

WELCOME TO THE 21 DAYS DATING CHALLENGE!

HI! Welcome to Day 9!

TODAYS LESSON -DAY 9 – VISION BOARD

Today is about identifying and your passions and zoning in on what truly you want for your future and then we are going to create your vision board so you can start to physically manifest it all and create the life that you dream of.

Day 9 - VISION BOARD

Here is my vision board, it is made up of all that I want in my life...



Walk away from anything that seeps your energy. Your energy is part of your soul. If you lose that you've given up!

What makes you happy? What are Values, what are your Values? Are you Spiritual? What does spirituality mean to you?

I've been asking such interesting questions when it comes to your profiles and what I've learned most from this is not to interpret my take on these things. I have to really understand what you want. Where you are coming from and that you can be the best you can be to move forward. Over the last 30 years I've learned so much from clients and because I research and want to give them the right advice, I'm a bit of a know-all. but the most surprising thing to me is that so many don't have a passion. Some go as far as going to the gym 5 days a week.

Yes, to keep fit and have that finely tuned armour. but, your deep gut love, and passion!

Client Testimonial - Lorraine age 37

"I look great. I can pick up any guy out there but I kept on picking the wrong unavailable guys. That's why I went to Sharon. She helped me learn from my history. I'm successful and driven. I do know what I want so I thought. but when I met Sharon and she pointed out to me how there was a devil at work and an angel at home, she even called me a "people pleaser", I realised she was right. I am 37 and I have been dating a guy for 7 years. He was everything I wanted, so I thought. He loved his nephews and nieces, we had great weekends away and I couldn't wish for more. When he proposed and I said yes I couldn't be happier. That's when I mentioned kids. His face dropped and it was only then I realised, he didn't want kids. shocking. This was vital to me. There was no compromise either. I remember sitting down with Sharon and saying, how did I give him 7 years of my life. She pointed out that it was the best lesson in my life. Sharon encouraged me to do a Passion board. Focus on everything I want in my life and to keep it realistic. I'm 40 now with Emma age 1 and a fab man in my life. I have so much to thank Sharon for. Jim and I even have a shared passion board, where we add photos or things we want to do on our Bucket List. Thank you Sharon from the bottom of my heart.

The odds of you making a change in your life are 9/1 even if you are facing a life-threatening illness.

What passion or dream do you want to turn into a reality? Sometimes people overthink and don't know where to start. Passion, harmonious passion is your love for something in a controllable and managed way. (Obsessive passion is when it is out of your control). So where do you start? With your passion page.

By doing this you can live the life you desire. You must see it first. You must create a vision. This can be done by drawing one. Just a pencil and paper are needed. :)

So where do you start? attached pic.

We remember things better when they are attached to an image or picture 65% better.

So let's start with your passion board. What brings you joy? Some of us have to go back to our earlier years, our creative side.

Remember the left side of our brain houses the critic, which is there to protect us. So I got Lorraine to think of it as a game and indirectly trick her brain which causes the right side of her brain to buy in.

She genuinely felt it was too late to meet the man of her dreams and have a child or two. I needed her to let her barriers down and let love into her life. So we started drawing her passion board. She had nothing to lose So I wanted her to dream her best year, the best position she could be in.

Connection, purpose, freedom and love.

She started with her current state and needed to truly believe it could happen. Dream, look at your picture, and add colour and images. She relaxed and went for it. She believed it and then acted on it! Now Lorraine is on her journey.

Happy days! Lorraine now creates her own passion board. She's got out of her fear and now through this extra dimension, she creates her positive outcome.

So all you need to do is See, Believe and Act. What have you to lose? You've got to know you and you realise you're not a bad catch at all. You know where you are going because you have done your dream/passion board. You know where you want to be and you've imagined and are starting to believe your soulmate will come. because you believe in yourself, you know your values, goals and aspirations so you know what you're willing to compromise on and what you won't do. All you have to do now is go back to the Universe, believe in it and it will happen.



Day 9 – Homework

It's time to create your passion board!

You can just rip photos out of magazines and pin them to a board or design it on your computer, or even just sketch it out..... The most important thing is for it to be “Visual” and not a list or text based.

Print it out and hang it up somewhere that you will see it daily and everyday “will” it into existence, remind yourself why you not only want what is on that board but why you deserve it!

Also note that over time your vision board will change, its not a one time “wish” I make a new one every year and its so fun and interesting to look back at the previous year’s vision boards and see what I dreamed into reality.



SEE YOU TOMORROW!

With Love, Sharon Kenny xx

“I didn’t invent MatchMaking....I PERFECTED it!”

SUPPORT / QUESTIONS ETC

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SOCIAL LINKS

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