

## Intro

Thank you guys so much for joining us today. This is the first time that I'm posting something virtual like this, because for the last few years, I held vision boarding parties at my place, around January 7th. That's Orthodox Christmas, one of the holidays that I celebrate. I celebrate Christmas, New Years, Russian Christmas, everything and I also love to cook. And a few years ago, I decided I was going to make the meal for my friends. I wanted to host a vision boarding party too.

## My Experience with Vision Boards

Vision boards are something that have been with me for a while. I used them when I was a little kid not knowing that they were vision boards and then throughout teen and college years as well. About five years ago, I made my very first vision board that felt like a true vision board. This one – this was it. I wasn't sure yet what a vision board was, exactly, but I knew that I wanted to put my vision on the board. I wanted to write some words on there. And even though there were certain things that I wanted, I was very generic about it. I was not super specific.

As a result, it became more of an inspo board than a vision board. It's very beautiful. And actually, everything that's on it came true, but it's the meaning you put into it, right? And what you put on the board is important too. Maybe you're not super specific. So you put a flower or a certain dress on there, and that comes true instead of maybe what you were thinking, like “oh, I want a very luscious life” or “a Red Carpet event.” So, I've had a couple of things happen like that. For example, I once used a picture of Natalie Portman and I thought it meant one thing. But what it actually came out to be was a photo shoot that was similar to hers. A similar pose that ended up making the photoshoot. So, it still happened, but I just wasn't clear enough.

That's why, once I started having vision boarding parties, I also wanted to teach a little bit about what I learned throughout the years, how specific my dreams have become, and how my dreams came true faster and more truer to what I wanted.

## Vision Boarding Details

I will be giving you some journaling prompts. That way, when you go through, you can go from a generic dream, perhaps, to a more specific one. The more specific you are, the more real it will be for you to think about it. Sometimes we have a dream, and we think it's too far away. But when you get specific about it, it feels like you're there. And that's where we want to be.

For example, I never actually wanted a beach house until a couple of months ago. My family and I vacation in Atlantic Beach, North Carolina, and we have done that since I was 12 years old. My grandparents used to have a timeshare there. So, we would go and spend Octobers there. At one point, shortly after I had moved to LA, my grandparents sold the timeshare, but my family and I wanted to keep going. So we ended up going every couple of years. Then, this past September, my sister turned 13 and wanted to go there for her birthday. That's when I realized I felt so at peace there, so like myself, and just so happy. It was such a happy place for me that if I wanted to have a beach house, that would be the place. And just that want, without having to go see the house that I might get, inspired me. I've even made more money just because I had a new dream that I was excited about.

Sometimes we'll have old dreams that we've been sitting on for a while, and we keep putting them on our boards. But then we start asking ourselves, "Why isn't this coming back?" or "Why isn't it coming true?" And sometimes it's because you're not really that excited about it.

Sometimes we have dreams that other people tell us we should have, like maybe our family wants us to have a house, kids, or a certain job that may not be in the field we actually want to be in. So, every time you write down a dream and every time you think about your dream, also think about if that's the dream that you want or if it's a dream that you're supposed to have. It's ok to change your mind, and it's ok to want something later.

Think about what exactly you want, and when you decide on that, things are gonna come in place. Focus on whatever inspires you, whatever is *your* dream. It's important to take some time for yourself and sit with yourself. We have a lot of incoming information at all times, like even just listening to music, right? The lyrics are coming into our head. Images are coming into our head that are not ours. They are the songwriter's, the musician's. And the lyrics may not have anything inspiring to say to your life at this point. That's why people say it's good to do meditation and clear your head. Just go for a walk and be with yourself. We're consuming information all the time, all day, every day. Whether it's news, TV shows that we're watching constantly, friends we're talking to on the phone, etc. - these are other people's ideas.

Think of watching your favorite TV show - it can be hard for you to concentrate on what you're doing or what you want. In a way, you're trying to be in that world and not in yours for a while, right? But this can actually be a cool anchor too. When you're watching something that you really like, listening to music that really, you really enjoy - it puts you in a good mood and that's actually a really good place to manifest from. But we're not constantly doing that, right? Sometimes we're watching movies that other people want or doing things that other people want. So, it's good to be in a place where you are the one that is making the decisions about your life.

