

**Follow these five simple steps to get your creativity flowing as you design your very own Dream Board!**

- 1. Write down anything you want to do, be, have fun with, create, own, or experience in the next year.** Remember to include all your whispers, relationships, financial health, physical, emotional and spiritual dreams.
- 2. Now choose your top five goals.** Write each of them out along with an explanation of how you will achieve these goals within one year. Remember to pick some, which are easy to achieve, and include one that you can achieved within a month.
- 3. Choose pictures and words that passionately represent your goals.** Remember: Your Dream Board should be a source of excitement—a tool that will move you to achieve more. Allow yourself time to develop this as the results will be worth it. It is good to include a photograph of yourself that you really like and this should ideally be in the centre of the design. Some people like to include a border that encloses their dreams, while other like to add paint, sparkles, words, poems and Angel pictures.
- 4. Remember to add an affirmation to your Dream Board.** Sometimes we think too small and the Angels have bigger plans for us. Adding a positive affirmation will allow the universe to bring something better to you if it is for your highest good. Affirmations can include:  
  
'This or something better, now manifest for my highest good, in the appropriate time frame'  
  
'I create a Dream Board, pasting together a collage of my dreams and seeing them fit together perfectly'  
  
'I now envisage my desires as a reality'
- 5. Consider the best way to display your Dream Board.** I like to put mine onto foam core board, as it is lightweight and portable and easy to stick on the wall. You can even make it your screensaver or if you create a journal, put it somewhere where you can see it every day. There are some great Kraft notebooks with dividers so that you can use a page for each of your goals.

**N.B** It is great to see how your goals come about, sometimes in the most unexpected ways. I recently found a very old dream book and discovered I had placed a picture of myself on top an Angel picture and this was before I even dreamed of working with Angels.