

POWER UP

YOUR RETIREMENT



Your Powerful Retirement Vision Board

Congratulations on completing the Powerful Vision module and creating your Vision Statement. I hope that you are excited about the life you want to create for yourself!

In this next step, a Vision Board will give you a visualization of your vision of what you want in retirement.

A vision board will:

- help you be crystal clear about what you want in your life – be, do, have
- add clarity to your desires
- evoke a feeling to your vision.



What you need:

- Your Vision Statement
- Poster board
- A big stack of different kinds of magazines that you love
- Glue
- Gel pens, coloured pencils, markers, stickers,
- A photo of yourself

Creating your Vision Board

1. **Get ready** - Put your comfy clothes on, pour yourself a nice cup of your favourite beverage, turn off your phone and TV; light a few candles and play soft music to help you feel relaxed and peaceful.
2. **Get clear and set your intention** – sit quietly before starting and set the intent. Reflect on the work you completed in the Vision module and think about what you want in your retirement. Be still so you can clearly visualize your vision.

3. **1, 2, 3, Flip** - Holding the intent in your mind have fun ripping out images, words, or phrases that jazzes or delights you. Don't analyze your choices - just rip them out and make a big pile.
4. **Sort it** – sort through the images / phrases / words and lay your favourites aside. If any of the images don't feel quite right – trust yourself enough to eliminate them.
5. **Time to Arrange** – start laying your images on your poster board. Intuitively you will get a sense of how the board should be laid out. Themes may emerge or you may just place them in no particular order. There is no right or wrong – just whatever feels right for you.
6. **Break out the glue** – this is where rubber meets the road or at the very least rubber cement. Glue everything onto the board.
7. **Get in the middle of things** – leave space in the very centre of the board and paste a great photo of yourself.
8. **Jazz it up** – write words or phrases, paint, draw, add glitter or bedazzle the board – get as creative as you want! Anything goes – it's your life you're creating.
9. **Display it with love** – find the perfect spot for your board where you can see it every day and relive the feelings of excitement when you see the board.
10. **Insights** – Capture your insights on the 'My Insights' form.
11. **Take Conscious Action** – Review your actions that came out of the Vision module and make a commitment to get started.
12. **Share it** – Take a picture of your vision board and share it in our Facebook community with one word for how you feel about your vision now.