#### About You

Let me tell you a little bit about myself, if you don't know me already. My name is Valeria, Valeria Sweet. I do a lot of things, and what separates me from a lot of other people is that I only do what I want. I'll even get myself out of things, if, for example, I make commitments that I shouldn't have. I won't be doing them. But if I say I'm going to be right here at 6 PM on a Sunday, I will be. I never say yes or agree to anything that I don't want to do. I am very committed. I have a really great percentage of follow through, because I only do things that I want to do. And that's what I always teach, as well. That's why we do dream boards and vision boards. When we get so clear on what we want to do, we can say no to everything else. And then we're living out our purpose. I'm also a multi-hyphenate, which means that I literally do everything. I'm an actress, filmmaker and author. I've written two books. One of the books I wrote is called "The Most Wanted One in the World," and my second book is "Book of Soulmates."

I have two books in the love coaching series, and the cool thing about "The Most Wanted One in the World" is it was the book that jump-started me into doing webinars. It was also around the same time when I started my website, thesweetpost.com. I began blogging, and then I saw that a lot of stuff that I was writing about was about relationships - things like how to meet "the one."

So I include a lot of that in vision boarding. It's the same premise for every dream you have. Write down exactly what you want, get clear with yourself, get to know yourself, and get confident. Then, the right people are going to come into your life and the right opportunities are going to show up.

The important part is knowing what it is that you want. Because if you don't know, somebody else is going to know what they want, and you might end up being part of their dream. It's just the same when we might be working for someone else and contributing to their dream instead of focusing on ours. But what about our dream? We have one as well, right? Maybe it's a hobby right now, or maybe a side hustle. But maybe it could be something else. It could become your main priority.

Originally, I'm from Russia. I was born there, grew up in North Carolina, and then moved to Los Angeles. I started from being an artist. Then, I moved into being an actress, and I began writing my own stuff. I did that because everybody said, "you should write your own stuff." I thought "Ok cool, I will, but how do I do that?" So I started learning. Then I started producing my own stuff and other people's stuff, and then I started directing. I've directed a couple of things. One was a mini-series that I went back to Russia for over the last three years. I filmed there and all of that started from the first feature I wrote. Then, I took sections and I filmed them as a mini-series. I wrote books next and then thought "what else do I do?" This is where vision boarding comes in. I really love vision boarding, and I'm so passionate about it. I might be even more passionate about this than being on set, because you can do it in the comfort of your own home. You can visualize and manifest things so quickly, and you could just be in bed doing it. You don't have to be anywhere else.

When I was little, I had a bunch of posters on my walls, like all of us, right? But mine were specific in a different way. I was a little kid in Russia. I really looked up to American actresses and singers. Everything I watched was American television. It's not even that I wanted to be in America, but I was already there in my thoughts. Everything I watched was American, like Charmed, Buffy, and 90210. I also listened to Britney Spears. Everything that was on my walls, like the Britney Spears Poster and an American flag, meant I was mentally there.

This means when you're manifesting, you have to think about all the different senses you're using. For me, this was seeing the visuals, listening to the music, hearing and learning English, and watching all American television. I also had pen pals and I was absorbed in that world. It was kind of like I was drawing it closer to me. My mom and I were talking about it earlier this year and she said, "I never had a dream to leave Russia and go to America. I think it was your dream." So when we're specific, things are going to happen. We don't know how they're going to happen, but it means we're going to sometimes be plucked out of our environment and placed into another.

You don't have to want to move or anything. But if you're thinking about any one of your dreams and you're thinking about how you can get there, you have to surround yourself with all of these things. All of these people that are already in that kind of world. All of the visuals. For example, if you wanted to win an Oscar, you would want to be around people who are Oscar winners or Emmy winners. You would want to be in films that are similar to ones that get nominated. You would want to be talking to these people and making films with them. You would want to be making connections and you kinda have to speak that language. You would need to be in those places where you can network. You have to be in that world.

So you may be thinking, “How am I going to get from where I am to that place?” But you will. It just has to be something that you want - exactly what you want, and not what you're told. If you're an actress or filmmaker, maybe you've been told that where you are is the end of the road. That this is the end of the goal. Or maybe you've been told to work towards a different goal. But is that actually what you want? Some people may not want the odd things that come with fame, like privacy issues. For example, over the summer, I was in the Maxim Cover Girl Contest, and I got into quarter finals. All I had to do from there was get into the semifinals, then finals and win. By the time I got to the quarter finals, I was no longer sure why I was in the contest, because I was seeing all the bad stuff that could also happen. It's not that I was looking for that stuff, but it opened my eyes to what else could be, and I decided I didn't really want to be in that world.

