



LifeSurfing™

VISION BOARD PLAYBOOK

CREATING THE GENTLE SHIFT



the Gentle
SHIFT

LifeSurfing™ 12-Week Group Coaching



ABOUT CREATING

We are always creating. If you don't have what you desire to have, a few simple shifts will begin to create what your heart desires.

With intention, soft focus, your body and your vision, we align your brain, your heart and Universal creative forces to will create the reality you desire to live.

- First, we get you **clear on your heart's desires**.
- Then **we remove your unconscious blocks** to having what those hearts desires are.
- Then we **gather and use images and words**, even your spaces, **to make it all happen**, and even **faster than you used to believe**.

There are **a few things that you should know** however, that will **make or break how well your vision board works**. We'll talk about that **in the Session**.

In the days before the workshop,

1. Take some time to think about

- what it is that makes you YOU
- what makes your heart soar with joy to be alive
- the small things that give you pause and make you stand in awe and wonder at all the beautiful things in this world.
- the "obvious" things that you would love to experience around:
 - relationships, family, finances, travel, contribution, community and friendships.

2. Begin to gather images that represent those things to you. Consider a Pinterest board, private, to pin images of what you'd love to experience. Catch images from Unsplash.com, Pexels.com, ISSUU.com or even Pinterest itself.

You can have it all, let's see who you are and what you'd love to experience.

The more you focus upon the things and experiences you would love to have, the closer you are to experiencing them in your life.

Cheers!

Fawn Fawn@FawnChang.com



3 STEP

PROCESS

STEP ONE

DISCOVER:

WHO YOU ARE
WHAT YOU LOVE
ARE YOU LIVING WITH IT?
WHAT WOULD YOU LOVE TO EXPERIENCE?

STEP TWO

ENVISION

IMAGES CREATE QUICKLY
FEELING & WORDS ARE POWERFUL

IF YOU CAN, GO TO PINTEREST AND CREATE
A "SECRET" BOARD AND FILL IT WITH WHAT
YOU LOVE AND WOULD LOVE TO
EXPERIENCE.

STEP THREE

ATTEND

ATTEND THE WORKSHOP
HAVE YOUR UNCONSCIOUS BLOCKS CLEARED
CREATE YOUR VISION BOARD
CREATE YOUR SPACES TO REFLECT WHAT YOU
LOVE AND WHO YOU ARE

LEARN TO USE SECRETS TO CREATION WITH
YOUR VISION BOARD & YOUR SPACES



INQUIRY

GETTING TO KNOW YOU

This is a most powerful step toward creating what YOU would like to experience and be living.

The next few pages will help you mine the deepest desires in your Heart. Take your time, let it bubble up, sit with it, and come back to it. If it's in your heart, it is meant to be yours.

Clarity

- What you love is a perfect way to begin to define who you are.
- Who are you?
- What is the Visual and Energetic Message Your Spaces Send
 - to YOU
 - to those You Love and Want to Love?

Beauty

- How Can You Fill Your Spaces with What You LOVE – What is Beauty to you?
- When we are traumatized we reject beauty
 - Placing beauty into the environment can begin the healing process
 - Beauty is clean, organized, lovely, reflective of what you love and it will love you.
- What beauty is to you,
 - What is Your Aesthetic – Your Style
 - What are Your colors:
 - Which colors do you love?
 - Which do you not love?
 - Your “content:” images, metaphors

Fulfillment of Your Heart's Desires

Take note of the 10 Keys to easily create with the Universal Forces always listening and delivering what you and your spaces are “asking” for. Don't you think you should know what they are asking for? That's the point of LifeSurfing and Vision Board Creation.

YOUR NOTES

| | |
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WHAT I LOVE

Either here or in your own handwritten journal, write down what you love, what makes you giggle and delight.

What reflects the truth of who you are and speaks the language of your Heart and Body?

WHAT I LOVE

EXAMPLES: KINDNESS, FLOWERS (WHICH ONES), COLORS (WHICH ONES) VACATION PLACES, SENSORIAL ELEMENTS, SOUNDS, SMELLS, "WHEN _____ HAPPENS", MERMAIDS, DOGS, ELEPHANTS, LONG HAIR, MOROCCO, CHILDREN, ETC.

