

# THE STYLE COACH™

## Confidence In Style

16 May 2022

### Week 3: Part 1

#### Visualising Your Style Through Vision Boards

##### Why create a vision board?

- It allows your mind to focus on what is important through your Reticular Activating System (a filter for your mind).

Here is a short video to see exactly how it works:

[https://youtu.be/p0bDAT\\_SEVU](https://youtu.be/p0bDAT_SEVU)

If you are interested in creating a digital vision board, you can create one easily and for free using Pinterest:

[www.pinterest.com](http://www.pinterest.com)

##### Creating a wishlist:

- Please create a wishlist of clothes, accessories, shoes etc that catch your eye.
- Do not act on them straight away
- Instead, review them a week later and check in if you really want the item or if it was just an impulsive reaction.