Vision Boards Webinar

The Art of Manifesting

with Barbara Pellegrino

Understanding the Law of Attraction,
Vision boards and ….

“Treasure Mapping Your Way to Success”
Welcome to Vision Boards...
Congratulations on taking this exciting and essential first step to achieving your dreams!

Your mind works in pictures, which is why creating visual images in the form of a well designed Vision board will bring you much faster, and more powerful results than just wishing, hoping for…or even writing your goals.

Your Vision Board is a “snapshot” of your dream future your visual “end result” and it becomes your blueprint for inspiration and action. Your vision Board will be a magnet for you to attract and achieve exactly what you want.

Vision boards enhance the law of attraction and can quickly bring you profound and sustainable results.

This Vision Board Webinar will guide you in the essential first steps to creating your Vision Board and to start living your dream life.

Thank you for Beginning Your Journey to Success!

Barbara Pellegrino
barbara@visionboards.net

Visit www.visionboards.net today and register for your Important & Essential Tips & Bonus Gifts!
About Barbara Pellegrino
Leading Vision Board Expert

“Are You ready to live YOUR dreams?”

… to get unstuck, move forward and gain clarity around what you really want? Are you willing to move beyond those moments of quiet desperation, to test new ideas and work with tools that can fast track your dreams into reality? Are you willing to discover your purpose, and find passion in your life? Yes?

Then you are in the right place!
Create your Vision Board
and start living your dream life today!

Barbara Pellegrino is a renowned Vision Board Success Trainer. Trained in Mind Power, Barbara is a leading authority on Vision boards. A certified NLP (neuro linguistic programming) facilitator & trainer, a certified core energy, transformational life and career coach, a master practitioner in energy leadership and published author with Dr. Wayne Dyer, Anthony Robbins, and Dr. Michael Beckwith in “Living in Abundance” and with Dr. Towanna Freeman in “Purposeful Action - 7 Steps to Fulfillment.” (available at www.amazon.com)

Barbara will guide you in creating your dreams, helping you break through blocks and limiting beliefs to a life of abundance and joy!
“Barbara brings a whole new dimension to Vision boards! I have made vision boards and like most of us, I did them with very little meaning. That is why very little would resonate and result in little to no energy for taking action. Working with Barbara, I learned a whole new meaning to a vision board. She taught me how to resonate with my purpose and my goals, how to connect with the meaning behind the visual existence of the picture and about this being a process not an exercise. Barbara is the brilliance behind the connection to the actions for a real vision...“

Ed Abel - Business Coach. New York. USA.
www.ABELbusinessinstitute.com

"We've already had to change 3 pictures on our vision board, as three things just manifested for us - we're ecstatic”
- Jacqui and Brenton,

"Now that I have my Vision Board every sector of my biz is at an all-time high. 100% of last month's auctions SOLD, 2 BEFORE the auction." - www.JoeTeipel.com. Honolulu. Hawaii.
What others are saying…

“The fulfillment of a Dream takes clarity and direction. Barbara has helped me fine tune my goals, thus enabling me to achieve **fabulous results.** “

- Malcolm Ching, AMS, PCAM
  G.M. Waikiki Community Association, Hawaii.

“Barbara Pellegrino is an exceptional instructor who goes above and beyond to help you understand what your goals are and how to attain them.

In her class, she covered more than "creating a vision board." I have had previous experience in making Vision Boards - but **she took my skills to another level.**

I was able to manifest everything on my Vision Board in no time - I highly recommend her class for people looking for change - on any level.”

- Dr. Cynthia Chareunsouk Kesaji,

“Thank you for teaching us these wonderful techniques. Everyday I continue to look at my vision board on the wall and

**I am truly amazed how well that thing works.**”

- Malcolm Ching, AMS, PCAM
  G.M. Waikiki Community Association, Hawaii.
You are creating a visual “end result.” It may help to first write down some goals that you wish to achieve and think about what you would have and what you would see, when you are living those goals. Then look for pictures and images that represent those particular goals as well as an overall desired future. It is important that the pictures and images you choose give you a spontaneous feeling of “yes.”