MY PERSONALITY IS:

EXAMPLES: CREATIVE, PLAYFUL, FUN, QUIRKY, GROUNDED, DARK, GOTH, ELEGANT, REGAL, ETC.



WHAT I LOVE

- continued -

CHARACTERS, CELEBRITIES, FAIRY TALES, BOOKS,
DESIGNERS I LOVE

STYLES, ART MOVEMENTS, ART MEDIA I LOVE

EXAMPLES: CONTEMPORARY, CULTURAL, BOHO, MODERN, TRADITIONAL,
FARMHOUSE, WINERY, MINIMALIST, INTRICATE, SACRED GEOMETRY, GOTH,
ORNATE, EGYPTIAN, CLASSIC FRENCH, ITALIAN, ENGLISH COUNTRY, MID-
CENTURY MODERN, OIL, LINE DRAWING, WATERCOLORS, SCULPTURE, MAPS,
NAVAL CHARTS, SEASIDE, MUSIC, PIANO, TRUMPETS, MOUNTAINS, COLORS,
ETC.



WHAT I LOVE

- continued -

HOW I WOULD LIKE OTHERS TO FEEL WHEN THEY ARE WITH ME

EXAMPLES: WHAT MAKES THEM WANT TO BE WITH YOU BECAUSE YOU HAVE THE GOODIES!, HAPPY, FRIENDLY, BEST FRIENDS WITH, COMMUNICATIVE, CREATIVE, FUNNY, WARM, COMFORTABLE, CARED FOR, ETC

ENVIRONMENTS THAT LIGHT ME UP
AND FEEL LIKE "HOME" TO MY SPIRIT

EXAMPLES: THE MOUNTAINS, THE SEA, A LIBRARY, DESIGN / ART STUDIO, COFFEE SHOPS, HARDWARE STORES, CATHEDRALS, BIKE PATHS, GARDEN, MAGICAL WONDERLAND, CASTLES, SHIPS SAILING, HORSES, ETC.



MY BEAUTIFUL LIFE

WHAT I'D LIKE

FOR EACH OF THE CATEGORIES BELOW, WRITE DOWN THINGS YOU ARE DOING WELL AND WHERE YOU NEED IMPROVEMENT. TAKE THE TIME TO REFLECT ON THESE, AND WRITE A GOAL FOR EACH CATEGORY.

