The Year That Dreams *Built*

BY SMART COOKIES

CRAFTING YOUR *VISION*







Reminders

BEFORE YOU DIVE IN, I HAVE SOME IMPORTANT REMINDERS FOR YOU

Make it meaningful

I believe that in order to use your Vision Canvas as a tool to begin to manifest the life you want, your desires and goals depicted must be aligned in what is truly uniquely meaningful to you. I've included several prompts and an exercise in this guide to help you through this process.

Engage your senses

As you begin to imagine and create your Vision Canvas, choose images that engage all of your senses. When your Vision Canvas is complete the goal is not just to see it, but to feel it, smell it, taste it, to be able to speak it into existence. The goal is for your brain to feel as though your dreams have already happened by engaging all of your senses, to truly imagine living it.

Always leave some room for magic

You can certainly include images that feel a bit more realistic to bring to life, but let yourself detach from thoughts like, "how could that possibly happen in a year!?" and "HOW would I make that happen!?" This is about creating a vision that allows space for your miracles to unfold, so dare to dream big and leave some room for magic, ok?

Gather Your Thoughts & Anchor in Meaning

The Year That Dreams Built Vision Canvas will display your vivid imagining of the year ahead; a detailed rendering that will immerse your senses and connect with your pur- pose so deeply that when you see it you can't help but feel that you're already living it.

There are seven intentional Life Spaces to guide you as you collect your images and place them on your Canvas. Each Life Space represents a specific area. You'll see this also on your Vision Canvas Template Overlay (enclosed).

Before you begin collecting images, give yourself time to review and answer the prompts for each of the seven Life Spaces.

These prompts are designed to help you let some initial inspiration flow and allow you to begin to connect with your deeper why in each Space. If you've ever achieved a goal or experienced a dream-come-true moment that fell flat, that didn't feel at all like you thought it would, chances are it wasn't aligned with what actually matters to you, and that's what this first section is designed to help you avoid.

My Essence

WHAT IT LOOKS AND FEELS LIKE TO LIVE MY HIGHEST, TRUE, BEAUTIFUL MOST ALIGNED SELF. MY TRUTH. AUTHENTIC LONGING. PURPOSE.

Of all of the Life Spaces this is the least tangible but it is by far the most important, because it is truly the heart center of your vision and the representation of your true essence. It is the foundation of your vision that your other Life Spaces are rooted in.

Inspiration for this section of your Canvas:
• Quotes, poems, songs, images that you feel deeply connected and drawn to
• Words that describe how it would feel to live your essence
• Images of people (friends, acquaintances, mentors, even celebrities or artists) who you see as real life examples of living in their essence and embodying similar energy you imagine yourself
• Personal mantras

Use the space below to jot any notes of images you'd like to include.

Why is it important to you to live your vision in this area? Keep asking yourself, “why is this important to me?” until you have an answer that resonates so deeply you know there’s simply no other option BUT to see it and make it happen.

Imagine living your vision in this area right now. How do you feel?

My Relationships

WHAT IT LOOKS AND FEELS LIKE TO BE IN MY MOST TREASURED, BEAUTIFUL AND DESIRED RELATIONSHIPS WITH PARTNERS, FRIENDS & FAMILY.

Inspiration for this space of your Canvas:
• Friendships
• Partners
• Family
• Children
• People (celebrities, friends, mentors) who you see as real life examples embodying the feelings and characteristics of the truly healthy and vibrant relationships you, too, deserve
• Images that illustrate and connect to the genuine feelings you imagine experiencing when you think about these relationships
• Experiences big and small, you envision having with these special people

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Imagine living your vision in this area right now. How do you feel?

My Wellbeing

WHAT IT LOOKS AND FEELS LIKE TO PURSUE AND BE MY MOST VIBRANT, GLOWING, NUR- TURED SELF. HOW I PRACTICE SELF CARE. WELLNESS. EXERCISE. SELF CULTIVATION AND CREATIVE EXPRESSION.

Inspiration for this section of your Canvas:

• People (celebrities, friends, mentors) who you can relate to and see as real life wellness

examples that you connect with

• Exercise activities

• Sleep

• Spirituality practices

• Growth & Self Cultivation

• Creative Expression/Hobbies

• Nutrition

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Imagine living your vision in this area right now. How do you feel?

My Travel

WHAT IT LOOKS AND FEELS LIKE TO EXPERIENCE MY DREAM DESTINATIONS

Inspiration for this section of your Canvas:

- Destinations
- Resorts
- Vacations
- Adventures
- Modes of transportation; boats, airplanes etc.

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Imagine living your vision in this area right now. How do you feel?

My Work

WHAT IT LOOKS AND FEELS LIKE TO WORK AND CREATE IN FLOW, FULFILLING YOUR UNIQUE PURPOSE IN THE WAY YOU WERE MEANT FOR.

Inspiration for this section of your Canvas:

• People (celebrities, friends, mentors) who you can relate to and see as real life examples who have found and created a successful business/career and LIFE that you see for yourself
• Images of your ideal workspace
• Images that embody how you feel with the people you're surrounded by in your work environment
• Images of ideal clients or customers (could be real or dream)
• Dream collaborations
• Media mentions
• Dream or real testimonials
• Awards and accolades
• Events you attend and/or are invited to
• Volunteer work you do

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Imagine living your vision in this area right now. How do you feel?

My Home & Lifestyle

WHAT IT LOOKS AND FEELS LIKE TO LIVE IN MY DREAM HOME AND LIVE DAY-TO-DAY LIFE. MY STYLE. FOOD I LOVE. GATHERINGS & CELEBRATIONS.

Inspiration for this section of your Canvas:

• Pictures of People (celebrities, friends, mentors) who you can relate to and see as real examples of people who have found and created a similar lifestyle you see for yourself
• Images that capture how you want your home to look like, feel like, even smell like
• Real homes that capture the same look and feel you're drawn to
• Your personal style - clothing, hair, makeup etc.
• Your most treasured possessions
• Favorite foods, drink
• Celebrations & gatherings
• Music & books you love
• The car you drive

Use the space below to jot any notes of images you'd like to include.

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Imagine living your vision in this area right now. How do you feel?

My Wealth

WHAT IT LOOKS AND FEELS LIKE TO ATTRACT, RECEIVE AND NURTURE MY DESERVED & ABUNDANT WEALTH.

Inspiration for this section of your Canvas:
• Examples of inspiring, amazing humans (celebrities, friends, mentors) you admire, you relate to and see as examples of the wealth you're also deserving of
• The amount of money you ideally want to earn and attract
• Income streams you're open to
• Causes you generously support
• Investments

Use the space below to jot any notes of images you'd like to include.

Why is it important to you to live your vision in this area? Keep asking yourself, “why is this important to me?” until you have an answer that resonates so deeply you know there’s simply no other option BUT to see it and make it happen.

Imagine living your vision in this area right now. How do you feel?

Collect Your Images

Your Images

Begin gathering images for each Life Space that will build your vision of The Year That Dreams Built .

For digital images, Pinterest is a great source. I also recommend creating your own Pinterest board to collect and sort your digital images. Instagram is another great
place to collect images. Simply grab a screenshot and either upload it to your Pinterest Boards, or you can create a Vision folder on your phone.

Images from magazines and catalogues are great too, but be sure you have magazines you really love, not just what happens to be laying around.

Printing Your Images

Gather all of your digital images and upload them to Canva. Create a new blank presentation design and then drag each uploaded image into the presentation (this is so you can print more than one image at a time and save paper).

Print your downloaded presentation from Canva (which is really just a collage of all your images) and once it’s printed, you’ll want to cut each image out.

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