

I am successful

JUST
LIVING MY
BEST LIFE

VISION BOARD LOOKBOOK

BALANCE

Do things
at your own pace.
Life's not a race.

MY
VISION

HAVE FUN

Doing more of
what I love

Harmony

LIVE IN THE MOMENT.

Remember this: Be
kind to your mind.

Cindy Theresia

HAPPINESS

I am successful

JUST
LIVING MY
BEST LIFE

VISION BOARD LOOKBOOK

BALANCE

Do things
at your own pace.
Life's not a race.

MY
VISION

HAVE FUN

Doing more of
what I love

Harmony

LIVE IN THE MOMENT.

Remember this: Be
kind to your mind.

Cindy Theresia

HAPPINESS

COLOPHON

© 2025 CINDY THERESIA & ESTHER SUSANNE

PUBLISHER: UPHIGH 

COVER DESIGN: CINDY THERESIA

LAYOUT: ESTHER SUSANNE

DATE OF PUBLICATION: 15 MARCH 2025

FIRST PRINT: 15 MARCH 2025

ISBN: 9789403790589

ALL RIGHTS RESERVED. NO PART OF THIS BOOK MAY BE REPRODUCED OR UTILIZED IN ANY FORM OR BY ANY MEANS, ELECTRONIC OR MECHANICAL, INCLUDING PHOTOCOPYING AND RECORDING, OR BY ANY INFORMATION STORAGE AND RETRIEVAL SYSTEM, WITHOUT PERMISSION IN WRITING FROM THE PUBLISHER OR AUTHOR.

TABLE OF CONTENTS

INTRODUCTION

HOW MY VISION BOARD LOOKBOOK WAS BORN

PART 1: THE POWER OF VISION BOARDS

CHAPTER 1: CLARITY AND FOCUS: DEFINING
YOUR VISION WITH PRECISION

CHAPTER 2: ACTIVATING YOUR SUBCONSCIOUS
MIND: TURNING VISION INTO REALITY

CHAPTER 3: KEEPING YOU MOTIVATED: STAYING
ON TRACK WHEN LIFE GETS IN THE WAY

CHAPTER 4: ENHANCING VISUALIZATION AND
MANIFESTATION: THE ART OF ATTRACTING YOUR
DESIRES

CHAPTER 5: MAKING GOAL-SETTING FUN AND
ENGAGING: TURNING DREAMS INTO PLAYFUL
ACTION

PART 2: HOW TO CREATE AND USE YOUR VISION BOARD

BREAK IT DOWN INTO CATEGORIES

STEP 2: GATHER YOUR MATERIALS

STEP 3: ASSEMBLE YOUR VISION BOARD

STEP 4: PLACE YOUR VISION BOARD SOMEWHERE
VISIBLE

STEP 5: USE YOUR VISION BOARD WITH
INTENTION

STEP 6: UPDATE YOUR VISION BOARD REGULARLY

STEP 7: TRUST THE PROCESS AND TAKE ACTION

VISION BOARD EXAMPLES

WHEN IT IS DIFFICULT TO ENVISION

PAGES TO PLACE THE IMAGES, PICTURES, VISION

THE MIRROR COACHING

FOR YOUR COLLECTION

INTRODUCTION: THE POWER OF VISION BOARDS

Imagine waking up every day feeling excited, focused, and aligned with your dreams. You know exactly what you're working toward, and every decision you make is leading you closer to the life you truly desire.

This is what a vision board can do for you.

A vision board is not just a collage of images and words; it is a powerful tool for transformation. It serves as a daily reminder of your goals, a motivator in tough times, and a visual representation of your future self.

Many of the world's most successful people, like entrepreneurs, athletes, actors, and leaders, use visualization and goal-setting to create their dream lives.

Why?

Because what you focus on expands. Your mind is wired to seek out what you repeatedly see and believe. This book will guide you step by step in understanding the power of vision boards, setting clear goals, activating your subconscious mind, staying motivated, and making your dreams a reality.

