

How to set up your
5-day Vision Board
Challenge/Workshop
That Your Customers
Can Use for Their
Business

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What Is a Vision Board Challenge/Workshop?

Similar to a vision board party among friends, this casual group gathers to meet new people, to dream about their ideal life, and to create their unique vision board. This group can be current clients, locals from your neighborhood, or business owners who want to achieve more focus on their goals.

Most workshops collect a nominal fee from attendees – more if you're supplying food – and that fee also covers the supplies that you, the coach, supply (of course, experienced vision boarders can bring their own supplies, too).

Here are 5 days of activities set up for you to teach about having a vision board workshop.

Remember, you are showing your clients how to set up their own.

Add your own unique spin to each idea; being authentic and showing your personality is what will attract your tribe to you.



Day 1... Choose a Business Theme.

1. How many local business owners do you know in your hometown?

If you don't know them, chances are they don't know you, either. Rent a room at the local library, fire house, or community center and invite business owners to your business-themed workshop.

Be prepared to speak about how focusing on their goals will help their productivity and will also motivate them to work more efficiently.

2. Reach out to charities or other need-based organizations. Troubled teens or unwed mothers are only two examples of groups that may have lost hope due to their situations. Creating a vision board will give them new hope and allow them to dream of a better life. Be prepared to listen, offer support for their choices, and give them encouragement. If the charity does not have a conference room or other space available, look for the local library or church meeting room.

3. Create a spiritual gathering. Religious organizations often look for speakers to bring to their congregations and offering a more spiritual message might appeal to them. Consider offering a family vision board workshop, where kids and their families work on boards together. Offer a class to the older religious education students so they can learn to dream big and be hopeful about the future.

4. Create a social group to meet regularly. MeetUp.com is a great place to find local people and social groups. Certainly, make your vision boards the focus of the meetup but always encourage new members to come at any point during the year to create their own. Regulars can bring their vision boards with them to discuss what they've achieved or any changes they have made. Members also enjoy brainstorming or dreaming with others about wild adventures or bucket list vacations.

5. New Year Challenge. December and January seem to be the most popular months to create vision boards given that the New Year brings about reflection and resolutions. Don't limit yourself to just this time period, however, or you'll miss out on other opportunities to reach people.

6. Business planning session. Get together online or in a space where you can talk about your vision or goals for your businesses.



Day 2 Ways Hold an Online Vision Board Workshop/Challenge

No matter what type of theme you choose, plan the workshop ahead of time so you have plenty of time to book a room and publicize it. Print up more business cards along with brochures about your business to distribute at the workshop.

- ✓ Start with telling your immediate circle and don't be afraid of running localized Facebook ads to attract even more people.
- ✓ Create a sense of urgency by limiting the number of guests so as not to go against fire codes.
- ✓ Lastly, don't be afraid of distributing posters to local businesses and inviting them personally.

Vision boards are all the rage these last few years because they allow the creator to dig deep into their hearts and really verbalize what kind of lifestyle they want.

Simply thinking about their current lives and what they would like to change is a good start. To get more excited about the vision board process, create a vision board workshop for your clients, local business owners, and social media followers.

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I know...you're thinking those three groups are awfully huge and likely not in the same geographic location (tis the joy of the internet).

But with today's technology, you can easily create an online vision board workshop in a variety of ways to include all your followers.

- 1. Livestream your local workshop.** Set up a local vision board workshop in your hometown but also include your online audience by livestreaming the event. You'll need a high-quality camera and lighting but once you find the perfect spot for your camera setup, you can just set it and forget it. Your online audience can watch live as you explain the process, or create a paid product with this livestream recording.

Some words of advice: Acknowledge your online audience throughout the livestream event. You don't have to worry about moving the camera but don't forget you have live viewers. Talk to them and encourage all your participants to submit photos of their vision boards to a private Pinterest board or Dropbox folder to share with the workshop attendees.

- 2. Use a webinar room.** Certainly, you've been to webinars where the host is on camera and there's a "room" full of attendees. Depending on the webinar provider and your budget, these platforms can hold anywhere from 50 – 500+ attendees.

This format is best suited if you plan to work alongside your attendees because you can then demonstrate the steps you're taking to create your own vision board in real time.

With this format, you won't be able to see your audience's work during the webinar, but they can certainly ask questions and you can encourage them to share their finished products in a private Facebook group or in a separate Pinterest board

A webinar room is also great if you plan to have co-hosts. Maybe partner with other coaches who are more versed in vision boards and use the interview-style webinar for added interest. Also use a webinar room to showcase past vision boards to use as inspiration.