If you are not sure about what you really want to create with your Vision board please look at the section about Passion and the Life Balance Wheel first. The Life Wheel exercise is for you to honestly assess your current level of satisfaction in life, in the 8 areas listed:

Scoring a 1 means not at all satisfied and 10 meaning “I’m at the top! Loving it all.” Being honest with yourself gives you an accurate starting point and you will have an easier time deciding which areas you want to set goals and achieve your and dreams. (for help with this please look at coaching with me to gain greater clarity)

Creating a Vision Board is not about positive thinking alone, an important and essential factor is that you feel good when you look at your board.

Step 1. Choose a poster board, a cork board, a note book, a journal or any surface you like, to use as a background. Color and size are all personal choice.

If you wish to create a Feng Shui balance and flow Vision board, please use the Life Balance - Vision Board™ included in the Vision Board Creation Kit and paste your pictures directly onto it, or use it as a guide or template for placement of the different areas. (A brief introduction and explanation of Feng Shui and Vision Boards is in this handout)

Step 2. Take a few minutes to think about and decide what goal board you are creating; a specific health, relationships, finances, balance of all areas or general life style goal? Then, flip through magazines and tear out whatever pictures and words impress or inspire you. Cut the images and words you choose, with either straight edge or decorative edge scissors to add artistic value.

Step 3. Arrange the pictures and words on the paper with photos of you and loved ones in and around the scenes. You are creating your visual “end result.”

a. If it’s a relationship goal you could get a picture of a couple embracing, having dinner, on the beach… and cut your face out and paste it on the body in the photo.

b. If it is a physical goal and if you want to change the size of your body, if you want to lose or gain a few pounds, chose a picture of someone you would like to look like and put a picture of your face on the body in the picture. Recently I heard of a lady who used a vision board to drop over 100 pounds in weight. She did it in incremental steps.
7 Easy Steps to Creating Your Vision Board

c. The same idea applies to houses, offices, cars and vacation destinations - paste photos of yourself, team members and / or loved ones, on your board to look like a picture that you would take, (as you naturally would) while on vacation, at work with your team, traveling around, as if you won the award, worked from that office, or owned house or the car.

Step 4. Add a powerful statement or affirmation that this is already so:
(From Shakti Gawain - "Creative Visualization")

“Thank you (Universe) for bringing me this and more now, easily, happily and harmoniously, in totally satisfying ways for the highest good of all concerned.”

Add words like: Easy, Happy, Healthy, Fun, Now.  
(Provided at the back of this book)

Step 5. Add a symbol of whatever spiritual source you believe in to show you are partners in creation of your life with a higher spiritual source.

Step 6. Place the Vision Board - Treasure Map somewhere you will enjoy looking at it and seeing it often. Only allow supportive people to see it.

Step 7. Use the mind skills and “7 Steps to Manifesting” to harness the law of attraction and to develop new habits which will retrain your subconscious mind and help you get the goals on your board. When you use your imagination to “see your future” you will get new ideas and inspiration to create an action plan and strategize the achievement of your goals.
Why a Life Balance - Vision Board?

The *Life Balance - Vision Board*™ template design is based on the Feng Shui principle of placement, balance and flow.

Although I am not a Feng Shui practitioner, I have seen some amazing results with people who have created their boards according the “bagua.” And that is why I created and offer you the *Life Balance - Vision Board*™ template with this brief explanation about how and why it can work for you. Please use discretion with this, if you are naturally drawn to creating your Vision Board in this format, please do so.

If it doesn’t feels right for you, your intuition doesn’t give you a “resounding yes,” if you don’t feel peaceful and calm looking at the template, please create the board whichever way you enjoy. Allow your intuition to guide you with what feels best for you. I have had many students over many years achieve their dreams and goals with Vision Boards even without knowing about the Bagua and Feng Shui. Use it as a tool and guideline only if you feel drawn to it.

Feng Shui is a set of guidelines and principles to lead a more effective and balanced life. It is most commonly practiced by balancing your surrounding environment according to the principles. However, those same principles can be applied to balancing your lifestyle for a more effective and fulfilling life. Living a balanced life will contribute to getting the results you want, because it ensures that time and energy are not wasted in areas that do not serve you and your goals.

A vision board is a powerful tool that organizes your goals, dreams, and desires for creating and manifesting the life that you want now and integrating the Bagua Map from Feng Shui enhances the vision board with a framework representing the 9 different areas of your life.