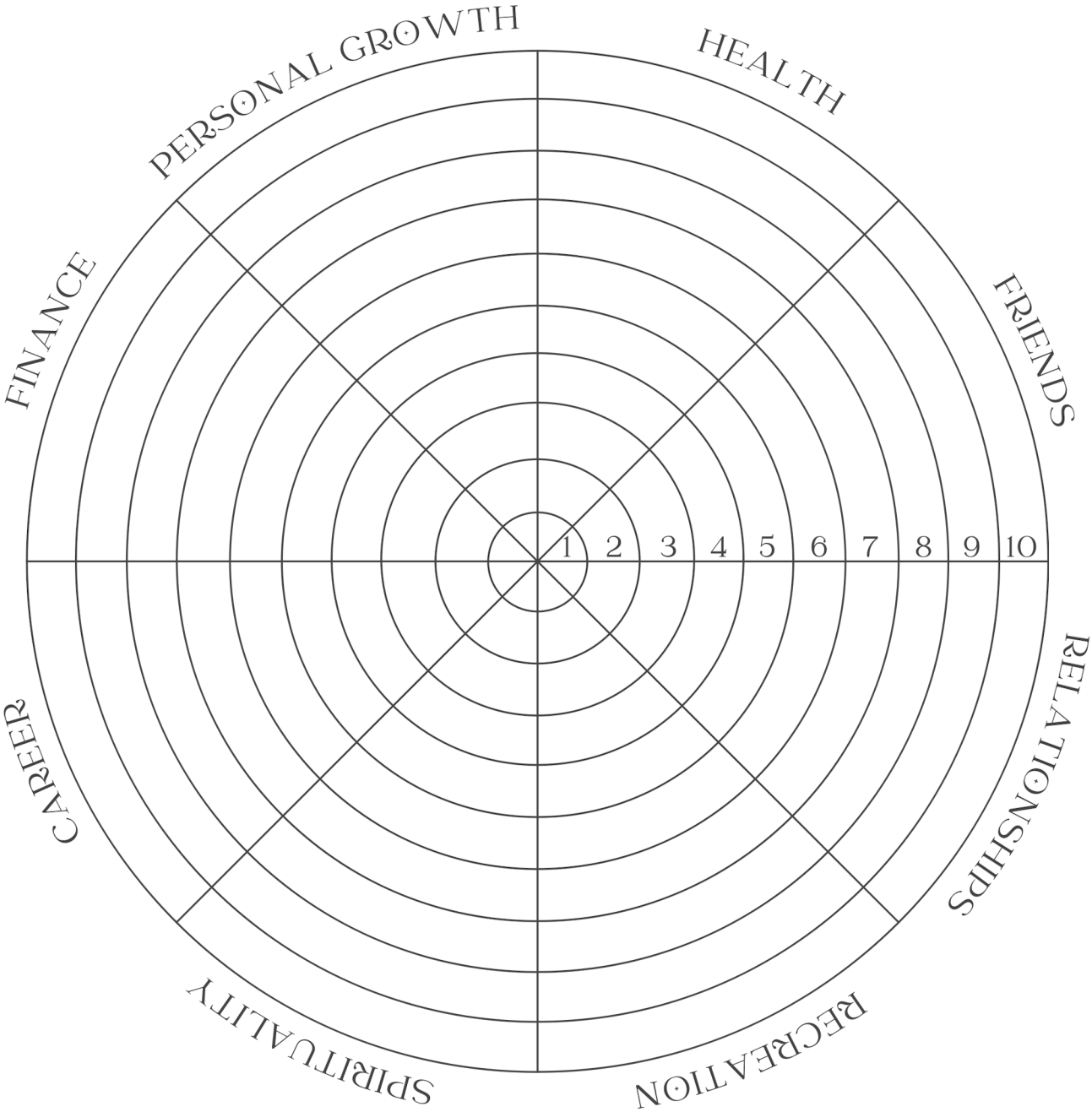
| CATEGORY | WHAT I'M DOING WELL | WHAT I'D LOVE | WHAT THIS FEELS LIKE |
|---|---------------------|---------------|----------------------|
| <i>FAMILY</i> | | | |
| <i>FRIENDS</i> | | | |
| <i>SIGNIFICANT OTHER</i> | | | |
| <i>TRADE TALENTS CAREER LEARNING</i> | | | |
| <i>WEALTH INCOME</i> | | | |
| <i>SELF, PHYSICAL & MENTAL HEALTH</i> | | | |
| <i>SPIRITUALITY</i> | | | |