- 3. Use a Zoom room.** Zoom.us is an online meeting room with webinar capabilities. The difference with this format is all the attendees will have headshots, either via their video capabilities or with a static photo, shown on the screen.

Zoom also has a chat feature so if someone doesn't want to go on video to ask a question, they can still ask via chat.

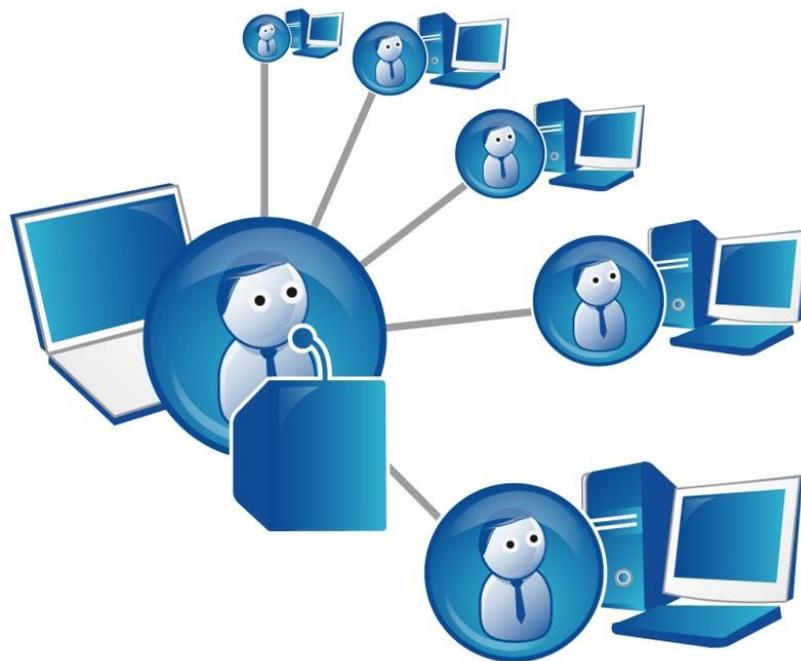
Be aware that with a free account, each Zoom meeting only runs for 40 minutes, then the meeting ends automatically.

If you want to go longer than that – and most workshops run over 90 minutes – check the pricing options and upgrade your account.

No matter which method you choose to host your worldwide vision board workshop, always check your internet connection, especially if you're renting a room.

Sometimes WIFI connections aren't quite strong enough and will cut out midway through a livestream, which ends the livestream immediately (same is true with a webinar room). Hardwiring your internet connection is another option that provides a more trustworthy connection.

Let your creative juices flow and get creative when planning your vision board workshop. With today's technology, you're not limited with how many people you can reach or their geographic location.



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Day 3 Ways Vision Boards Can Help You Reach Your Goals

Do you set goals for yourself, either in your personal life or for your business? If not, how do you know you're growing or making progress? When was the last time you allowed yourself to daydream about the type of life you want? What is your WHY, the reason behind all the long hours you spend on your business?

Creating a vision board has become a popular activity in recent years, especially as the New Year approaches and people think about the past year and the New Year's resolutions they want to keep. A vision board is simply one tool that helps you visualize your dreams and your goals. How so, you ask? Let's explore the ways...

1. Vision boards make you focus on what's important to you. Whether you combine a personal vision board with a professional one or keep them both separate, thinking about what you want in life or in business forces you to prioritize what's important. Do you want to buy your first house or move to a warmer climate? Putting a photo of your dream location by the beach will inspire you to work harder and not undercut your prices. If you want to move, you alone can make that happen and you'll make better business decisions based on that desire to move.

2. Visualization stimulates the creative side of your brain. Placing your vision board in sight of your desk or computer serves as a daily reminder of what you want to achieve. Some believe keeping it open by your nightstand helps stimulate your subconscious before you go to bed, which makes you motivated upon waking. With your creativity soaring, keep a notebook handy to jot down any ideas you have for a new course or coaching program you want to create.

3. Focusing on goals makes you recognize new resources or opportunities. Visualizing yourself living in a warmer climate (or whatever your primary goal is) will motivate you to work towards that goal but you'll also notice new opportunities or resources which can lead you to reaching your goal. These resources may have always

been present but now that you're focused on your goal, you will see them in a new light: as a way to help you reach that intended goal.

