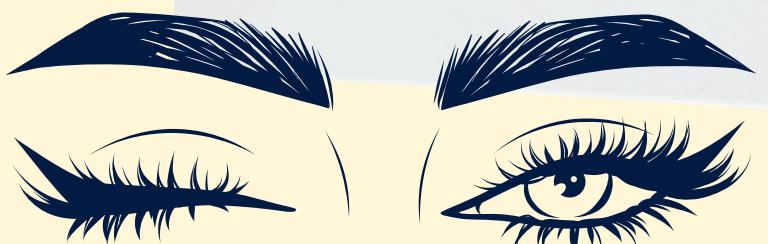
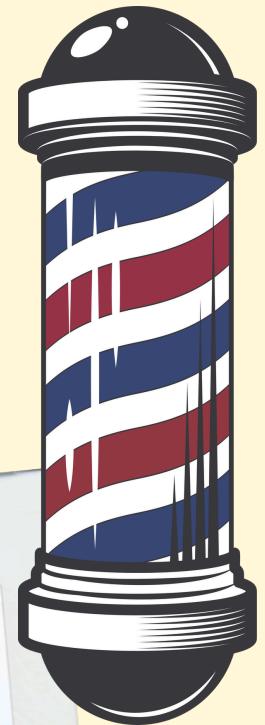


Life Coaching tips for Barbers, Hairstylist, Lash / Nail Tech



By Life Coach Zainab Achmat



A vision board is a visual representation of your goals and desires. Here's a step-by-step guide to create one



Define Your Intentions

- **Reflect on your goals:** Identify your short-term and long-term goals.
- **Consider your values:** Think about what's important to you and what you want to manifest.
- **Clarify your vision:** Write down your goals and desires to clarify your vision.

Gather Materials

- **Board or paper:** Choose a board, paper, or canvas to serve as the base.
- **Magazines:** Collect magazines that resonate with your interests and goals.
- **Images and words:** Gather images, words, and quotes that inspire and represent your desires.
- **Glue, scissors, and other craft supplies:** Collect materials to assemble your vision board.

Create Your Vision Board

- **Cut out images and words:** Cut out images and words that resonate with your goals and desires.
- **Arrange your vision board:** Arrange the images and words on your board in a way that feels meaningful.
- **Add personal touches:** Include personal items like photos, quotes, or mementos.



Display and Activate your vision board



- **Display your vision board:**
Place your vision board in a location where you'll see it regularly.
- **Activate your vision board:**
Take a moment to reflect on your vision board and set intentions.
- **Use it as a reminder:** Use your vision board as a reminder of your goals and desires.

Tips and Variations

- **Make it personal:** Incorporate personal items and meaningful symbols.
- **Keep it positive:** Focus on positive affirmations and images.
- **Experiment with different formats:** Try digital vision boards, collages, or other creative formats.
- **Review and update:** Regularly review and update your vision board to reflect changes in your goals and desires..

Module 1: Assignment

Here are some examples of a vision board

