

Welcome to Intentions 2022! We start January by setting our Intentions visually. By now, you have either decided upon your "one word" or you are getting very close to deciding what it will be. Congratulations!

Abundance awaits.

Our workshop time this month will be largely experiential. Here is the brief agenda:

- Check-in. Introduction. "Word" choice and why.
- Meditation.
- How-To, and Creation.
- Team-time and sharing our creations.

Vision Boards are incredibly powerful. The entire process involves a deepening of your relationship with your word. The process starts with selecting and curating your items (what stays?! what goes?!) and then committing them to canvas, but it doesn't stop there. The journey continues by connecting with your Board throughout the year. Hang it in a prominent place. Meditate on it. Add items. Let it inspire you and talk to you and guide you. Trust it.

Let's take time to review Jack Canfield's PDF, which gives a great overview and how-to. And then let's begin.

Here is the suggested Supply List for the activity. You will need:

- Your Word (or at least "the essence" of your theme)
- Canvas
- Glue or Matte Gel Medium or Glue Stick or Tape
- Magazines
- Scissors
- Paintbrush or glue applicator
- Colored Pens and Paper (optional)
- Other Art Supplies (optional)
- Internet and Personal Photos and Images - (optional)
- Paint (optional)
- 3D Items (optional)

My Vision

And here are suggested references to help set the stage.

- Guided Meditation (Establish Your Vision of Your Ideal Self) - <https://www.youtube.com/watch?v=HlzyhBcVu-s>
- PDF - Jack Canfield Vision Board Checklist

Print a photo of your completed Vision Board and attach it here for reference.