VISUAL TOOL: WHEEL OF

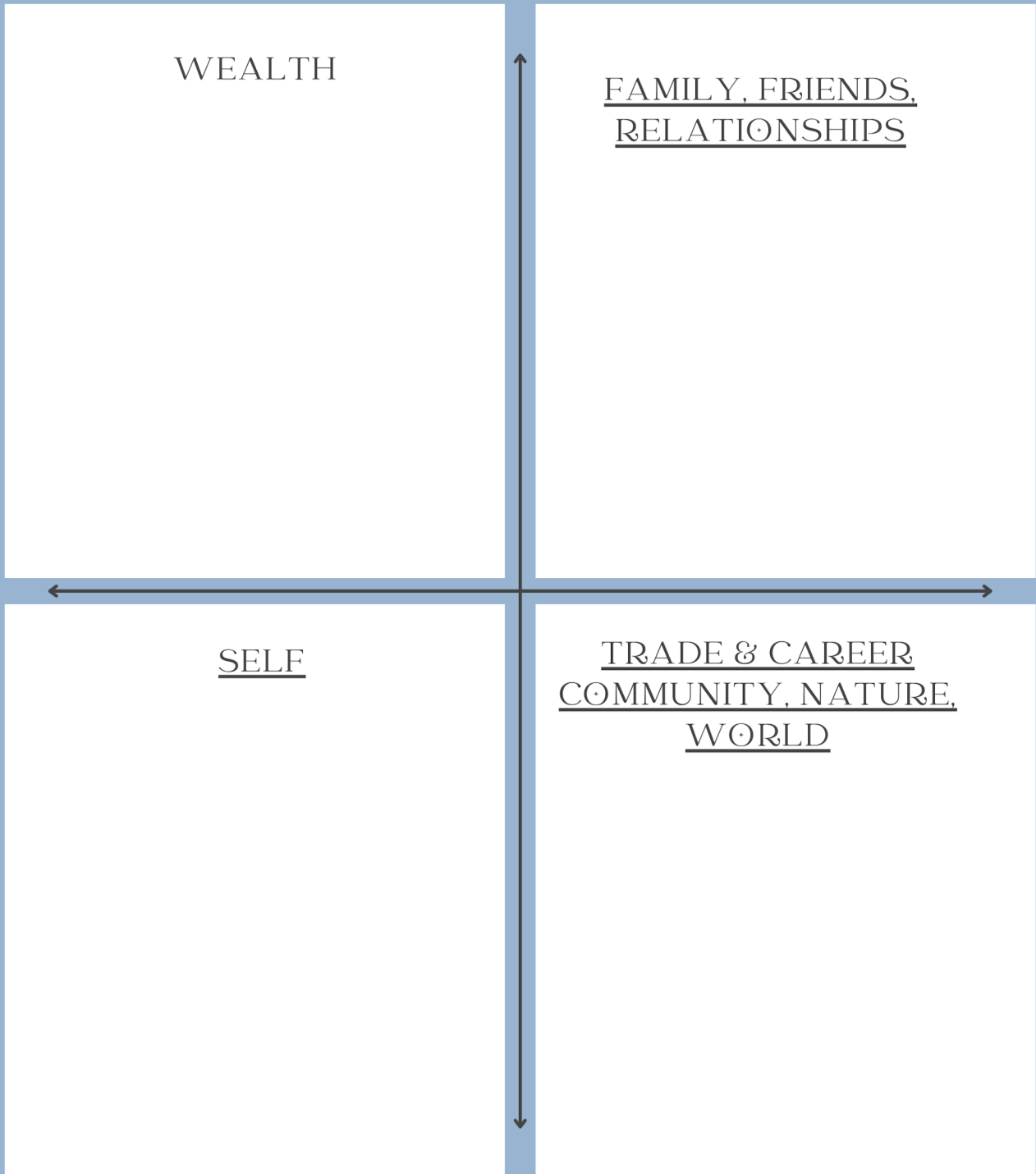
MY LIFE

THE WHEEL OF LIFE IS A GREAT VISUAL TOOL THAT HELPS TO BETTER UNDERSTAND WHAT YOU CAN DO TO MAKE YOUR LIFE MORE BALANCED. THINK ABOUT THE 8 LIFE CATEGORIES BELOW, AND RATE THEM FROM 1 - 10.