So then I thought, “Why did I actually want to be in that contest?” First, it was something that seemed cool. I was also told by others that I should be in it. Because of other people's excitement, I stayed in the contest, until one day, I decided “this is not my dream,” you know? So other people might have dreams for you, but you have to think about if it's actually your dream. If it is, you will do anything and everything to be there, and you'll be happy being on that journey.

#### Further Explanation on Vision Boards

With vision boards, there's no right or wrong, and you can have as many boards as you want. Some will be vision boards. Some will be inspo boards. Some may be, for example, focused on just one area of your life, like a career board. I have one just for acting to help manifest the types of roles I want to get. On a career board, you could include how much money you want to make, what you want your office to look like, or the type of people you want to work with. You can have as many boards as you like, and you can make them whenever you want. The reason I always make a board first thing in the New year, is because I really like the New Year. I also like every Monday and every first of the month. I think it's always a great time to start something new and to re-assess. It also depends on how much time you have. Sometimes we have no time, so once a year is good enough. But remember, it's good to check in with your vision.

What I do is start by making one board in January. Then, I check in with it every month or so. I usually check in with my dreams every week and on the first of the month. When I check in on my board and look at it, sometimes I think, “Hmm...that doesn't really seem like it's too clear of what I want.” For example, my mom had written the amount of money she wanted to make on her mirror. She meant yearly, but I thought it said hourly. I encouraged her to rewrite it, because if I took it as hourly, what might the universe think? If it's unclear to other people, it may be good to reassess and adjust. It's always good to check in and see if that's still what you want.

Something else I do is adjust my board if something's manifested. If something has come true, I'll tear it off. If something is no longer what I want, I'll tear it off. For example, if I had a couple on there that I thought had a great relationship, but then they get divorced, I don't need them on my board anymore. I like them as people, but together, they don't need to be on my board. I'm not trying to manifest divorce or anything. For things like that, it's good to keep checking in on your board.

## Using a Prompt

The next step to making a good vision board is to be clear on what you're putting on it. We're going to do three things. First, we're going to make a list of goals and dreams. Second, we're going to select one dream that we want to focus on today. And then, we're going to write it in the present tense. Third, we're going to journal about how it's going to feel when we're there.

Anytime you're making a vision board, you don't have to have magazines. There are other ways to do it. Personally, I'm better with things that are more tangible, but things will still manifest, even if they're not on your physical vision board. If you don't have as many magazines, you can select some images to print for your board. Like, for example, I printed some of my photos and included some images of my favorite fitness person from Instagram.

But if you have some images to print, you can add them to your board. You also can create boards on Pinterest, and you can make them private. You can pin anything you want. Just be as specific as possible. Also, on Instagram, you can save images from your feed and create collections, so you can create vision boards that way, too.

## Willing Yourself Out of Situations

You can manifest things that you don't want as well. I remember when I was little, I was in a summer camp that I hated. I manifested myself to get sick with a fever so I could leave. It happened within a couple of hours and I was not sick before. I had a willingness to not be there. So we can will ourselves out of situations as well, but it would be great if we didn't will ourselves into those situations in the first place. Wanting and not wanting will cancel each other out, so you need to be in it and you have to really want it.

## Journaling

The next step is journaling. First things first, you're going to want to make a list of your dreams and goals. Think about 5 to 6 areas of your life, like your health, your family, your relationships, your career, your relationship with money, prosperity and abundance, or spirituality. Think about all these different areas of your life, and write down a dream and a goal for them. Do that first.

Be specific. For example, if you wanted to cater everything to your acting life, you could take those six areas of your life and explore how you want to look or feel as an actress. For health, do you want to be eating healthy? Do you want to be swimsuit ready? For financial prosperity, do you want to be a millionaire from your acting, or are you ok with just being a working actor? For relationships, do you want to be single, or do want to be married? Do you want to be with another person who understands your career path?

If you have a lot going on in your life you want to work on, it's probably going to be best to separate your vision board into different quadrants. I do mine by the feng shui way. It has nine quadrants and sometimes you can put them together if some things don't make sense - one quadrant is family, one quadrant with just financial prosperity.

So, pick and focus on one goal to get specific about. You don't just pick one of those six areas of your life, they're all important, but one might be a priority right now. If you knew you were sick, you would be more focused on health. We can't always be focusing on all things, all areas of our life. Something has to take the back burner. If you're getting married right now, that's what you're focused on. If, right now, you're trying to get out of debt, that's your focus.

So, pick one goal that you want to work on within six months to a year.

