

Transform Your Life! Experiments in Personal Change

by Thomas Carroll, PhD.

Assignment 3 – Make a Vision Board

(You may wish to download and print off these instructions before completing the assignment.)

Assignment Instructions

Before starting this experiment, please reflect on one of the most common regrets of dying people as noted by Australian palliative care worker, Bronnie Ware. “I wish I'd had the courage to live a life true to myself, not the life others expected of me.” Each of us will also be on our deathbeds sooner or later. Do you want to have the same regret when you are dying? I certainly don't—I want to own my life.

Visioning the future is powerful. I can still picture in my mind the last vision board I made a number of years ago, although I removed it from my wall when I moved my office. I have achieved everything on that board apart from one thing, which I will likely achieve in the next few months. You can make either a vision board or mind movie or both of them using the same images. Ideally you should make both – repetition is really powerful!

A. Vision Board

This experiment is to make your own personal vision board—or a family vision board, if you wish—and place the board in a visible place in your home.

Making a vision board is easy. A vision board, quite simply, is a collage of pictures, stuck up as a poster or in a scrapbook. Each picture that goes into the project when you make your own vision board stands for something you want in your life. A source of ideas for your vision board is to google images of vision boards. You will see examples of different vision boards and get ideas for yourself.

It helps a great deal when you have a physical vision board on your wall where you will see it often. Repetition is a great way to impress ideas on your subconscious mind.

Making a vision board is a fun activity, especially if you have children. They will love cutting out pictures and pasting them onto the board. It's a great way also to get teenagers discussing the future and what they would like to do.

You can also make a digital vision board for your smartphone, tablet or personal computer. Here are some websites/tools I have used to make a digital vision board: <http://www.dreamitalive.com/>

B. Mind Movie

A variation on the vision board idea is to make a 'Mind Movie'. A mind movie is a digital vision board with inspiring images and photos that embody your dream life, combined with present tense affirmations, and motivational music. I

made my own mind movie when I was studying for my PhD, using the software that comes with Microsoft Windows called Movie Maker. It had been a number of years since I watched my mind movie because I completed my PhD. in 2012. Just watching my mind movie again recently brought tears to my eyes. The soundtrack I used for my mind movie is by the band, Survivor — 'Eye of the Tiger'. You should use a soundtrack that motivates and inspires you.

Emotion is powerful, and the tears that came with my review indicate how powerful and moving my mind movie is. Emotion is the language of the subconscious mind. I have resolved now to update my mind movie to align it with my current goals and to watch that movie at least every morning. Again, repetition is very powerful. If you don't want to go to the trouble of editing your mind movie on your own computer, you could try out the mind movies website: <http://www.mindmovies.com/>. This website makes the process of creating a mind movie super easy.

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