

# Creating & Caring for your Board - Instructions

## Module 5

The time has come to make your board of dreams. Your board will be part of your daily life for up to a year after it's made. Make sure to put only images or items on it which really speak to you.

Before you begin this process take the time to revisit your list of dreams. This will help keep your mind focused on the reasons why you are creating this board. You want to stay grounded in your dreams as you begin the creative process.

It is very important to choose a color for your board that makes you *feel* good when you look at it. As well, make sure to pick images that elicit a good feeling in your body when you look at them. For example, if you experience positive emotions or goosebumps when you look at an image that is the image for you.



Throughout the year you may have new dreams arise that you want to include on your board. Conversely, as you grow you may have old dreams that no longer serve you that you want to remove. At any time, you may add or remove images to your board if it feels right. Just be mindful not to overwhelm yourself or your board with too many changes.

As you spend time with your board, the energy of manifestation will begin to grow. I encourage you to hang your completed board in a place where you can spend time with it daily in a relaxed atmosphere. For this reason, I encourage you to hang your board in your room or any space where you can relax and unwind.

Make sure to protect your board from the elements so it won't get damaged. Too much sun exposure will fade your board and you want to make sure it won't be close to a heater or exposed to water.

Once you have completed your board, then give your dreams time to come to fruition. Just like a seed in the ground, it takes time, energy and patience for your dreams to grow into reality.

*angela*  
STRANK