And also, it's not a goal you will reach, so that you can reach something else, but that is the goal.

If you have conflicting goals, like you'll want to do acting, so that you can make this amount of money. Well, is it that you want to act, or is that you want to make that amount of money?

Because what if that money doesn't come from acting, would you be mad? Probably not, right? But what's more important? And what's more important within 6 to 12 months?

So if you have a certain monetary goal, set that amount as your goal. Then, we'll work on different ways to get that money. Because yeah, you can get it through acting, but maybe you're too specific. Maybe that would take longer, but maybe it can come from something else. So focus on the main goal, not the goal to get to the goal. Because you don't even have to tell me what it is and you don't have to be nice about it - just be so clear with yourself. Nobody needs to know what your goal is. No one needs to know you want to be a billionaire. But you do. Because if you do, you will do anything and everything to make it happen.

Sometimes we're ashamed of our goals. And first of all, we don't have to tell anybody what we want. And if we're ashamed of it, and if we're really just going for the nice goal, something that's not as big...Yeah, we'll reach that. That's easy. But are you excited about that?

We need to be excited, because when we're excited about that big goal and we really want to work on it, then everything in our life is working towards that, and it's also brightening our life.

When I said, "Oh, I kinda want to have a beach house in Atlantic Beach," and I've never wanted to before. Just saying that's what I wanted opened up chakras or something in me, because it opened up all this money flow.

For example, I wanted and still do want to own a Porsche. A certain Porsche, Cayman 718. But when I got clear with myself about that, "I have money for it. Why don't I get it?" I think I wanted it to be gifted or something, which is a weird way of saying it, but I'm just being honest about what I realized. But that wasn't, and also isn't, a goal that is inspiring for me to go get the car. Something about it isn't inspiring.

When I just thought about having a beach house and I went to see the houses - that was a very inspiring goal. Even if I never get that beach house, just wanting it opened up all these other aspects, all these opportunities.

Another part was when I got clear with myself about acting, because you get roles through different ways. I realized auditioning is great, but that's not how I get most of my roles. And I thought, what if I don't focus on that? What if I focus on loving people personally? Just focus on those people that I know and the networking part of it, instead of the auditioning part?

And when I said that to myself, I booked so many things. I just kept getting contacted about roles without having to audition.

So, sometimes we think it's going to come from a certain thing - that makes sense that acting roles are going to come from auditions. But sometimes we're being too specific. That's too many things.

If you're saying I want to be an actress and I want a certain amount of auditions, maybe your roles are not going to come from auditions. Maybe they're going to come from people you know,

connections you make, somebody seeing you on Instagram and liking your personality. So just be open about how it's going to come.

So focus on one dream, one goal, 6 to 12 months, and write down by what date you want that to come true. For example, one of my goals, I want it done by the First of July, 07/01/2021.

Now we're going to write it in the present tense - either you already have it, or maybe past tense - you already got it. So not just, I want something, but I have it.

If my goal was to get the beach house, "It's so great having my beach house and spending time there," or something like that. Or for acting goals, "I booked the lead role in an indie feature to be screened at Sundance." So state the dream and get specific about a little part of it. Whatever your big dream is, just do one sentence of past or present tense of you having it.

Now, we're going to expand it just a little bit more, and we're going to write about our experience there. In a few sentences, write what it's like to have reached that goal and really be there. We're also going to talk about our senses. What do you see over there, what do you feel, what do you smell, who are you around?

If we're still going with the beach house theme, you could talk about maybe smelling the ocean and hearing the waves, and who you're with. Maybe with your partner, with your children, with your family, maybe you're working from home.

Or, if we're talking about acting and the entertainment industry, you could also say who you're working with, who you're dating. Do you smell Dior perfume from all of the stars? What are you wearing? Think in images and feelings, and scents. What does it mean to be in that space of having reached that dream?

If your goal is monetary then you could say, "I'm spending it tomorrow on my Porsche." For some, we're going to put in savings. Talk about things you can now afford or what it feels like to write a check and not even look at it - you just sign the checks!

And if someone is focusing on love life, then you could talk about what it's like being with that person - are you moved in together, what are you eating for dinner, are you having takeout, is he cooking for you? What music is on? Are you smelling a vanilla candle or a rose?

I'm just giving you little examples of stuff that could be images that make it more real for you once you're there.

Just like my example from earlier, when I was a little kid and wanted to be close to the stars in Hollywood, I listened to Britney Spears and watched Buffy. Because of which, I signed up for taekwon do - so that's another actionable step. I had an American pen pal, and I was learning English.

