Michelle's Healing

🌟 Vision Board Creation Guide

Manifest with Intention, Magic, and Alignment

💖 What is a Vision Board?

A vision board is a sacred, visual tool that captures your desires, dreams, and energetic intentions. It helps bring clarity to your manifestations by turning thoughts into imagery—and energy into form.

Whether you're calling in love, healing, abundance, or purpose, your vision board becomes a visual portal that keeps your vibration aligned with your soul's desires.

🌀 Step 1: Prepare Your Energy & Intention

- Burn sage or incense

- Light a candle

- Meditate or do breathwork

- Say an affirmation (Ex: "I open myself to receive all that aligns with my highest good.")

Ask yourself:

✨ What am I ready to receive?

✨ What do I want to feel in this next chapter?

✨ What am I calling in energetically?

✂️ Step 2: Gather Your Supplies

Physical: Poster board, glue, magazines, photos

Digital: Pinterest, Canva, collage apps

🌈 Step 3: Choose Your Vision Areas

Examples: Spiritual growth, love, purpose, money, healing, travel

🧲 Step 4: Create with Intention

Ask: Why do I want this? How will it feel?

Let it be a sacred ritual.

🌟 Step 5: Activate It

- Place where you'll see it daily
- Meditate with it
- Speak affirmations inspired by your vision

✨ Tips to Stay Aligned

- Release the how/when
- Take intuitive action
- Celebrate synchronicities

With love, light, and positive vibes,

Michelle

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