

Vision – See Your Success

Vision, passion and action is your secret to success. When you can see your goals clearly, you become inspired, enthusiastic and passionate about achieving your dream.

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"All successful people men and women are big dreamers. They imagine what their future could be, ideal in every respect, and then they work every day toward their distant vision."

- Brian Tracy

Successful people have a clear vision that pulls them forward into the future they desire.

Vision, passion and action is your secret to success. When you can see your goals clearly, you become inspired, enthusiastic and passionate about achieving your dream. When the path to your achievement is visible, action steps become obvious and there is less struggle and greater ease involved in success.

The best way to get real clarity around your dream is to create a visual representation of your written goals. Whether your vision board consists of drawings, photographs or images taken from magazines or downloaded from the internet, the visual aspect of your goal is crucial to your success.

There is a maxim that says “ a picture is worth a thousand words” but apart from saving you from writers cramp by trying to write every detail of your goals and dreams, there is another reason why it is crucial to give your written goals and dreams a visual component.

It has to do with your own brain.

40% of the most advanced part of the brain is devoted to visual processing, which means the spoken and written word are converted into images. Our minds see the words we hear and write, as if it is running a movie in our minds. But there is a problem that many people are completely unaware of... and that is the mind has a tendency to default to a memory and a picture that may not accurately portray the goal.

The mind will very possibly see your written goal, whether it be of a certain income, building a team, enjoying a certain lifestyle... yet instantly and automatically remember a past failure and all the reasons why you may *not* be able to achieve that goal. It may conjure up pictures of a friend, family member or teacher from the past who may have given you negative feedback which has chipped away at your self confidence so that you may start to feel fear or doubt yourself when embarking on the action plan to your dream.

These thoughts and images flash instantly onto the screen of the mind and sabotage the goal. Unless you are aware of this and have an accurate visual end result goal to focus on, excite you and to help you believe in YOU, you may never understand why you struggle and endure hardship while trying so hard to succeed.

The visual goal board will help you grow into the person who naturally has what is on the board by helping to reprogram your subconscious mind as well as giving you a whole brain planning process. As you see and enjoy your vision daily, and if you choose to use some creative visualization techniques, the brain will create new neural pathways and start to get hardwired for the success that you envision.

As the new neural networks develop according to the vision, ideas and flashes of inspiration

will seemingly pop into your mind, giving you new and quicker ways to succeed.

Einstein asked “why do I get my best ideas in the shower?”

We all have these “light bulb” moments of clarity, focus and inspiration. The idea with a vision board is to invite them to come more often. Your intuition will be awakened and you may find that you are becoming “luckier” as co- incidences and opportunities start to present themselves. This phenomenon is a well known psychological principle, that “what you focus on expands” into your awareness and consciousness and this can lead you to being in the right place at the right time, meeting the right people and saying the right things to achieve your dreams in less time and with less effort. Hence your road to success starts to evolve from your own newly programmed “auto pilot.”

The main components on creating a vision board, are to design and arrange the images that represent the end result not the journey towards your dreams but *the end result of them* on your board in a way that excites and motivates you when you look at it because you want a resounding “yes” to surge through your body every time you see the board.

To learn more about creating a vision board and achieving success please visit www.visionboards.net and you will receive a free report and youtube link on the 7 Easy Steps to Creating YOUR Powerful Vision Board.

"First comes thought; then organization of that thought, into ideas and plans; then transformation of those plans into reality. The beginning, as you will observe, is in your imagination."

— Napoleon Hill

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Trained in Mind Power, Barbara is a leading authority on Vision Boards, success and goal achievement.