Whether you're new to vision boards or have created one before, this book will help you maximize their effectiveness and teach you how to use them as a life-changing tool.

If you're ready to clarify your vision, attract what you desire, and take aligned action, then let's begin.

Your future starts now.

How My Vision Board Lookbook Was Born

After I became sick with cancer and went through treatments, I realized I needed to get my vision back, not just for my health, but for my life. That's when I started making a vision board.

I began collecting images from travel magazines and pasted them onto a piece of cardboard. These images showed the places I wanted to visit. I also added house interior pictures, because when you're lying sick at home for weeks, you start to notice everything you'd like to change in your surroundings.

I wanted to live again.

I wanted a future.

I added pictures of clothes I loved, the kind I dreamed of wearing again. I found images of food I longed to eat after being nauseated for weeks on end.

It was my first time doing anything like this. But even more special, I had my children join in. They created a lookbook, a vision board in book form filled with hotels, travel spots, and fun things to do.

We hadn't had a vacation in seven years. That was the number one thing on their list.

Since I was still recovering and needed more time to regain my strength, we chose the month of October for our dream vacation. We got specific: the month, the duration (two weeks), and even planned it around the children's school break.

Every day, they'd check their lookbook. And I would
check my vision board.

Now, let me tell you the truth, at that time, I had no
money. I wasn't able to work. There was no way, on
paper, that anything on those boards could happen.

But it did.

We didn't just go on one vacation, we went on two.

Both for two weeks.

One in October, exactly as planned, and one in
December.

I also got to redecorate my home, and a friend
came to help me with it.

I was able to buy clothes for myself and my children
after one of the hardest seasons of my life.

This book you're holding isn't just a book to me. It's
proof.

It worked.

As a certified Neuroscience Coach, I now understand
that science supports what I experienced, how vision
and intention can reshape the brain. But even if it
didn't, I still saw the results with my own eyes.

I was recovering from cancer, chemotherapy, and
radiation.

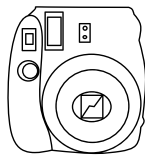
I had no income. No resources.

But it still happened.

If it worked for me it can work for you, too.

-Cindy

*This Vision Board Look
Book Belongs to:*



Part one

CHAPTER 1.

CLARITY AND FOCUS:

DEFINING YOUR VISION WITH PRECISION

One of the biggest reasons people struggle to achieve their goals is a lack of clarity. When you don't have a clear vision of what you truly want, it's easy to drift through life without direction, feeling unfulfilled or stuck in the same patterns.

A vision board helps you cut through the noise and bring laser-sharp focus to your dreams. Instead of vague, wishful thinking, it gives you a tangible, visual representation of your true desires. Think of it this way: If you were going on a road trip but had no destination in mind, how would you know which direction to take? You might wander aimlessly, wasting time and energy, and feeling lost. Your vision board is like the GPS for your life it tells you exactly where you're headed.

Bringing Your Vision into Focus

To create a powerful vision board, you need to get crystal clear on what you want. Here's how to refine your focus:

Ask Yourself the Right Questions:

What do I truly want in life beyond what others expect of me?

If I had no limitations, what would my ideal life look like?

How do I want to feel every single day?

What experiences, people, or opportunities do I want to attract?

What areas of my life need the most transformation?

Move Beyond Generic Goals:

Instead of vague goals like "I want to be successful" or "I want to be happy," get specific.

What does success look like to you? A thriving business? Financial freedom? A dream career?

What does happiness feel like in your life? Freedom? Peace? Excitement?

If you want a new home, what type of house? Where is it located? How does it feel to live there?

Engage All Your Senses:

When visualizing your goals, go beyond just "seeing" them.

Imagine:

What it looks like – the colors, shapes, places, and faces.

What it sounds like – the conversations, background noise, or nature sounds.

What it feels like – the emotions, textures, sensations associated with your dream.

What it smells like – a new car smell, fresh ocean air, a home-cooked meal in your dream kitchen.

What it tastes like – a celebratory dinner after achieving your goals, the coffee in your dream workspace.