A vision board created using the Bagua as a tool brings your dreams one step closer to reality by organizing what you want and comprehensively visualizing your dreams and goals in each of these life areas. A balanced lifestyle is most successfully achieved by clarity in all these areas.

**Why does having a balanced life - speed up results?**

All of the aspects of our lives are inter-related, for example, a great relationship is balanced by the cultivation and application of wisdom, skills and knowledge...A Feng Shui vision board acknowledges this, as does your sub conscious while looking at the pictures - this results in a fast-track to manifestation.

**What is the benefit of creating a goal board - Vision Board according to the Bagua?**

The Bagua map addresses each area of the nine essential areas of your life, which are all inter-related - creating a vision board allows the manifestation of your dreams to unfold in a balanced way.
What do you feel when you look at a Life Balance Vision Board created according to the Bagua?

Life is rich, full and balanced.

**How does the Bagua help you achieve faster results?**

The Bagua is an ancient tool that addresses the fact that all aspects of our lives are interconnected. To achieve results in one area of life, likely you will have to grow, expand or acknowledge another area. Therefore, your entire vision could unfold faster and fuller then you could have foreseen.
If you are interested in flow and energy … you will have a choice to create your Vision Board according to this principle or not. You will have a guide and advise, where to place your images according to the Bagua. The Bagua is based on the 8 trigrams of the I Ching, the Book of Transformations and according to the Western School of Fung Shui - "the bagua may mimic a thought pattern or even the way that information is processed through our brains."

The 9 areas of the Bagua consist of:

**Wealth** - Represents all types of prosperity and abundance, Wealth, abundance and money. Mental and spiritual clarity, peace of heart and peace of mind.

**Fame** - Your reputation. How do you want to be known, what are your gifts? Reputation, your representation in the world and how you feel about yourself.

**Love** - How would you like love, in all its forms to be in your life? The relationship to yourself, self esteem and the relationship with your loved one/partner

**Family** - Happy healthy fun filled moments with family and friends. Relationships with family, close friends and colleagues.

**Health** - What does health mean to you? Physical, mental and spiritual health.


**Self Improvement** - Knowledge, education and self cultivation. Education, wisdom, knowledge and spiritual development.

**Career** - Professional path, skills, fulfillment. Your life’s work, career, work you are passionate about.

**Travel** - Being in the right place at the right time. The helpful people in your life, angels, guides and travel in your life. Being at the right place at the right time.

"*When you Vision Your future in a balanced template
Life moves in the absolute perfect direction*

"Barbara's Visionboards coaching and the Feng Shui Bagua was a powerful combination to jump start my life in 2009. I created a clear vision in 9 different areas of my life and thanks to the work I did with Barbara, I was able to accomplish most of my goals very quickly."

-Jonathan Sugai, Shiatsu Therapists Hawaii, - USA.
What is Your Passion?
A starting point, “You are here”

If you don’t know yet - you are in the right place!

If you do know this will help you get more clarity around how to live it more!

1. Circle the number representing where you are today.

2. Join the dots. If this was a wheel on you car … How is “the ride?”

3. Circle the number representing where you would like to be and join the dots. How is the ride? How big is the gap between the 2 circles?

4. What are the top 3 areas, you are interested in improving?
   i) 
   ii) 
   iii) 

“Do you know why most people don’t have what they want ? … because they don’t know what they want!”
T. Harv Eker- Secrets of the Millionaire Mind

I think most people do know…but maybe they don’t believe they can have it, or have tried and failed a few times and therefore eventually decide they don’t want it or it’s too hard to try again.

Creating a Vision Board and adding the Life Coaching will help you to believe again.
Let’s Dream …
Start by answering these questions - then find the pictures that match and feel good to you.

What would You do if:
1. You knew you couldn’t fail:

2. Money wasn’t an issue:

Take a few moments and Describe your perfect day:
You can have many different perfect days, but just for now describe one.
Think about the different areas of your life, Spiritually, Financially, Physically, Health, Relationships, Family.

Morning:

Midday:

Evening:

Enjoy Your Passions!
Life is NOT a journey to the grave with the intention of arriving safely in a slightly used body.

But, rather to skid in broadside, thoroughly used up, totally worn out and loudly proclaiming:

WOW, What A Ride!!!

