



CREATING YOUR VISION BOARD

A collective VISION as a SOLUTION for Detroit's YOUTH and COMMUNITIES

- Creating your **VISION** Board (includes: YOU, the YOUTH, YOUR COMMUNITY, and the WORLD). We invite you to create a *vision board* on poster size paper (preferably), as we will use our posters in the **TRANSFORMATION "Vision" March on October 23, 2015**, held high for the world to see as we march chanting aloud "TRANSFORMATION...IT IS SO!". (See figure below as a template).

TRANSFORMATION



... IT IS SO!

- **VERY IMPORTANT TIP to writing your VISION: Don't allow yourself to worry about what you don't see in front of you as a**



Bountiful Opportunities Group, Inc.

~Home of the Global World Peace – True Purpose Movement~

(Global True Purpose Team, Transformation Tours, Assemblies, and Centers)

Phone: 877-888-7979 Fax: 313-687-4872 Website: <http://bountifulgroup.com>

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Transforming Detroit is a project within BG's Youth Development Department
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tangible resource. REMEMBER: You are what you THINK and choose to KNOW regardless of what you see. Just write what you desire for yourself and let it go!

KEY STEPS to Successful VISIONING Planning

Step I: ALLOW yourself to *calm, come to still space* by embracing peacefully this moment now. So, inhale and exhale slowly 3 times. Sit quietly for a moment or 2.

Step II: Write down "*whatever*" you would like as your POSITIVE reality for ... YOU, the YOUTH, YOUR COMMUNITY, and the World on your VISION BOARD.

Step III: Take time to *paint the picture in your mind* for each item you wrote down as a VISION for you. Allow yourself to mentally escape to that place...in that situation, etc.

Step IV: DAILY MENTAL EXERCISE: Allow yourself to escape to the visual pictures that you painted for the items on your vision board. Then repeat the VISION of TRANSFORMATION for Detroit. When you're done, say aloud, "TRANSFORMATION...IT IS SO!" When the NEGATIVE thoughts of your VISION present to you, CHOOSE to CANCEL the thought (DO NOT MEDITATE on the NEGATIVE THOUGHT). Then, go back to the VISION you painted and get happy about your VISION.

VISION Examples:

- **Example (1):** If your career vision is to be a doctor. You could write on your vision board, "I am a successful Doctor and world renown in my profession", as one of the line items for your personal vision



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- **Example (2):** Are you tired of the murdering in your community? VISION: "Murdering has ceased in my Chandler Park community and are citizens feel safe."

REMEMBER: As you align with Detroit's VISION... Detroit is ALIGNING with your VISION! So, we thank you for BEING "TRANSFORMING DETROIT"!

TRANSFORMATION...IT IS SO!

#transformationitisso #iamtransformingdetroit

STAY TUNED Saturday, October 17, 2015 @ 12 PM Est for "The POWER of VISIONING" on the **True Purpose Development Show**. (A Special Show Edition just for you to be INSPIRED...EMPOWERED... and ENLIGHTENED to a life of TOTAL HAPPINESS and TOTAL FULFILMENT – your life's TRUE PURPOSE! <http://truepurposeradio.com> or CALL; 718-766-4227 to Listen...Download...and Share! Will also be available on iTunes.

Get the YOUTH INVOLVED & EXCITED!

I. PLAN A VISION PLANNING PARTY...

- a. Round your youth group and/or family and friends
- b. Have them bring some Poster Boards and maybe you can supply the crayons or creative materials as you so desire. **Note:** You could simply have a marker or pen to meet your objectives. It's all up to you as to how fun and exciting you want to make your activity.
- c. Have some fun snacks and refreshments available for them



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- d. Have your attendees engage in the sharing of their visions.
- e. Rejoice together for the VISIONS that they've created.
- f. REMEMBER: ANYTHING IS POSSIBLE IF YOU JUST BELIEVE! You are what you THINK you are... literally. The JOURNEY is just that... A JOURNEY that we choose to travel or not. How bad do you want your VISION to come to fruition? So, ENCOURAGE them to go BEYOND in their THINKING without FEAR or DOUBT. ☺



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