

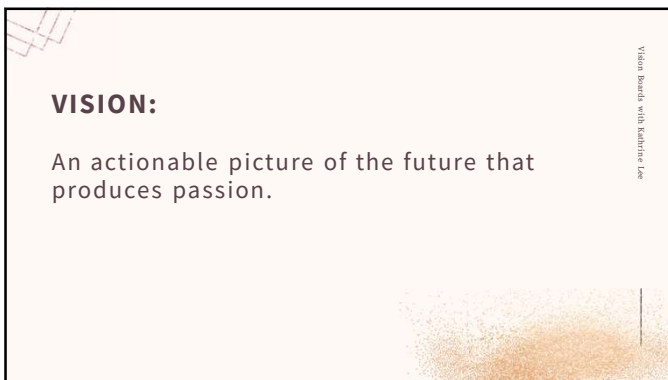


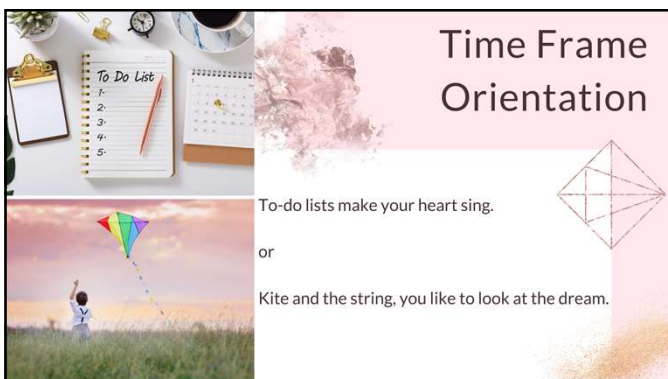
Before we jump in...

What have you accomplished?

Give yourself credit for what you're doing right.







RAS:

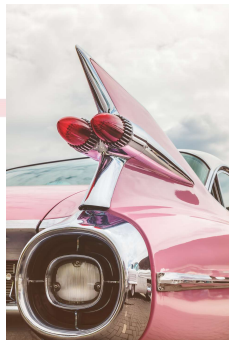
The reticular activating system - it starts above your spinal cord and it's about two inches long, it's about the width of a pencil, and it's where all your senses come in. (Except for smell, which goes into your emotional center of your brain)

The RAS connects the subconscious part of the brain with the conscious part of the brain.

This is how it works...

Vision Boards with Katherine Lee

**What you
think about
you see.**



Vision Boards with Katherine Lee

RAS:

The car was always there but what the RAS does is bring to light (focus) to what we're looking for.

Concept vs Concrete:

Wish (major doubt)

Hope (doubt)

Want (longing but still doubt)

Intend (making a plan)

I am (consciously and concretely planning)

Vision Boards with Katherine Lee

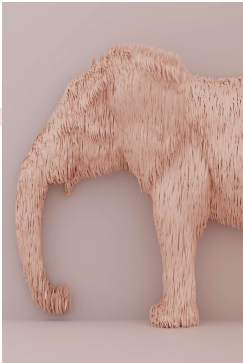
Concept vs Concrete:
Travel vs
Go to Rome, Italy in spring & visit the Colosseum



Vision Boards with Katherine Lee

What you
think about
you see.

Be careful what you wish for and
watch out for "no or not."