VISION BOARD MATRIX

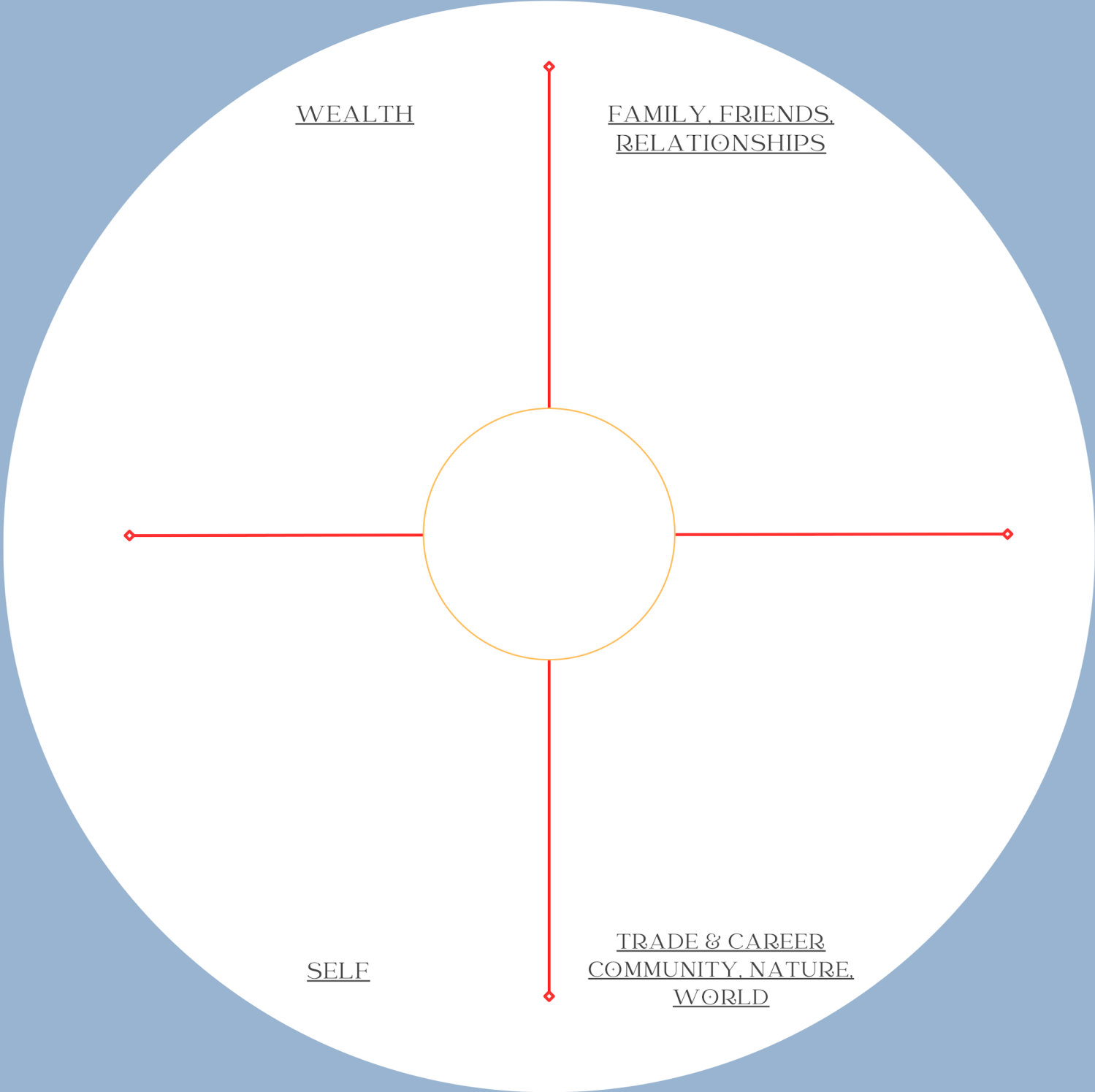
THESE ARE CATEGORIES TO HELP IDENTIFY YOUR HEART'S DESIRES.
THESE ARE NOT ABSOLUTE, YOUR VISION LAYOUT MAY DIFFER.



VISION BOARD

CREATION

WHAT YOU ARE JAZZED ABOUT HAVING, BEING, DOING, RECEIVING
WHAT WILL YOU BE EXCITED TO GET OUT OF BED FOR?
WHAT WILL YOU ALLOW INTO YOUR LIFE?
IN THE CENTER, PLACE A WORD THAT WILL GUIDE YOU



