

# S.M.A.R.T.steps To Better Health



STEP 2 : VISION BOARD

PLANTING THE SEED

WEEK 2



*"I am grateful for the time to call and schedule a preventive medical check-up"*

## "I am grateful for my vision board"

### Planting Seeds

After one week of focusing on gratitude and deep breathing you should be feeling better. Now that you have "fertilized" the ground, it is time to plant, and this is done with imagery. Again there are three tasks during this week (though you should continue with your gratitude journal).

**1) Create a Vision Board:** We will use a vision board to place images that will serve as visual prompts for how we see ourselves. While you can use this to remind you of the end result (for example body size and shape), we will

mainly be using this to capture images of the behaviors that we want. For this week, just get the vision board and place only one image, writing in a journal. For now just practice visualizing yourself writing in your gratitude journal before going to bed at night. Do this for no more than 60 seconds twice daily. Over the weeks to come you populate your board with other images. Its helpful to have a cork board with push-pins to that you can easily change the images. When you visualize, smile slightly and feel good inside. While you can use images that are contained within this program, in time you should replace these images with actual pictures of yourself doing the desired activity.

**3) "Magnet Words:"** Get to a crafts store and find letters to spell out three words; THANK-YOU, which should be placed somewhere in your bathroom, WISDOM, which needs to be place in an



entertainment/family room, and HEALTH, which should be stuck on the refrigerator. Alternatively, you can draw these words out if you like, but wooden letters or block look better:-)

**3) Schedule a check-up:** Make the call to schedule a preventive health check-up with your health provider. Plan to know your blood pressure, blood sugar, and cholesterol numbers. The appointment should occur within 2 months. For "extra-credit" Get a loved one to make an appointment also.

When we create images in our minds with emotion, it will put things into motion that allow the event to occur as it has been imagined. This seems to work best when we work on small steps that involve our personal behavior. Seeing yourself as you want, doing and having the things you want, will help it materialize. Use your vision board to remind you of the images that you need to "plant", which should be done twice daily. This 60 second process will allow you to harness the power of your creative mind.