4. Break out of your comfort zone by stating a big, scary goal. Are you stuck in a rut because you're afraid to break out of your comfort zone? Acknowledging big goals – as scary and outrageous as they may be – will help you step out and take on new challenges, all in the name of reaching that scary goal. If your goal is to speak in front of an audience of 5,000 at your favorite conference, then you'll start to see more opportunities for smaller speaking engagements. These smaller gigs will give you lots of practice and build your name recognition so when the organizers of your favorite conference advertise they're looking for speakers, you'll be well prepared to submit your name.

5. Seeing a big goal forces you out of the daydream and into action. Nothing happens without some action on your part. Vision boards are not magic tricks; they are instead a tool that spurs us into action because we finally know what we want out of life. Visualize your ideal life then approach each day with action steps which will lead you toward that ideal life.

Aside from these reasons, creating vision boards can be very relaxing and a fun family activity. So, grab some glue and some old magazines and start daydreaming!



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Day 4 Tips for Making a Digital Vision Board Online

If you love the idea of creating a vision board to help focus on your goals but don't have dozens of old magazines lying around, simply create a digital vision board using online resources.

This mission is the same: Prioritize what is most important in your life and choose which goals you want to achieve this year. Then find photographs that represent those goals and dreams. The only difference is you'll find photos online and you don't need glue or tape.

Tip #1: Choose Your Medium

Digital vision boards can be made using Microsoft, PicMonkey, or Pinterest.

- ✓ **Microsoft** offers a free desktop app called "[Vision Board](#)" which makes placing your photos much easier and more visually appealing than just importing them into Word.
- ✓ **PicMonkey** is a paid platform with a free 7-day trial period and they offer very detailed advice for creating a vision board using their platform template [in this blog post](#).
- ✓ **Pinterest** is an easy way to search for photos of your ideal lifestyle and simply pin those to a secret board. If you want to make your vision board public at any time, it's a simple switch under Settings.

Tip #2: Choose Your Photos

Using digital photos for this project allows you to search from the millions of photos online, which is a vastly larger selection than a few old magazines your mother collects. In this respect, creating a digital vision board is easier and quicker than the "old fashioned" way.

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- [Unsplash.com](https://unsplash.com) offers completely free, high-quality photos which you simply download to your computer.
- **Stock photo houses** offer high-quality photos for which you pay a small fee to use.
- **Google Images** offers access to millions of images ONLY if you plan to keep your vision board for personal use only and NOT post it online. If at any time you think of publishing your board online in a blog post or Instagram post, rethink using the Google Images as you never want to be accused of copyright infringement.
- On **Pinterest** you don't run any copyright risks because you're pinning those desired photos onto Pinterest, not directly onto your website.

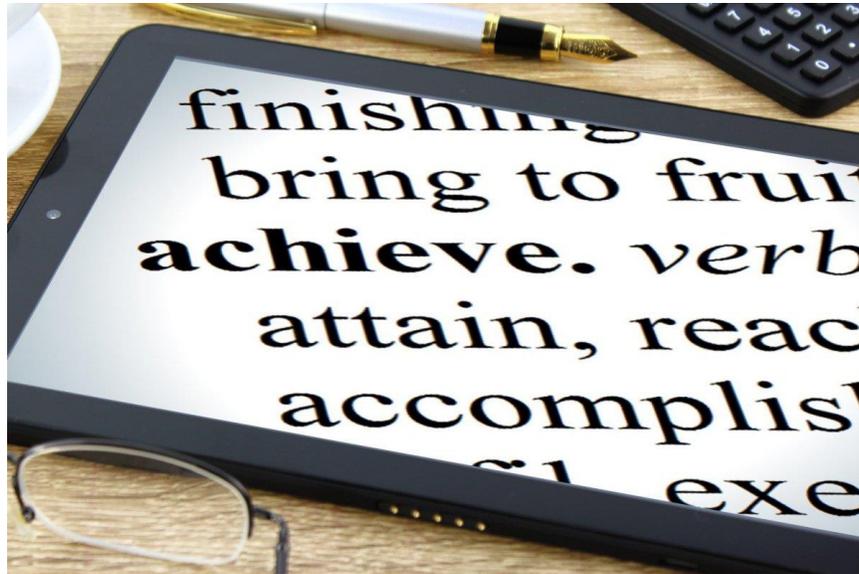
Tip #3: Use Photos that Spark Emotion

Vision boards are just as much about emotions as they are about material things. Do you REALLY want to earn the sporty BMW roadster convertible, or do you just want that freedom and the carefree life the photo symbolizes? Vision boards are not solely about material things; find those photos that make you FEEL any positive emotion. Consider adding words, quotes, or affirmations that speak to you.

