

# Conquer Your Cravings

## CHALLENGE



DAY 2

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## **CRAVINGS CURE #2**

### **IGNITE YOUR PASSION & PURPOSE**

*"Vision without action is merely a dream. Action without vision just passes the time. Vision with action can change the world."*  
*Joel A. Barker*

Today we are talking all about igniting your passions. When we do things that light us up and our soul is literally on-fire with joy, we are going to be so happy and feel so good about ourselves that we will only treat ourselves with loving kindness.

Too often we go through our days feeling uninspired, blocked or stuck in place and we operate from a place of emptiness rather than fulfillment.

One of the best years of my life was during the second year I lived in Jakarta. My heart was no longer heavy from heartbreak, I had amazing friends around me, I was doing work that I enjoyed and found interesting and challenging, and I was going on regular adventures travelling around Indonesia.

It's no coincidence that this also the year that I shed 15kg, and thoughts about food stopped controlling my every move. My life had meaning and purpose that lit me up daily and food did not rule me- cravings were not existent and I felt great about the life I was living.

Entrepreneurs and athletes frequently use visuals to train their focus and stay on target, and you can too!

Compiling images in the form of a vision board is extremely effective at influencing your mind and harnessing your intention to bring about positive change. This will remind you of the BIG picture and eating junk food and feeling unhealthy is probably isn't part of your plan.

A vision board is extremely beneficial to personal development. It brings ideas and dreams to life! When you want to eat something that will sabotage your goals – look at your vision board and remember why you are working so hard to change your lifestyle in the first place.

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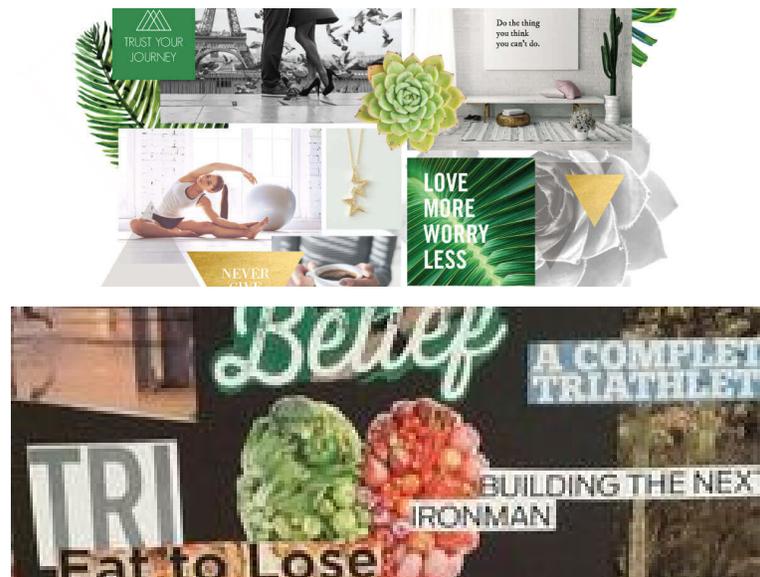
### WHAT EXACTLY IS A VISION BOARD?

Also known as a dream board or inspiration board, a vision board contains images of actions, words, products, or places representing what you want in your life.

Vision boards not only keep your motivation driving directly towards your well thought-out desires, but they strengthen your decision making process. They serve as a road map and very present reminder of your passion and purpose.

When you surround yourself with images of who you want to become, what you want to have, where you want to live or vacation, how you want to look, your life changes to match those images and those desires.

Below are some examples of vision boards that clients of mine have done, as well as one of mine. Can you guess what the images and words represent?



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### STEPS TO CREATING A VISION BOARD

As you can see, you don't have to be an artist or even be that creative to make a vision board! All you need are a few basic supplies and instructions to get started.

#### You'll need:

- > a posterboard, cork board or small canvas
- > a stack of old magazines
- > scissors
- > markers or paint
- > glue, tape, thumbtacks or pins
- > a photo of yourself (optional)

#### Step 1:

Set aside about an hour to complete your vision board. Go to a quiet space in your home where you can concentrate on yourself for a little while.

#### Step 2:

Create a relaxing atmosphere. Put on inspiring or upbeat music. Light a few candles if you want. Close your eyes and take a moment to reflect on your big goals and dreams. What do you want your ideal life to look like?

#### Step 3:

Cut out images from magazines that represent the life you want to live. For example, if you want to be happy and healthy, you might cut out pictures of people who are living a healthy and happy life doing things you would like to do. If you want to find a great romantic partner, you might snip pictures of happy couples smiling at each other.

#### Step 4:

Place the photo of yourself in the middle of the board (optional). Then, paste or pin your magazine images on your board. There's no "right way" to arrange your images. You can fill the board with pictures or just have a few posted all over on the board.

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#### Step 5:

Use your markers or paint to write your personal mantra or other favorite quotes onto your vision board. You can also just cut out words or phrases from the magazines to paste on your board that remind you of the life you want to live.

#### Step 6:

Display your vision board somewhere you'll see it every day and feel inspired! If you like, you can also frame your vision board and hang it on your wall. Popular places to hang vision boards are above computer screens, in offices, next to mirrors, on refrigerators, or any high traffic area of your home or office. You may want to take a photo of your vision board or create a digital version to display on a mobile device.

#### Step 7:

Meditate on these images for a few minutes a day. As these visions become reality, acknowledge the success with check marks or stamps recognising the piece as achieved. Give yourself the satisfaction of completion!

And there you have it – an easy, step-by-step process for creating a vision board to help you reach your goals and to ignite your passion and purpose for life.

Remember! There are no rules. Place your pictures and organise your board, your way. It's your board- if you want to place tons of pictures, collage-style, go for it. However, you would rather organise the board according to goals, that's cool too. Also, don't be afraid to leave white space. White space will leave you room to add something that you may come across later. It's also less distracting, if that's preferred.

Finally....if you really, truly don't feel like making this traditional style of vision board, then you can try using Pinterest to collate images, words and quotes onto a board. The process of creating a interest vision board is not quite as powerful, and is actually more difficult to stay focussed- but it's better than nothing at all.

Once you have completed your vision board, be sure to share it with me!

# What you think about, you bring about

