

Janet R Crain

"FINDING JOYFULLNESS, RESPECT, AND CONNECTIONS"



OWN YOUR LIFE  
VISION BOARD  
WORKSHOP

Janet Crain, D.M.D.

## Introduction

In 1984, I made my first vision board when my life unraveled. I was scared and paralyzed to face my future. When my sister suggested that I use my shopping skills to acquire my new life I didn't understand what she meant. She said, "This is a shoppportunity". You need a new job, a dependable car, an affordable place to live and confidence to face the world."

Before I shopped for my new life I needed to write a shopping list based on how I envisioned my future. This is your chance to visualize a clear picture and develop your list. The ability to envision clearly what you want and need personally, socially, financially, spiritually, and emotionally the greater the chance to make it a reality.

*Janet*

## Vision Board Preparation

**Supplies** - magazines for pictures, quotes, words, blank canvas board (11x14 suggested), glue, scissors. You can also use personal photos, stickers, glitter, colored pencils, or anything that expresses your thoughts, ideas, and possibilities for the future.

What motivated you to sign up for this online workshop?  
(Nothing is too trivial or weird)

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## Empty your Trunk of Junk - Releasing Your Past

Identifying critical, negative and restrictive mind junk is first step to emptying your trunk. You must mentally declutter to have space for new ideas, thoughts or possibilities. Complete each sentence without self-judgment.

I don't want to be....

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I don't want to do....

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I don't want to have....

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## Vision Board Ready

Let's begin by discovering **"WHO YOU WANT TO BE"** - Write 3 detailed "I am" statements. This can include – your purpose, passions or mission, your strongest traits and proudest accomplishments. Include traits that you already love about yourself.

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Imagine **"WHAT YOU WANT TO DO"** - Write 3 descriptive sentences or a list of what you want to do. This includes travel, starting a business, offering a new program in your current business, learning a language, marriage, kids, playing the piano, etc.

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Without any limits. List your top **5 "WHAT YOU WANT TO HAVE"** Give yourself freedom to dream big! This can be anything from a house on the beach, to free time, to a yoga studio, to a great wardrobe, to three kids, etc.

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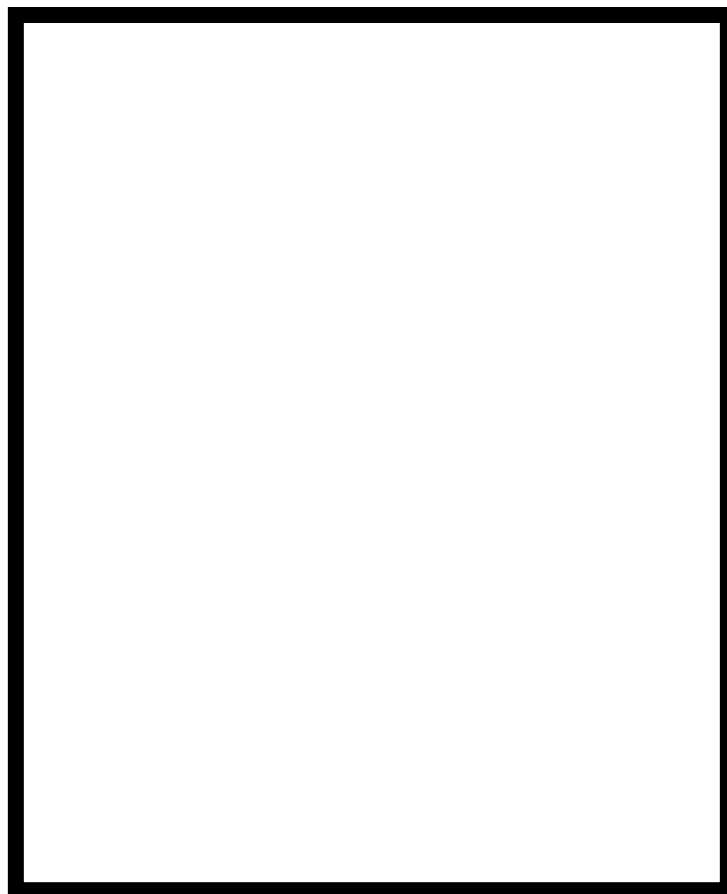
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This workshop begins with an exclusive simple self-awareness tree reading. Without words, language limitations or artistic ability drawing your tree in the center of this vision board starts the transformation with heart and soul. The FBI and law enforcement use handwriting analysis to obtain information about an individual's personality. Tree reading provides much of the same information into influences, values and motivations. Allowing old beliefs, self-doubt, negative habits and behaviors to be redefined by combining your vision board with a tree reading your visions will become a clear reflection of your hearts desires.

Visions are different from dreams. Through the insight, wisdom and increased self-awareness revealed in your tree drawing you can create a heartfelt vision based on your dreams. The power of **YOUR** vision board begins with **YOUR** ability to redefine what you believe is possible.

Draw your tree in the box then cut and paste onto the middle of your board or draw a box 4 ½" x 5 ½" in the middle of the board and then draw a tree.

### Draw a Tree



**\*\*\*PLEASE RETURN THE LAST PAGE,  
SIGNED AND DATED, VIA E-MAIL TO  
[JRC@JANETCRAIN.COM](mailto:JRC@JANETCRAIN.COM) OR FAX TO  
732-727-5497 BEFORE THE ZOOM  
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*Disclaimer: This workbook is part of the vision board class with the express understanding that the author is not engaged in rendering psychological, financial, legal or other professional services. If therapeutic expertise or counseling is needed, the services of a competent professional should be sought.*

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I hereby certify that I am the parent or legal guardian of the attendee named above and I give my consent without reservation to the foregoing on behalf of him or her.

Signature of Parent/Guardian \_\_\_\_\_ Date \_\_\_\_\_