WORKING WITH CREATION

IMPORTANT STEPS

ENGAGING THE FIELD IS A DECLARATION OF TRUST
ASK/WONDER, KNOW, RELEASE, RECEIVE, UPLIFT, SURRENDER, THANK

THIS OR SOMETHING EVEN BETTER

THIS WOULD BE AWESOME, THIS WOULD BE GREAT, THIS WOULD BE WILDLY FUN

| | | |
|---|---|---|
| 1 | <p><u>LET GO OF DOUBT</u></p> <p>YOU ARE AN INFINITE BEING WITH THE FULL FORCE OF CREATION WITHIN YOU</p> | <p>BREATHE BE AWARE NOTICE AROUND YOU CONNECT TO YOUR HEART DO SOMETHING ELSE FOR 10 MINUTES</p> |
| 2 | <p><u>RELEASE EXPECTATION</u></p> <p>NO "INVESTMENT" IN THE OUTCOME</p> | <p>JUST WONDER/ASK IMAGINE/FEEL UPLIFT</p> |
| 3 | <p><u>REFUSE THE "HOW"</u></p> <p>THE ENERGY FIELD IS GYROSCOPIC</p> | <p>JUST WATCH NON-ACTION FOLLOW YOUR INNER GUIDANCE & GIGGLE</p> |
| 4 | <p><u>SURRENDER & ALLOW</u></p> <p>WOULDN'T THIS BE COOL IF ...</p> | <p>SMILE GO BACK TO WHAT YOU WERE "DOING" 5% ASKING 95% RECEIVING</p> |
| 5 | <p><u>RECEIVE</u></p> <p>CAN YOU RECEIVE?</p> | <p>YOUR RECEIVING MESSAGES FROM INSIDE MESSAGES FROM OUTSIDE THE SMALLEST THING IS THE OPENING TO THE ENTIRE UNIVERSE</p> |



WORKING WITH CREATION

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6

LANGUAGE

WHAT DO YOU SAY AFTER
THE WORDS, "I AM"

BE AWARE OF
"LACK-SPEAK"

7

LIVE & LEAD YOUR OWN LIFE

COMPARISON IS THE THEIF
OF JOY

WHAT AM I DOING,
THINKING, LOVING RIGHT
NOW?

8

LET GO

WHAT DO YOU WANT LESS
OF IN YOUR LIFE?

RELATIONSHIPS, THE PAST
EXPECTATIONS, INFERENCES

Other people's stories, negativity, the
"imposter", sabotaging beliefs, expectations,
stress, isolation, doubt, victim, not having,
overwhelm, fear of failure, shame, judgement,
excuse fear distraction, doubt, fear, ugliness,
comparison, competition, unsure, resentment,
toxic relationships over dependency,
frustration, pity, fear

9

WRITE YOUR OWN STORY

WHAT LIGHTS YOU UP?

IT'S YOURS
WHAT DO YOU LOVE?
THE JOY AND CONFIDENCE IS
RIGHT THERE IN YOUR HEART
SO IS WHAT LIGHTS YOU UP

10

WHAT WENT WELL

WHERE YOU FOCUS DRIVES
YOUR PHYSIOLOGY

EVEN THE SMALLEST
THING, THE SMALLEST
THINK, IS POWERFUL

CONNECTS YOU TO POWER,
KEEP IT GOING



LifeSurfing™

FINALLY, LIFE BECOMES EASY
FULFILLING AND JOYFUL
WITH SIMPLE GENTLE SHIFTS

- Align with the Truth of YOU. Learn what truly fulfills you so that everything in your life is easier: your career, your finances, your relationships, find your tribe, your partner and your parenting.
- Have cleared the unconscious patterns that are blocking you, for good. The only thing preventing your fulfillment, empowerment and success are unconscious beliefs, habits and patterns — we remove the ones blocking you and enhance the ones supporting your health, wealth, happiness and ease.
- We raise your vibrational set point, shift your consciousness and hone your awareness, giving you our own everlasting confidence and in-the-moment tools to navigate your world and have fun doing it!
- We anchor your desired life into your reality and into your spaces, and at the end of the program you won't believe how amazing your life is — and you will be living it!

WE BEGIN LIVE
JANUARY 22, 2024
12-WEEKS
ONLINE GROUP COACHING

Join Now



the Gentle
SHIFT

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