

Dream Board Secrets

*A Simple 5 Step Process to
Creating The Life of Your Dreams!*



By Nancy Matthews

*“What the mind can conceive and believe,
it can achieve.”*

~Napoleon Hill, “Think and Grow Rich”



About the Author – Nancy Matthews:

International Speaker, Best Selling Author and Global Leader, Nancy Matthews brings the perfect blend of business acumen, authenticity, heart and an intuitive understanding of people to all her endeavors. After 20 years in corporate and dabbling in entrepreneurship on the side, in 2002 Nancy went into business for herself and the rest, as they say, is history. She is known as the "Visionary with Guts" for her persistence in going for her goals and dreams despite apparent obstacles or challenges and works with individuals and organizations to support them in achieving stellar results.

As co-founder of Women's Prosperity Network (along with her two sisters), Nancy's leadership creates the space for women (and men) to embrace and step into higher levels of self-mastery and professional development. Since 2008 Women's Prosperity Network has served thousands of people, through workshops, conferences and mastermind events and the weekly "Wow Wednesday" teleclass that features today's thought leaders and experts.

She is the author of *The One Philosophy*, *Visionaries with Guts*, the highly acclaimed *Receiving Your Riches* Course and the Best Selling Series, *Journey to the Stage*. Nancy has been featured on NBC, BraveheartWomenTV, The John Tesh Radio Network and has shared the stage with some of today's leading experts. She is currently the CEO and Founder of Visions In Action, Inc. (her speaking, coaching and consulting firm), and Co-Founder of Women's Prosperity Network (WPN). She lives in South Florida and is the proud parent of 2 amazing children ... they are light of her life!

For more information about Nancy and Women's Prosperity Network go to NancyMatthews.com and WomensProsperityNetwork.com

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Dream Board Secrets

A Simple 5 Step Process to Creating The Life of Your Dreams!

Whether you've already created a vision board or just thought about doing it, the Dream Board Secrets™ unique method is a proven way to manifest more of what you want in your life. Extensive study, practice and collaboration with experts developed this phenomenal method of creating your dream board. These simple, easy to follow instructions will have you well on the path to creating your "dream life" in no time.

I'm thrilled to share the Dream Board Secrets™ method because it has been an amazing tool that I've used to aid me in attracting what I wanted into my life. I created my first Dream Board 10 years ago, using this unique method, part of which was inspired by my friend, Iris Guzman Morales. Since creating my first Dream Board and using the techniques described in this book, I'm able to consistently dream into being the life I now live which is blessed beyond measure.

"All our dreams can come true, if we have the courage to pursue them." ~Walt Disney



Creating your dream board and looking at it every morning and every night will give you the motivation and continued courage to pursue your dreams.

Live an Extraordinary Life!
This difference between ordinary and
EXTRAordinary is just a little bit extra.

Dream Board Secrets

5 Step Process

Step 1 – Release

Release what no longer serves you to create the space to allow new things to come into your life

Step 2 – Think, Dream & Create

The process of choosing what you want to bring into your life

Step 3 – Consider All Areas of Your Life

A fully fulfilled life causes greater manifestation

Step 4 – Pictures, Images, Words & Visualization

Feed your mind with visual fuel

Step 5 – Placement of the Dream Board

See it and experience 'as if' every day for rapid results

You Will Need: Blank Sheet of Paper, Poster Board, Magazines, Stickers, Markers, Glue Stick and/or Tape and of course...

An Open Mind

Ready, Set ... Let's Go!

DREAM BOARD SECRETS

The power of using visualization to create what you want to achieve has been used through the ages by most successful people. When Vincent Van Gogh was asked how he created his magnificent paintings, he replied ***“I dream my painting, then I paint my dream.”*** All too often in this instant messenger paced society we live in, there is no time to “dream”, to actually take the time to dream and think about what we want to bring into our lives. Making the time for yourself to create your Dream Board is a wonderful gift to give yourself, and in turn a wonderful gift for the people in your life.

What is a Dream Board? Simply put it's a collage with pictures, words, stickers and drawings that represent what you want to have, be or do in your life. Once you have created your Dream Board, spending time daily focusing on the Board, feeling and believing that you can have, be and do those things, will bring you closer to manifesting those things. Abraham-Hicks, experts on the Law of Attraction and manifestation, say:

“It's not your work to make anything happen. It's your work to dream it and let it happen. Law of Attraction will make it happen. In your joy, you create something, and then you maintain your vibrational harmony with it, and the Universe must find a way to bring it about. That's the promise of Law of Attraction.”

The key factors in the above instruction on using the Law of Attraction to bring about what you want are to: Dream, Create and Feel (more on this later).

Our Dream Board Secrets method takes the process a step further and incorporates the principals of Feng Shui and the Bagua Map to ensure that you are focusing on the major areas of your life and keep your energy flowing and balanced.

You may recall that after the release of “The Secret” there was a lot of talk and activity around people doing vision boards, with pictures of cars, houses, boats, planes, the perfect mate, piles of money, etc. This was a wonderful opening for so many people to start the dreaming process again, to focus on what they want and begin the journey to

manifest and create their “perfect life.” What we offer here through Dream Board Secrets are tips so that you can take that to the next level (or get started now), and manifest a bountiful, balanced life of your dreams!

A recent attendee at our Dream Board Secrets Workshop said:

“I wanted to do a dream board and thought about it often but wasn’t sure how to do it. Your instruction has given me direction and inspiration and I finally have it done! Thank you for this great Dream Board Secrets method.” ~ Allison Ronis

What follows is our proven 5 Dream Board Secrets Method for creating a dream board that truly represents your goals, dreams, aspirations and inspirations and a process for tapping into what you do want. We encourage you to give yourself permission to take an hour or two for yourself to go through the 5 Steps and remember, to have fun along the way!

