

APR 2018 • ISSUE 9 • VOL 4

LAYING THE FOUNDATION VISION BOARD WORKBOOK

© Merry Lynch LLC

Dreaming Together



THE FIVE PILLARS

Wealth and Abundance, Spiritual, Emotional and Relationships, and Physical Body and YOU



Where YOU fit in

You can't talk about dreams without discussing YOU and how you feel, look, think.



Come from a place of LOVE

Let go of the fear. Learn to love the life you have so you can attract the life you want. Easier said than done, but let's work on it together.



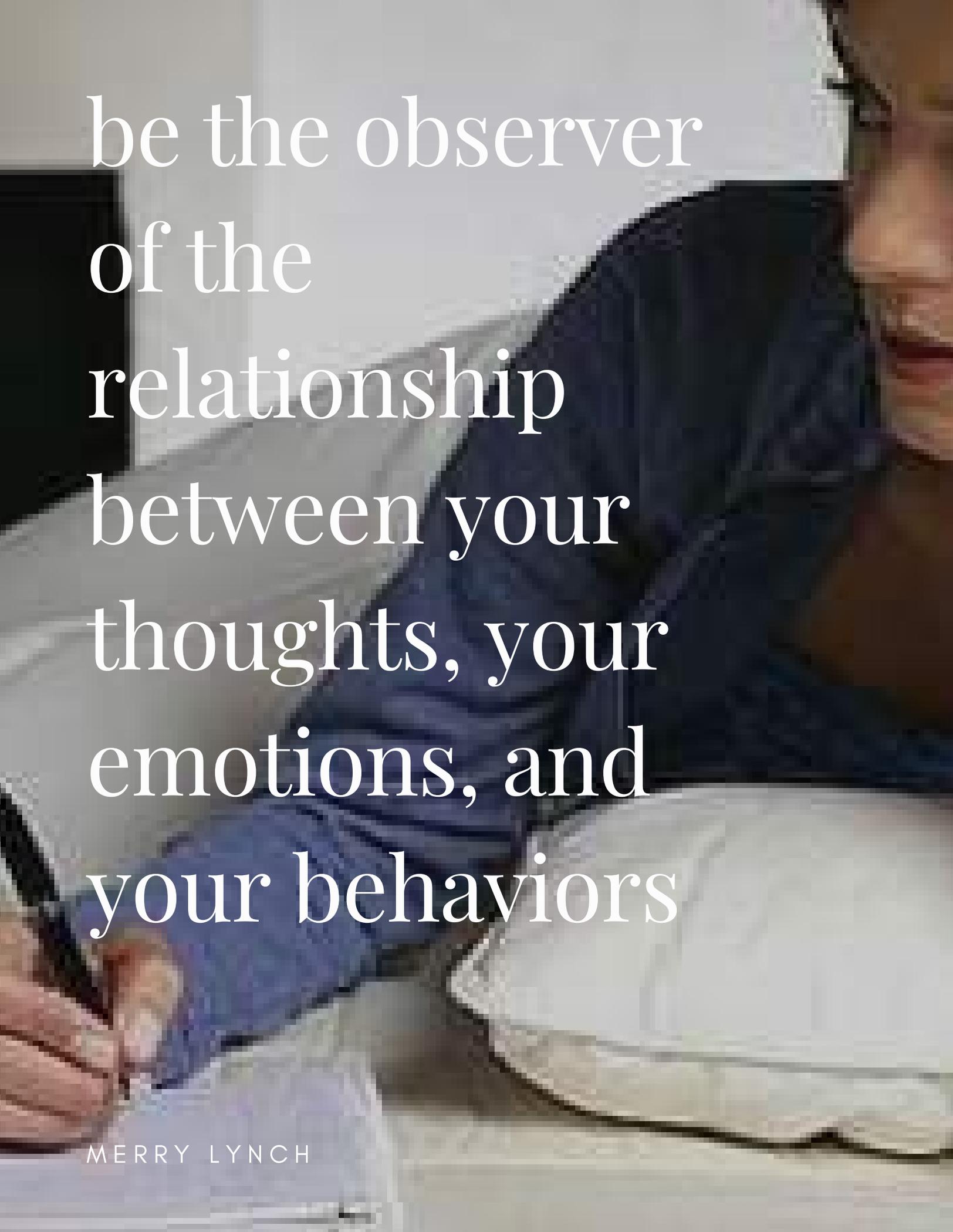
HOW ABUNDANT ARE YOU

Wealth

When you think about your life and the abundance that is both around you as well as in your pocketbook, how do you feel? When we talk about wealth or abundance it stirs up all kinds of uncomfortable feelings for most. Many of us were brought up not talking about money or abundance so as adults we end up shying away from the topic as well.

