

1. Decide what you want to bring into your life and what you want to focus on
2. Choose images that represents those things + images that appeal to you
3. Cover your board with large background images
4. Layer on smaller images
5. Add words and phrases
6. Fill in and rearrange until it's appealing
7. Add any embellishments
8. Take a picture in case it shifts
9. Glue everything on starting with the background and working out



I attract positive,
healthy
relationships

**I am
a magnet of
miracles.**

**I visualized it.
I worked for it.
I believed in it.
I manifested it.**

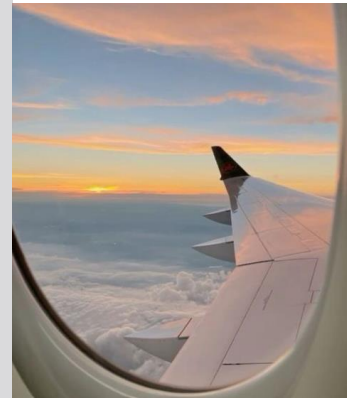
Congrats
on the NEW JOB.

*"Three hundred and
sixty-five sunrises to
start over."*

—E. McD.

Watch me
manifest
everything
I want.

I am
grateful for
financial
abundance.



Do
more
of
what
makes
you
happy

**"You are never too
old to set another
goal or to dream
a new dream."**

C.S. LEWIS

I like the dreams
of the future
better than the
history of the past.

THOMAS JEFFERSON

**"Celebrate
endings—for
they precede
new beginnings."**

JONATHAN LOCKWOOD HUIE

**nothing
can stop
me
from
living the
life of my
dreams.**

**the future
depends on
what you
do today.**

**ACT LIKE
THE
PERSON
YOU WANT
TO
BECOME.**

**MORE SLEEP
MORE MUSIC
MORE TEA
MORE BOOKS
MORE SUNSETS
MORE CREATING
MORE LONG WALKS
MORE LAUGHTER
MORE HUGS
MORE DREAMING
MORE ROAD TRIPS
MORE FUN
MORE LOVE**

**I have enough
money to do
whatever I
want.**

**DAILY
AFFIRMATIONS:**

1. I am enough.
2. I am a priority.
3. I accept myself.
4. I am worthy.
5. I am in control.
6. I will succeed.
7. I am deserving.
8. I am capable.
9. I am powerful.
10. I am beautiful.

@hollybrooke

**I let go of the
things I cannot
control**

**DON'T
LOOK
BACK
YOU'RE NOT
GOING THAT
WAY**

REST *is* Productive

“
New year —
a new chapter,
new verse, or just the
same old story?
Ultimately we
write it. The choice
is ours.
ALEX MORRITT

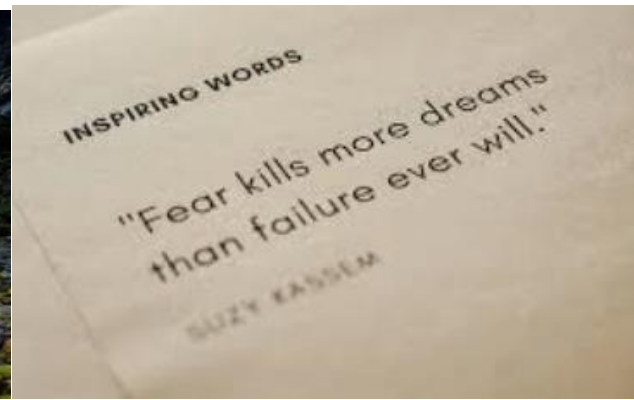
SET YOUR LIFE ON
FIRE. SEEK THOSE
WHO FAN YOUR
FLAMES.
-RUMI

2025

"CHOOSE A JOB YOU LOVE, AND YOU WILL NEVER HAVE
TO WORK A DAY IN YOUR LIFE."
- CONFUCIUS

TEM
“The bad news is time flies.
The good news is you’re the pilot.”

— Michael Altshuler



1. Believe that you have received it and it is yours.
2. Only focus your attention on what you want more of in your life.
3. Every reaction is a energetic “yes, please more” so only focus on positivity.
4. Only talk in the present the universe only knows “now”.
5. Always affirm as if you’ve already achieved it.
6. Articulate, Feel, Embody your desires.
7. Intuition, Feelings, Gut = guidance system
8. Follow what feel good = your life path
9. Your focus goes on what you aspire to become
10. You are the universe. You are in control.

**My body is
healthy and
strong**

I am bigger than my doubts, bolder than my fears, and stronger than my obstacles



START YOUR DAY WITH THOUGHTS OF POSITIVITY

I AM LOVED	I AM CURIOUS
I AM CREATIVE	I AM POWERFUL
I AM HAPPY	I AM UNIOUE
I AM KIND	I AM BEAUTIFUL
I AM SMART	I AM WORTHY
I AM GRATEFUL	I AM BLESSED