"I have learned from experience that the greater part of our happiness or misery depends on our dispositions and not on our circumstances." - Martha Washington
The Art of Manifesting!
Action Steps - Using the Law of Attraction

Daily:  Spend 5-10 Minutes looking at your Vision Board -Treasure Map. “Remembering your success”. Get excited!!! Act as if its over, it has already happened and these are your happy memories!

1) Celebrate: “Rehearsing Your Future.” Feel the Joy and the Relief. Say YES! Hooray! Woo Hoo!” Dance, jump around, shout. Do whatever you usually do to celebrate. The idea is to feel it resonating deeply, through your whole body.

2) Gratitude : Say and feel the words Thank you! Exhale (audibly) relax and feel the relief.

3) Visualize: The end result, exactly as you want it to be. Create your full color, “action packed mind movie” using all senses; sight, sound, touch, feelings, smells and tastes. Use your powerful imagination; the subconscious mind doesn’t know the difference between a real or an imaginary event.

4) Contemplate: Sit quietly, imagine this picture is real right now and feel the satisfaction, the joy, the peace and wonderment of the result that occurred. Look at your map with loving memories, as if you were looking at a sleeping baby, release a sigh, tension is dissolved. Keep your focused attention on the Vision Board and ask yourself questions and think about “what life is like” … now that this has occurred for you, easily happily and quickly. **

5) Create: Ask empowering questions. This is similar to contemplation because it helps you focus on what you want and not on what you “don’t want”. Any time you feel resistance, doubts or fears. Ask yourself an empowering question such as:

“What would it be like if this goal really did happen for me?”
This allows the mind to relax and daydream, it stops the negative mind-chatter and releases the tension around the goal.

Visit www.visionboards.net today for your Bonus Page of Morning Affirmations Free Download.
6) **Positive Affirmation:** to add to your Boards/Maps.

“This or something even better manifests for me now, easily, happily and harmoniously in totally satisfying ways and for my highest good and for all involved. Thank you."

“My Subconscious Mind is my Partner in Success.”

You can use these affirmations (self talk) to make sure you are working for YOUR and the highest good of all people involved with your goals and dreams.

Make your Vision Board – Treasure Map beautiful and experience complete joy and satisfaction while you create it and work your mind skills to manifest the future you desire, **now!**

**and Have Fun!**

7) **After Time:** If some of the goals haven’t worked, take the map down and hide it, (do not destroy it) let your subconscious mind bring it to you in the right and perfect time.

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** For more detailed explanations and exercises choose a 30 Day Accelerator Journal to incorporate the daily guided, Mind power and written practices to “fast track” your goals.

“Visual is memorable When you Visualize - You Materialize”
- Dr. Dennis Waitley
Fun words and $$ to cut and paste onto your board!

Great Team!

I Love it!!

Success

I Love this!
### Recommended Reading:

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<thead>
<tr>
<th>Title</th>
<th>Author</th>
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<tr>
<td>Purposeful Action - 7 Steps to Fulfillment (available at <a href="http://www.amazon.com">www.amazon.com</a>)</td>
<td>Towanna Freeman &amp; Barbara Pellegrino</td>
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<tr>
<td>Mind Power into the 21st Century</td>
<td>John Keohe</td>
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<td>Creative Visualization</td>
<td>Shakti Gawain</td>
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<td>Evolve Your Brain</td>
<td>Dr. Joe Dispenza</td>
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<td>What Treasure Mapping can do for you</td>
<td>Mary Katherine MacDougall</td>
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<tr>
<td>Miracles</td>
<td>Stuart Wilde</td>
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<tr>
<td>The secret of Creating your Future</td>
<td>Tad James</td>
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<tr>
<td>Goal Achievement through Treasure Mapping</td>
<td>Barbara LaPorte</td>
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<tr>
<td>Ask and it is Given</td>
<td>Esther &amp; Jerry Hicks</td>
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<td>Secrets of the Millionaire Mind</td>
<td>T. Harv Eker</td>
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<tr>
<td>Psych-K, The Missing Peace in Your Life</td>
<td>Robert M Williams</td>
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<tr>
<td>The Trick to Money is Having Some</td>
<td>Stuart Wilde</td>
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<td>The Game of life and How to play it</td>
<td>Florence Scovel Shinn</td>
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<td>Real magic</td>
<td>Dr. Wayne W. Dyer</td>
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<td>The Power of Intention</td>
<td>Dr. Wayne W. Dyer</td>
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<td>The Science of Getting Rich</td>
<td>Wallace Wattles</td>
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<tr>
<td>The Success Principles</td>
<td>Jack Canfield</td>
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<tr>
<td>The Seven Spiritual Laws of Success</td>
<td>Dr. Deepak Chopra</td>
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### DVD:
- The Secret
  - Rhonda Byrne
  - [www.thesecret.tv](http://www.thesecret.tv)
- What the bleep do we know?

