

Motivation Board



Creating a motivation board that includes all your goals, aspirations, and dreams can also be an effective form of motivation.

Some call it a vision board, and it is basically a visual incentive that can help you find excitement and enthusiasm through pictures of what you want, making it harder to ignore than words. It should be placed somewhere where you can see it every day because out of sight is out of mind.

Other Visual aids such as drawing, video recordings, viewing images of others accomplishing what you want to accomplish are all powerful tools to make your subconscious mind aligned with your conscious desire.