During this program, we will take a look at the emotions around wealth and abundance and begin to chip away at any negative thoughts or feelings that come along with it.

The universe is here to provide for us but when we say one thing and feel another nothing can manifest in a way in which we desire.



be the observer
of the
relationship
between your
thoughts, your
emotions, and
your behaviors

MERRY LYNCH



YOUR RELATIONSHIP WITH
YOURSELF AND OTHERS

Emotional

When talking about our emotional side, we will look at the relationship we have with ourselves as well as those around us. Do you have some energy vampires in your life that you need to let go of?

How often do you let your mind ramble on about judgments of yourself or others? Do you notice when the negative thoughts appear or are they just a way of life?

Are you aware of your emotions or do your emotions control you? As we discuss emotions and relationships we will take a look at your heart and how to fill it up with love for yourself and those around you. It's harder than we think.

Learn to spend quality time with you. Get quite, get curious, get discovering.



our task is not to seek
love, but to find all the
barriers we have built
against it

JOAN GATTUSO



HOW BIG IS YOUR WORLD

Spiritual

Being spiritual does not have to mean that you attend church every Sunday. It does mean however that you have a connection to source or higher power, whatever that may mean for you.

Discussing spirituality takes into account how important we feel our life is to the world. It brings about discussions of service, passion and purpose. Often times when thinking about service, passion and purpose we feel lack or that we do not have anything to share.

In this section of the program we will take a look at the thoughts that surround this feeling of lack and look toward the vastness that the world has to offer us.

Everything we do is done through and with others. How can you shine your light on another human being so that their light can shine as well.



MIRACLES

are just a
shift in
perception
from fear
into love

MARIANNE WILLIAMSON



YOUR BODY TEMPLE

Physical

Have you ever thought of your body as a temple? Do you think about the food you eat as being worthy of you, as a temple? Do you think about strengthening your body temple as a show or respect to your higher power or yourself?

Delving into the physical side of ourselves we will look at how we treat our bodies. By beginning to view our body, mind and spirit as one then we begin to make better choices in honoring our body temple in what we feed it, how we strengthen it and how we worship it.

What do you say to yourself when you are standing in front of the mirror naked? Are they thoughts of love or disgust?

COME FROM A PLACE OF LOVE

Such a cliché to say "come from a place of LOVE", yet there is no other way to say it. We are LOVE, even when we turn our face to it.

Leading with LOVE even though it may be messy, complicated, and in disarray, you learn to accept yourself and know that you too are on a journey.

Learning to accept rather than push against is one of the greatest gifts a vision board can offer. Letting the negative thought drift by without holding onto them for dear life will free up your mind to become quiet where you will be able to listen to the wisdom that it has to offer.