### AUDIO:
- Zero Limits
  - Dr. Joe Vitale
- The Awakening
  - Dr. Joe Vitale

### For Kids:
- The Mastery Club™
  - Liliane Grace (Australia)

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*Visit [www.visionboards.net](http://www.visionboards.net) today for your Bonus Gifts, Reports and Essential Monthly Hot tips!*
1) Fast Track Your Success - Laser Coaching Sessions

*Precision coaching* with Barbara - save time understand “short cuts”, absolute manifesting tools, identify / remove unconscious blocks and more…

a) **Sample Laser Session - 30 Minutes** *(will be credited to a 6 or 12 pack) $180.00
b) **6* Individual Phone Sessions - 45-55 Minutes $1500.00
c) **12* Individual Phone Sessions - 45-55 Minutes $2400.00

**6 &12 Pack Added Bonus** - Energy Leadership Assessment, Report and Debrief Session (Retail - $415.00)

2) Vision Boards Workshop - 4 DVD Set: $250.00

Interactive Home Study Program with Quick start Guide
Recorded Live, this is the complete Vision Board workshop presented by Barbara Pellegrino and will give you all the secrets to understand the principles of law of attraction and goal achievement

3) Vision Board Creation Kit - $197.00


**Bonus CD - 7 Steps to Manifesting** *(Retail value $49)* - 45 minute interview explaining How to Fast Track Success

4) Goal & Wealth Acceleration Pack Over $190 Value for only $127

Includes:

**Money $$ Mindset - 30 Day Accelerator Journal** $90.00

*You can laugh at Money worries, if you follow this simple plan.*

"At home" training program to condition your mind for financial success.
Use this guide to attract the financial goals you want.
Spend only 15 - 30 minutes doing these exercises every day.

**Vision Board Journal - 12 Month Guide - How to Get Fast Results** $24.95

How to create your Vision Board - What to put on your board. What to focus on every 30 days.
Specific “to do’s” and guidance on how to achieve your goals.

**Coaching Flash Cards - “A Pocketful of Inspiration”** $27.00

Carry with you as daily reminders and will help you to concentrate your mind on what you want, each card is created for a different area in life.
*Wealth, Health, Success, Wisdom, Happiness, Gratitude, Self, Trust & Now & Two Bonus Cards.*

**Bonus CD - The Art of Extreme Self Care** $49.00

52 minute interview explaining How to look after yourself for top performance.
Yes! I want to Fast Track My Vision Board Success Now!

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Name (please print): __________________________ Date: __________________________

For inquiries (808) 626 5496 or to pay online email barbar@visionboards.net
Thank you for your order & Enjoy Your Success!
The Future belongs to those who believe in the beauty of their dreams...
- Eleanor Roosevelt

Everyone has their own specific mission in life. Everyone must carry out a concrete assignment that demands fulfillment... therein their lives cannot be replaced or repeated
- Victor Frankle ~"Mans search for Meaning"
It Starts with Vision - Get Yours Done Right!

Anyone can cut and paste pictures onto a board, but to design and create a Vision board - “Treasure Map” that brings you Fast, Focused, Sustainable Results, you need the insider’s secrets…

Barbara generously shares these secrets with you and more…

When you open this pack you will find all the materials in an easy to apply format, for you to start the process of creating your dream life.

Barbara, a certified life coach and “accelerated learning” trainer, expertly guides you past the smoking wreckage of broken dreams through the moments of quiet desperation to the fast track of Your Success!

Enjoy Your Vision board and live the life of Your Dreams!