Vision Boards with Katherine Lee



Stables Built & Horse
Riding Available @PHR



500 Club



More Info @PHR



New Hope Homes @PHR

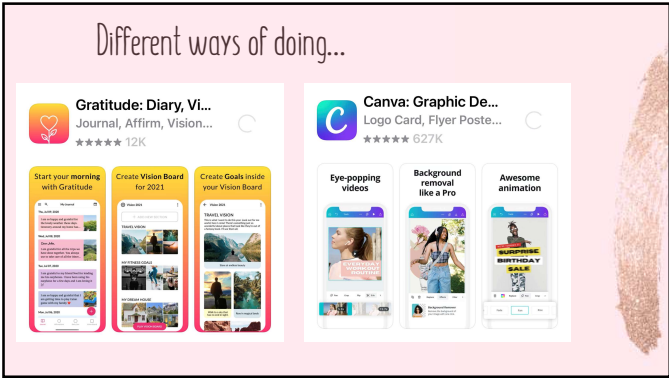


purehope ranch

2021 VISION
BOARD

Write & Revisit
Interrupted, Too

Katherine Lee.com

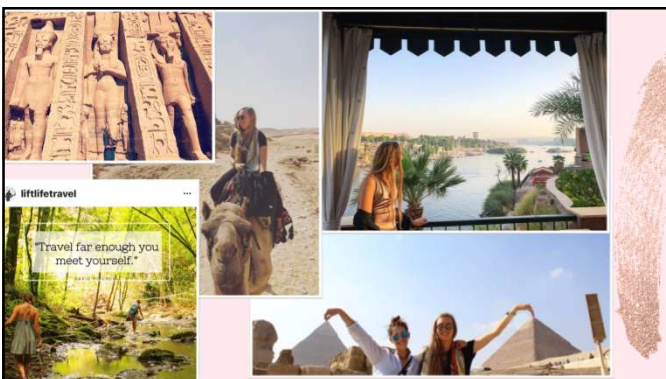




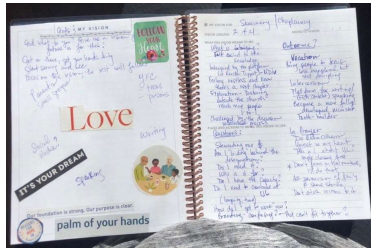








Vision Board Book



12 Life Areas™

12 Life Areas



Service & Giving Back

Doing something for someone else beyond yourself.



Spirituality & Faith

Bringing heaven to earth through a relationship with God.



Relationships

Building a reciprocal community of support.



Gratitude & Attitude

Thinking through the lens of appreciation & a realist optimist.



Goal Setting Masterclass with Kathleen Lee

12 Life Areas



Curiosity & Learning
Uncovering for joy and wonder.
Learning to improve &/or advance.



Balance & Fulfillment
Living through your senses.
Being present.



Adventure
Getting out of your comfort zone.



Passion & Purpose
Discovering your design.

enjoy every moment.

Goal Setting Masterclass with Kathleen Lee

12 Life Areas



Nutrition & Water
Eating foods that build up vs tear down.
Enjoying foods that bring us pleasure.
Hydrating our body so it works at it's optimum.



Movement
Creating momentum in your life and body.



Goals & Organization
Identifying your dreams & intentions and breaking them down into do-able goals. Then organizing your life to achieve them.



Rest & Relaxation
Slowing down.
Every hour honor this by taking in 5 minutes of silence or nature.
Every day respect this by getting adequate sleep.
Every week observe this by taking a Sabbath.

oh what FUN

Goal Setting Masterclass with Kathleen Lee

Vision Boards



- 1 - PRAY: ENLIGHTEN MY MIND TO YOUR DESIGN
- 2 - ASK: IS THIS TIED TO IDENTITY?
- 3 - FIND PICTURES & WORDS
- 4 - RESEARCH-MAKE IT CONCRETE
- 5 - ENROLL YOUR COMMUNITY A-TEAM



Remember:

You can create one board for each category or one large vision board that encompasses all of your dreams.

Flip through magazines and cut out images and words that apply to your goals and vision or google for ideas.

Lay them out on the board, then glue them down.

If you want to add an inspiring quote, print or write it on a piece of paper and add it to the board.

The **first rule of your vision board**...there are no rules!
Have fun with it and **make a board that's inspiring to YOU.**
Hang your vision board in a place you can view it often.

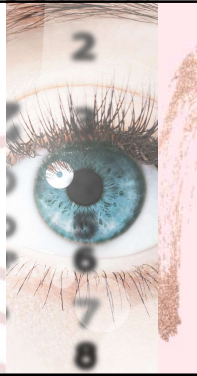
You never know who will go with you!



You never know who will go with you!



You never know who's waiting on you!



You never know who's waiting on you!



You never know who's waiting on you!