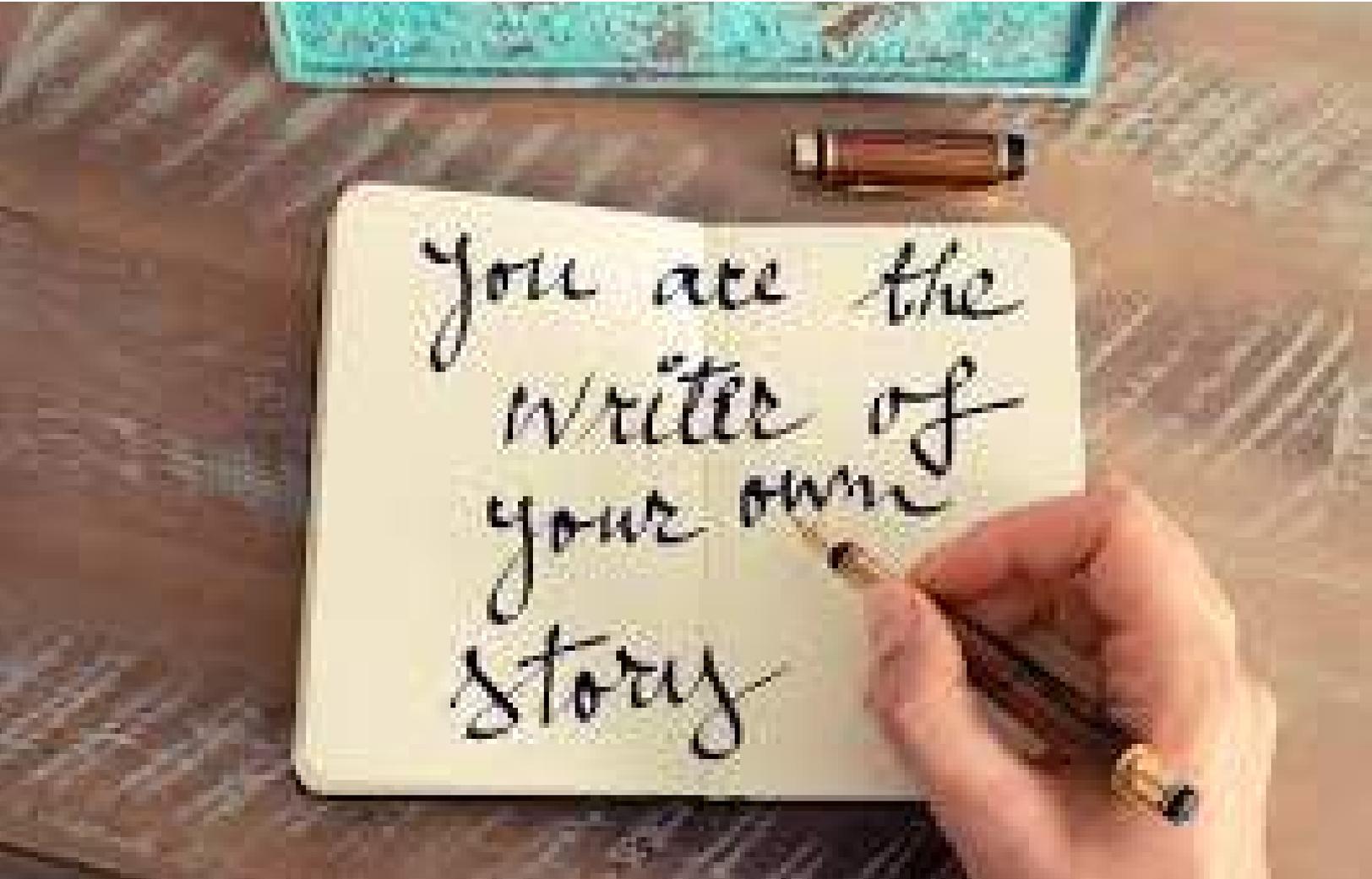
Practicing visualization, meditation and affirmations will set in motion images of what it is that you say you want. Building positive habits that will create new neuro pathways to support your visions.

Understanding and accepting ease and grace, knowing that all you have asked for with LOVE is available. By being accepting of yourself, loving and grateful for the life you have so that you can create, design and build a life you will LOVE to lead is the ultimate path.

There are many things along the path of growth that we must let go of. In order for us to grow we must be willing to make sacrifices of things that no longer serve us. Whether that be thought patterns, people, places or things, something must be left behind.

When we come from a place of LOVE, we allow for understanding and patience. Change is not easy and often times comes with a fight. Letting go can bring about fear and thoughts of failure. Kate Morris of Adore Beauty says this, "if you're not failing, you're not trying anything new." That's LOVE.

Shift your perception, from fear to love and watch the miracles that will surround you.



WRITE WELL, EDIT OFTEN

It is all about YOU

No vision board is complete without YOU. Often times vision boards are just pretty images on a piece of paper. During this program, your vision board will be all about you. Your dreams, desires, emotions, thoughts and feelings.

You will scribe a list of your beliefs, values and thoughts leaving nothing to chance. Being able to describe with clarity who you are at your very core will send a message to the universe that you are ready to commit to yourself and your growth.

Taking a look at past and present accomplishments will help in stirring up feelings of success guiding us to see the greatness that is inside each of us.



Laying the Foundation

Wealth/Abundance

Emotional/Relationship

40U

Spiritual/Self

Physical/Body



Let's stay
in touch!

CONNECTION IS KEY

Together we're BETTER

In my book "all good things NEVER come to an end", they just keep getting better and serving more.

I'm thrilled you are here and ready to take YOURSELF on in a big way. There is no time like the present to begin again and write the ending you want! It's possible and I am living proof of that!

Staying connected is key especially when you are going through a transition or wanting something different out of life.

Follow along. Keep the conversation going here!

