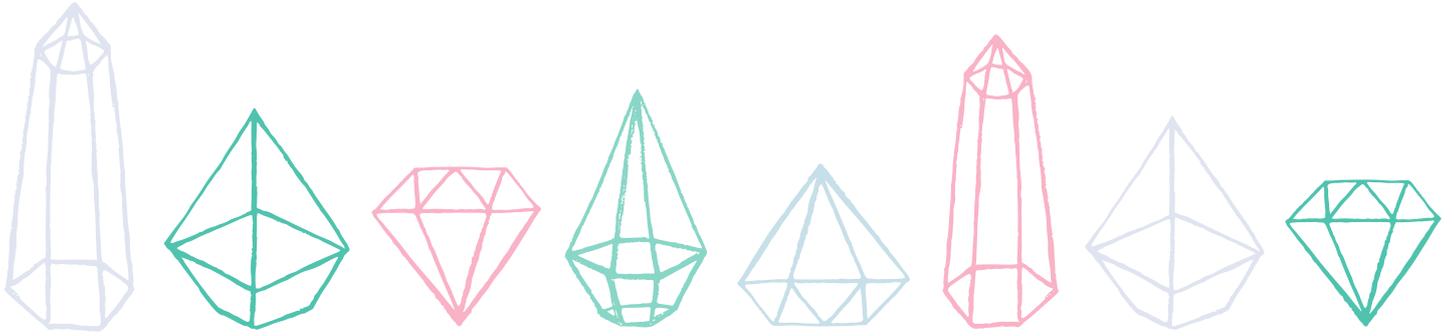


# VISION BOARD TOOLKIT



On The 26th May at 7pm, Rachel Ross-Smith & Women's Society Will Be Taking You On a Journey Through Manifestation & Vision Boarding.

This Toolkit Will Help You Get The Most Out Of The Session & Create An Awesome Vision Board!



Get In The Manifestation Mindset With Our Playlist



Women's Society



# Rachel Ross-Smith

My name is Rachel Ross-Smith I am a Manifestation & Transformation Coach and Speaker. I help people to raise their consciousness and align with their truth.

I believe that each of us were born with unique gifts, when we truly tap into who we are, and start living from our truth, we become aware of the limitless potential we hold for creating the life and legacy that we wish to lead. Choose to be all in on you and really live your life.



*"Right now, in this second you are living and experiencing the manifestation of the thoughts, feelings, belief and actions, that you have taken up to this point. There is great power in this, as you are one decision away from deciding how the next moment unfolds, and ultimately your destiny."*

Rachel Ross-Smith



@racheljrosssmith

Listen to Rachel's Talk Twenties  
Podcast Episode



# WHAT YOU WILL NEED

- Visual representations of your goals - either cut out of magazines or printed off your computer
- A blank piece of card or paper (A3 works best but you can use whatever you have)
- Scissors & glue

\*It will help to start thinking about your goals and the life you want to have.

To be extra prepared for the workshop you could head over to the Member Portal and watch our [Goal Setting Workshop](#).

# DARE TO DREAM BIG

**Write a list of 100 things you want.**

It's harder than it sounds, but doing this will help you break barriers and delve into how you really want your life to look.

This will help you create your vision board!

# AFFIRMATIONS

## MONEY

1. Money comes to me easily and effortlessly.
2. I constantly attract opportunities that create more money.
3. I am worthy of making more money.
4. I am open and receptive to all the wealth life offers me.
5. My actions create constant prosperity.
6. Money and spirituality can co-exist in harmony.

## LOVE

7. I am full of positive loving energy.
8. I welcome love and romance into my life.
9. I am in a loving and supportive relationship.
10. I deserve love and I get it in abundance.
11. I am loved, loving and lovable.
12. I am blessed with an incredible family and wonderful friends.
13. I give out love and it is returned to me multiplied manyfold.

## SELF

14. I forgive myself and set myself free.
15. I believe I can be all that I want to be.
16. I am in the process of becoming the best version of myself.
17. I have the freedom & power to create the life I desire.
18. I choose to be kind to myself and love myself unconditionally.
19. My possibilities are endless.
20. I am worthy of my dreams.
21. I am enough.

## HEALTH

22. I deserve to be healthy and feel good.
23. I am full of energy and vitality and my mind is calm and peaceful.
24. Every day I am getting healthier and stronger.
25. I honor my body by trusting the signals that it sends me.
26. I manifest perfect health by making smart choices.

## HAPPINESS

27. I am grateful to be alive. It is my joy and pleasure to live another wonderful day.
28. Happiness is my birthright. I choose to be happy and I deserve to be happy.
29. Being happy comes easy to me. Happiness is my second nature.
30. Good things are happening.
31. I am deeply fulfilled by what I do.

# SESSION OUTLINE

**Tuesday 26th May, 7pm, Zoom**  
Or available for replay at a time that suits you

## **Manifestation & Vision Board Workshop**

We will talk you through the power of vision boards and manifestation.

Guided Visualisation & Meditation.

How to create your vision board.



**USE THIS WEEK TO CREATE  
YOUR VISION BOARD**

**Wednesday 3rd June, 7pm, Zoom**  
Or available for replay at a time that suits you

## **Follow Up**

A group discussion about vision boards and how you found the exercise.

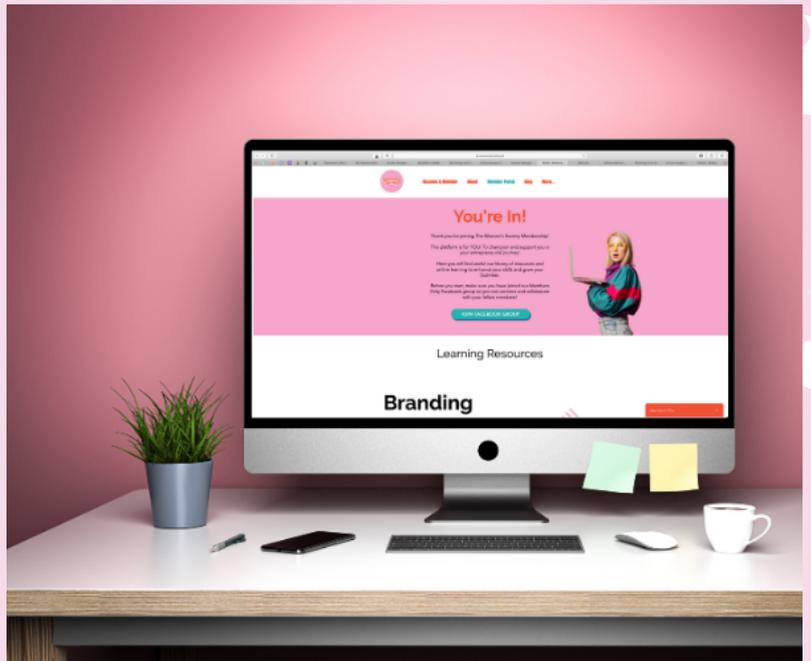
Guided Visualisation & Meditation.

Next Steps.

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