

*MY COACHBOOK  
TO GET RESULTS*

# WHAT'S ON YOUR VISION BOARD?



*COACHING IS ABOUT ASKING  
THE RIGHT QUESTIONS*

*Angela Ferlita*

# NOTES FROM ANGELA



Ciao Everyone,  
the vision board is an amazing tool for turning your dreams into reality.  
It's a picture of the future you want to achieve. It's a daily touchpoint that inspires and guides you.

You can start to create your vision board by simply printing out pictures or cutting out images or words that inspire you from magazines about career, family, health, finance, fun, home...

Look through books for words, quotes and affirmations that warm your heart.  
Make it vivid, vibrant and vital.

There are also digital options for creating it you might like to consider but whatever process you chose, be sure you can see your vision daily to guide you forward.

The more we can see, hear and feel what this vision of our future will be like, the stronger the pull to make it our reality will be. When you see it often, you start to commit it to memory and your subconscious mind continually absorbs that like a new reality. And lastly, it gives you the confidence, optimism and courage to create the life you most want to be living.

Let your vision board be your gift, your light and your constant reminder of how you want to grow and evolve!

With love,

*Angela Ferlita*

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*Your dream life is possible!*



# 9 QUESTIONS

## TO ASK AS YOU MAKE YOUR VISION BOARD

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1. Where will you be living a year from now?

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2. What will you be doing for work a year from now?

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3. Who will you be with a year from now?

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4. What emotions will you be feeling in a year's time?

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*Your dream life is possible!*



# 9 QUESTIONS TO ASK AS YOU MAKE YOUR VISION BOARD

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5. How will you look after your health in a year's time?

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6. Who will be inspiring your journey in a year's time?

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7. What will you be learning a year from now?

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8. What are you telling yourself with these pictures?

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9. Is this the life you most want to be living?

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# HIGHLIGHTS FOR YOU



Welcome to my bedroom where I put my vision board! I want to share with you some tips now to help lead you towards empowered manifestation.

- 1.. ONLY YOU CAN MAKE YOUR VISION BOARD. Don't be swayed by someone else's vision or expectations. Your vision board should be a reflection of your unique hopes, dreams and desires.
2. KEEP IT WHERE YOU CAN SEE IT. Placing our board where we can see it helps us maintain focus on our intentions and reminds us of our goals every day, inspiring us to make them a reality.
3. IT SHOULD EXCITE YOU. Seeing our intentions laid out visually helps make them more real, more tangible and more achievable. It places them closer within our reach.
4. DON'T BE AFRAID TO REVISE. Once we've created our vision board, our intentions are out there, giving ourselves the chance to let go and let the universe do its things.
5. FOCUS MORE ON FEELING THAN OBJECTS. To heavy a focus on physical objects narrows our vision. When we place our powers of manifestation on the physical rather than emotional, we limit the result the universe may bring us.





# THIS IS YOUR DESTINY