Create a Vision That Excites You:

The clearer and more emotionally charged your vision is, the more motivated and focused you'll be in pursuing it. A vision board works best when it represents a future that excites and inspires you every time you look at it.

The Power of a Clear Vision in Everyday Life

Once you create your vision board,
something magical happens:
Your brain starts filtering information
that aligns with your goals, recognizing
opportunities you may have overlooked
before.

Your daily choices become more
intentional because you know exactly
what you're working toward.
Your motivation increases because your
dreams feel real and within reach.
When your vision is clear, your focus
sharpens. And when your focus sharpens,
your life starts moving in the direction of
your dreams one step at a time.

Chapter 2.

Activating Your Subconscious Mind: Turning Vision into Reality

Your subconscious mind is one of the most powerful tools you possess; it constantly works behind the scenes, shaping your beliefs, behaviors, and actions, even when you're not consciously aware of it.

Think of your subconscious as the operating system of your life, just like a computer runs on software that determines how it functions, your subconscious runs on deeply ingrained thoughts, habits, and beliefs, many of which were programmed into you at a young age.

The good news? You can reprogram it.

A vision board is one of the most effective ways to do this because it keeps your dreams and goals in front of you, feeding them into your subconscious mind every single day.

The Power of Mental Rehearsal

Elite athletes, performers, and high achievers use a technique known as mental rehearsal, in which they visualize themselves succeeding before they actually do.

Why?

Because the brain doesn't know the difference between reality and vivid imagination.

When you see yourself already achieving your goals, your subconscious:

Strengthens neural pathways that make success feel natural.

Increases confidence and reduces fear or doubt.

Align your emotions, thoughts, and actions with your vision.

Using your vision board daily trains your subconscious to believe that your success is inevitable.

Rewiring Limiting Beliefs

Many people have deep-rooted beliefs that hold them back, such as:

"I'm not good enough."

"Success is for other people, not me."

"I don't deserve happiness or wealth."

These beliefs often come from childhood, past experiences, or societal conditioning. The subconscious mind accepts them as truth, even if they are not.

A vision board helps you rewrite this internal script by:

Constantly showing you a new identity, one that is confident, successful, and deserving.

Reinforcing positive affirmations and images that contradict old, limiting beliefs.

Training your brain to look for evidence that your goals are achievable.

Over time, your subconscious will accept this new reality, and you'll begin to act in ways that naturally move you toward your dreams.

How to Activate Your Subconscious with Your Vision Board

Look at Your Vision Board Daily

Spend at least 5 minutes every morning and evening focusing on your board.

Absorb the images, words, and emotions as if they are already yours.

Speak Your Vision into Existence

Say affirmations that match your vision, such as:

"I am living in abundance."

"Opportunities flow to me effortlessly."

"I am confident, capable, and worthy of success."

Speaking activates the power of words, reinforcing the belief in your subconscious.

Feel It as if It's Real

Engage all five senses while looking at your board:

If your vision includes a dream home, imagine walking through it, feel the textures, smell the air, and hear the sounds.

If you want a dream career, visualize yourself in that role. How does it feel to wake up every day doing what you love?

Take Inspired Action

The subconscious mind responds best to action. Even small steps toward your goals signal to your brain that this vision is real.

Example: If your vision board includes writing a book, start writing even one paragraph a day this reinforces the identity of being a writer.

Final Thoughts

Your subconscious mind is always working, whether for you or against you. The key is to give it the right programming.

A vision board is more than just pictures on a board; it's a powerful reprogramming tool that helps you think, feel, and act in alignment with your dreams. By using your vision board daily with intention, you're not just wishing for a better future you're training your brain to create it.



Chapter 3.

Keeping You Motivated: Staying on Track When Life Gets in the Way

Motivation is the fuel that drives action.
But let's be honest, staying motivated every single day can be challenging.

Life happens.
Obstacles arise.
Doubt creeps in.
You lose momentum.

This is exactly why a vision board is so powerful it keeps your goals visible and your motivation high, even on days when you feel like giving up.