



SELF TALK LOVE



CREATE YOUR OWN SELF TALK LOVE VISION BOARD

Did you know that a part of you is always listening to everything you say? Vision boards are one way we can tell ourselves how we want to feel and what we want to create.

1 - Reflection: Reflect on your past 12 months. Make note of any achievements or goals you accomplished - whether personal, professional, financial or spiritual.

2 - Emotion: Now, to help you get into the right mindset even further, jot down a few words about how you want to feel over the next few months.

3 - Action: once you have your list of feelings, make some notes about how you can take action to feel these emotions every day.

4 - Create: Now for the fun part. Go ahead and start hunting for images and words that reflect your emotions and action steps for the coming years. Be bold! And don't forget to display your creation somewhere where you will see it every day.