5 Ways Vision Boards Help You Reach Your Goals

A vision board is simply one tool that helps you visualize your dreams and your goals. How so, you ask? Let's explore the ways… [Read More ~ http://bit.ly/2vPjga0]



- [ ] Vision boards make you focus on what's important to you
- [ ] Visualization stimulates the creative side of your brain
- [ ] Focusing on goals makes you recognize new resources or opportunities
- [ ] Break out of your comfort zone by stating a big, scary goal
- [ ] Seeing a big goal forces you out of the daydream and into action

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