Step 1 – Release

“Too many of us are not living our dreams because we are living our fears.” ~Les Brown

Would you agree that in order for you to bring new things into your life you may need to let go of some old things? Sometimes, letting go of those old ways of being is uncomfortable and maybe even a bit scary. I relate this part of the process to cleaning out the refrigerator before you go grocery shopping and bring home all the new food. The shelves are full unless you clear some space and, oh my – what interesting things can be found on the shelves! You know, those fuzzy science projects that grow when we leave items unattended for a while. What science projects are brewing in there! Just imagine how messy the inside of your subconscious can be if you don’t clean it out on a regular basis! Perhaps you need to let go of some habits or behaviors that are stopping you from moving forward, or perhaps there are people or activities that aren’t

-serving your highest and best good. Releasing these old ways of being will open up the space for new and positive things to come into your life.

Now is the time to evaluate where you are and be totally honest with yourself. If you're feeling you didn't accomplish all you wanted in the previous year – can you pinpoint some ways of being – habits or characteristics that may have kept you from accomplishing that? For example – do you procrastinate? Do you watch too much TV? Do you not exercise enough? Do you fear failure? Do you fear success? Are there some toxic relationships you're clinging to? Do you resist making phone calls to prospects for business?

The last page of this document is a blank sheet of paper with the title "I Am Releasing....." Tear off the sheet of paper now and jot down all the things you want to release from your life. ***Go ahead and do this NOW - you have full permission to eliminate anything you think is impacting you negatively.***

Take that sheet of paper, tear it into pieces and put it in a metal trash can, light a match - and watch your negativity disintegrate! (Of course, be safe with this part of the process and be sure to have plenty of water on hand to put the fire out.)

While the fire is burning, ***feel*** the release of these negative things from your life. You have now opened up a clear space to fill with your dreams, goals and desires!

Experience the shift of energy as you release the negative and feel the excitement of starting anew. To assist in the shift of energy from negative to positive, take a few deep breaths and spend a few minutes remembering a happy time in your life (the birth of your child, some accomplishment, meeting the love of your life, a beautiful sunrise, music that touches your soul) and get ready to start dreaming!

Step 2 - Think, Dream & Create

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In a quiet space (perhaps with your favorite music playing the background), write a letter to yourself that talks about and/or lists your goals, dreams and aspirations for the coming year. Perhaps it is in the area of your career, relationships, diet and exercise, being more social, meeting more people, making more money. Let this be a free space for you to start the flow of creativity. Your imagination is much like any other muscle in your body, if you haven't used it in a while it may be slow to start, but once you start exercising it on a regular basis, it gets stronger and stronger. Keep building that imagination muscle and you'll be amazed at how creative you really are!

Step 3 - Consider All Areas of Your Life

Now it's time to get more specific about what you want to bring into your life. Using the template from the Bagua Map (see chart), think about what you want in ALL areas. You may want to overlay or draw the 9 sections of the Map on your Dream Board for easy reference to the areas you want to include in the process.

Wealth & Prosperity - Define this by your standards, not someone else's. What does wealth mean to you? How much money do you want? What things do you want to have? What do you want to do with your money?

Fame & Reputation - What do you want to be known for? How do you want others to see you?

Love & Relationships - What is important to you in love & relationships? What types of relationships do you want to grow?

Health & Foundation - What do you want in terms of your physical being?

Improve health? Physical appearance? Spiritual Connection?

Your Essence - The Real You - What is your basic nature? What just makes you happy?

Creativity, Children & Future Projects - What do you enjoy for your creative outlet (music, dance, art)? What do you wish for your children? Do you want children? Future projects you want to do?

Knowledge, Self-Cultivation - What knowledge do you want or need to attain your goals and dreams?

Career - What do you want for your career?

Helpful People & Travel - Who do you want to meet? Where do you want to go?

BAGUA MAP



Step 4 - Pictures, Images, Words & Visualization

Go through magazines, newspapers and also look for images on the internet to find images and words that represent what you want in each of the areas listed above. When you see a picture and it creates an emotional response (i.e. just makes you feel happy, excited or dreamy) go ahead and clip it out. You may know the perfect place for it on your board, or you may save it for a later date. This process, much like life, is an on-going experience. Give yourself the freedom to take your time with this and keep adding pictures and word phrases as you find them.

Step 5 - Placement of the Dream Board

This may be the most important part of the process to achieve maximum results. Your Dream Board must be placed in a highly visible area, a place that you'll see often, and actually stop and look and *feel* what is on the board.

“Goals help you channel your energy into action. They place you in charge of your life.” ~Les Brown

Creating your Dream Board is only part of the process, to truly manifest what you want you must spend time each day (preferably several times a day) focusing on what you want to manifest. The beauty of using the Law of Attraction is that if you focus on the what and move in action towards those goals, the how will appear.

“If I believe I cannot do something, it makes me incapable of doing it. But when I believe I can, then I acquire the ability to do it, even if I did not have the ability in the beginning.”~Mahatma Gandhi

Enjoy this Dream Board Secrets process, have fun with it, keep building and adding to it. **Have faith, stay in the process of thinking, dreaming and creating the most *EXTRA*ORDINARY LIFE!**

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For additional resources visit

NancyMatthews.com

- The One Philosophy
- Receiving Your Riches Course

WomensProsperityNetwork.com

- Global Community of Resources and Support
- Live Events, Workshops & Trainings