I own? How much money am I making?

2) What would I do for fun if time and money were not an issue?

MY FIVE YEAR VISION

Long-term goals are the lighthouses that guide us through the storms of life. They require patience, resilience, and unwavering focus. But in their pursuit, we discover our true potential and create a legacy that extends far beyond our horizons

1) What would I like my life to look like in 5 years? Who would I be in the world? What am I doing? What do I own? How much money am I making?

2) What would I do for fun if time and money were not an issue?

PERSONAL REFLECTION

Self-reflection is the mirror of the soul. In its depths, we discover not only who we are, but who we can become. It's the compass that guides us toward authenticity, growth, and the wisdom to navigate life's journey

1) In what areas would I like to grow and expand my knowledge?

2) What experiences would I like to attract into my life?

3) What emotions would I like to feel every day?

4) How would I like to contribute to my community or to the world?

CREATING A LIFE BY DESIGN

Journal Exercise

I CAN HAVE IT ALL!

I can have it all, for abundance knows no limits. My life is a canvas, and I paint it with the colors of my dreams, filling every corner with joy, success, and love

1) What did I discover in the journaling exercise?

2) What surprised me the most?

3) Is there anywhere in my life where I could use more clarity and support to create my dream life?

MY TOP 3 SHORT-TERM GOALS (6 MONTHS - ONE YEAR)

GOAL 1

GOAL 2

GOAL 3

MY TOP 3 LONG-TERM GOALS (2 TO 5 YEARS)

GOAL 1

GOAL 2

GOAL 3

AFFIRMATIONS

Affirmations act as our mental vitamins, elevating our thought patterns to the frequency of our dreams, and providing the necessary positivity to raise our vibration and empower our daily thoughts.

Affirmation 1:

I am the architect of my dream life, and each day, I craft it with purpose, passion, and unwavering belief. My dreams are not just wishes; they are my destiny unfolding, and I embrace the journey with open arms, knowing that every step leads me closer to their realization

Affirmation 2:

I am a magnet for abundance, joy, and success. As I align my thoughts, actions, and beliefs with my dream life, I effortlessly attract opportunities and experiences that propel me toward my goals. Every moment is an opportunity to step into the life I've envisioned, and I seize it with gratitude and enthusiasm.

Affirmation 3:

I am the master of my destiny, and I embrace the limitless potential within me to manifest my dreams. With unwavering belief, I nurture my aspirations, and every step I take brings me closer to the life I've envisioned.

Affirmation 4:

I am a beacon of love, radiating warmth and affection. Love flows to me effortlessly, and I embrace it fully. My heart is open to receive the deep and fulfilling love I deserve.

Affirmation 5:

I trust in the divine timing of the universe. I know that every experience, whether seemingly positive or challenging, is a stepping stone on my path to living my dream life. I am a co-creator with the universe, and together, we bring my deepest desires to life.

ACTION STEPS

Dreams without action are like seeds in barren soil – potential wasted. Take action, for it's the bridge between the realm of dreams and the reality you desire. Act today to craft your tomorrow.

- ✔ To keep your dream alive you must continue to redefine and clarify your dreams. This is a crucial step to keep your vision clear and vibrant. As you evolve and gain insights, your dreams may shift and expand, allowing you to align your actions with your evolving aspirations, ultimately leading to a more fulfilling and purposeful life.

- ✔ Identifying and challenging limiting beliefs is an ongoing necessity in the journey of personal growth. By consistently recognizing and questioning these beliefs, you pave the way for personal transformation, breaking free from self-imposed constraints and unlocking your true potential to achieve your dreams and aspirations.

- ✔ Establish a daily practice of visualization, affirmations, and gratitude to harmonize your thoughts, beliefs, and emotions with your goals, amplifying your focus and determination. This consistent practice cultivates a positive mindset, attracting opportunities and propelling you towards manifesting your dreams.

- ✔ Seek out a supportive community that is the foundation for nurturing your dreams. By surrounding yourself with individuals who genuinely believe in your potential, it provides the motivation and resilience needed to navigate challenges and work persistently towards your goals. Their support becomes a driving force, propelling you toward your aspirations with steadfast determination.

CREATE YOUR VISION BOARD

A vision board is a tool that can help you manifest your goals and desires by providing a visual representation of what you want to achieve. It works by combining the power of visualization and the law of attraction.

- ✓ **Decide on your goals and intentions:** Think about what you want to achieve or manifest in your life. It could be anything from a new job, a healthier lifestyle, or a happier relationship.

Gather your materials: You will need a poster board, magazine clippings, images, quotes, and any other materials that inspire you and relate to your goals.

VISION BOARD DIGITAL TEMPLATE

- ✓ **Choose a theme:** You can create a general vision board or focus on a specific area of your life, such as career, relationships, or health.
- ✓ **Begin to assemble your vision board:** Cut out images, quotes, and words that resonate with your goals and arrange them on your poster board in a way that feels visually pleasing to you. You can also include personal photos, drawings, or anything else that inspires you.
- ✓ **Visualize:** As you create your vision board, visualize yourself already achieving your goals and desires. Imagine what it would feel like to have your dream job, a happy relationship, or good health.
- ✓ **Display your vision board:** Place your vision board somewhere you will see it every day, such as your bedroom or office. Take a few moments each day to focus on your goals and intentions and visualize yourself already achieving them.

Remember, creating a vision board is just one tool to help manifest your goals and desires. It's important to also take action towards your goals and stay committed to making them a reality.



WANT TO
LEARN MORE?



To see if we can work together to find a path that works for your unique situation, click on the button below to apply for a free consultation.

SCHEDULE A FREE CALL

www.coachwithmindy.com

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