Tip #4: Keep a Screenshot Handy

No matter which tools you use to create your digital vision board, take a screenshot (or two if it's large) and save it as your wallpaper on your laptop and phone. Make a point of looking at this every day and meditating on what steps you'll take to get closer to those goals. Consider if you need to break these large goals into smaller goals; map out those action steps. Also reflect on your progress every night before you go to sleep; visualizing prior to sleeping helps you feel motivated to get up in the morning and start working toward those goals.

In the end, achieving your goals is completely up to you and the actions you take. Your vision board – either traditional or digital – is simply a tool to help you stay on the path toward your ideal life.



Day 5-Vision Boards Work for Everyone...Even Those Who Don't Believe in the Law of Attraction

Let me start off with a controversial statement: You don't have to subscribe to the Law of Attraction to make vision boards work for you.

In short, the Law of Attraction teaches that "like attracts like," and when you put forth positive energy into the world, you'll only receive positive results in return. All you have to do is think positively about your goals and dreams and they will become a reality. Vision boards also became a mainstream tool for manifesting those dreams with the idea that "if you dream it, you will achieve it."

This sounds quite similar to the power of positive thinking, which some doctors credit to relieving every day stress and fewer hospital stays among cancer patients.

Positive thinking is a wonderful thing but relying solely on the universe for your happiness gives doctors pause.

Vision boards are so popular now that every New Year you'll find "vision board parties" or classes where you create a vision board based on your goals for the upcoming year. It's great fun to get friends together and scour old magazines for those things that have meaning and that you want to achieve.

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What better way to think positively about your goals and dreams than to have a visual representation?

How to Make Vision Boards Work for YOU

1. Choose your own goals. Don't think about what you "should" work toward and please don't choose something that OTHERS think you should do. What makes you excited? What will energize you to work every day and avoid binging on Netflix? Where does your passion lie? Dig deep to find these answers.

2. Ask WHY these are your goals. Give yourself more time to look inside and discover WHY you have this business and what you want to work toward. Is it a physical product or an overall lifestyle you want?

3. Create action plans based on your goals. Daydream all you want about your dream car or your house by the beach (or whatever your heart desires) but understand that the only way you'll achieve those things is to TAKE ACTION. To move forward you have to take small steps with your legs, right? If you want to win the lottery, you need to go and buy that ticket. These are all actions bringing you toward your main goal. The same is true for earning that car or beach house. Take small steps forward every single day. And if you need to plan out your action steps or need a checklist to stay focused, try using Trello to map out the action steps for each goal.

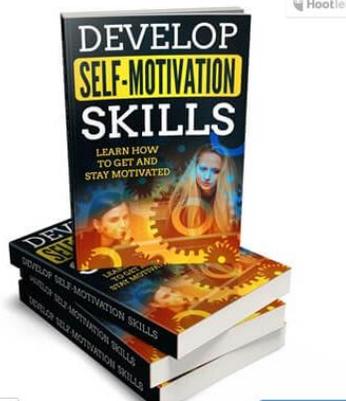
4. Allow yourself to change your mind. It's perfectly fine if your goals change midway through the year. Maybe your path to a certain goal isn't as straightforward as you once thought; allow yourself the opportunity to correct the course or try something new. We evolve over time and so will our goals and ambitions.

Bring your goal setting to a new level by creating a vision board. Jot down some action steps to reach your goals and you've got a map ready to follow this next year.

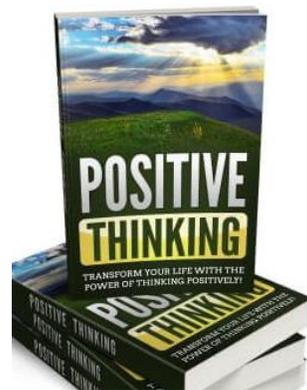
There you have it! Your 5-day Challenge/Workshop for you to teach your clients how to give a proper Vision Board Challenge.

Need Some More Content for Your Challenge/Workshop?

Self Motivation PLR



Positive Thinking PLR



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Exercises in Creativity and Motivation PLR



The Vision Book PLR



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