So what are these things surrounding you now that can help you reach your goal?

And you'll notice that other areas that you wrote down, they can be a part of that world now, right?

So if you were focusing on making a certain amount of money, now all the other areas can be a part of that too.

Because within that world you're creating, you can go to a certain gym, get a private fitness coach - for your health and family, too. You can buy your mom a condo on the beach.

Think about different things that you can include in that.

For anybody who is looking for a relationship, make a list of all the things and qualities you want in your partner and when you're going to meet that person.

With my story, even though the guy that I married was in my favorite band (that was part of my vision), I also made a list of all the qualities I wanted in a partner. In my book, *The Most Wanted One In the World*, I have a chapter called "The One Exercise." It talks about how to meet "the one." And I talk about writing down the list. For example, maybe you want them to have the ability to listen, be optimistic, good with communication, ambitious, independent, understanding, responsible, reliable, etc. And the only thing you can't do? You can't say what they're going to look like. They're going to be cute. Don't worry about that. We don't want to put a price tag on it - you just wanna pick the qualities that are gonna align with you. And when you meet that person, you're going to know, because it's going to feel like your soulmate. It's not going to just look like a soulmate, because everybody looks like a soulmate. Everybody is beautiful and handsome when they're young. That's how we get swayed and misled sometimes. But when they say, "when you know, you know," it's because they feel like that person that you asked for. So my husband was not only in a band that I really liked, but he also was exactly what I was looking for at the time, and we've been together ten years now.

Now, from all the lists that we just made, from all the journal prompts we just wrote, with a highlighter or another type of pen - or maybe you just circle, square, or checkmark some of the words, sentences, and phrases - pick the ones that seem like visuals that you can find in a magazine. Or maybe you can come up with new words based on the ones you wrote, that you can find in the scene.

Let's take the entertainment industry for example - if your goal is to win an Oscar, you would find things that have to do with red carpet, being on stage, certain actors you want to be in a film with or work with. If you're sensing Dior perfume or Chanel Perfume around all these stars that you were around when you were thinking about your general prompt, maybe put Dior or Chanel on there. Or maybe you know exactly who you want your gown to be made by. Or certain colors, your colors.

If you're thinking about relationships, you can find something that signifies a relationship, like an ad with a ring - a couple holding hands and she's wearing a ring, if you want to be married or looking for a soulmate. You could be looking for a couple that really inspires you, like Chrissy Teigen and John Legend. They're my favorite celebrity couple. They're very romantic. They can't keep their hands off each other when they're together. I've seen them in person a couple of times, and I was like, "Oh, you're just like you are online. Ok, cool!" I like PDA too.

So either make a new list of things you can find in magazines, if you get new ideas, or highlight things that you've already written down.

What can you put on your vision board? It can be anything, right?

You can put images on there, but you're going to have to be specific. For example, I put this horse on my vision board for no specific reason, I just liked this picture. Well, we went polo playing! We took a lesson to learn how to play polo, and it was exactly like that horse. It was

strange! Even if you did not plan, everything you put on your board is going to come true, so that's just why we have to be specific.

There was also a certain dress on my career/dream roles board - I play a lot of Bond Girl type characters, partly because I'm Russian. Then, I had a photo shoot. I went to New York and this photographer did a photoshoot for me, everything for free - booked everything, brought clothes, etc. I couldn't really pack much with me, because I was going to a bunch of states to travel. And there was a dress that was exactly like that dress. I was like, "Oh, my gosh, how??"

Then, I had a workout image, and the background looks just like my windows. I did a workout course that I launched last year, Body by Valeria. I just recorded in our condo, and I didn't think about that image. I just thought it was a cool pose, but it's like our windows! So, pretty cool!

So look for images, look for words, maybe even specific words - like powerful, divine, dare, happy, effortless - words that inspire you. Words that seem like that one goal that we're going to focus on reaching 6 to 12 months from now.

If you don't find the words, leave space on your board, so that you can write them down. For example, I've got some words and sentences like, "to inspire," to help deal with problems, help people respect themselves and each other, positive role models, strong female leads. You can also write down stuff from your affirmations. On one of my recent boards, I talked about my show Contenders, a series which I'm actually making into a book series now. I've written that my shows Contenders and Elle For Love are picked up by networks. Then, I found something I cut out of a magazine, "she's smart, she's successful, gorgeous, talented, charming, ambitious, amazing." So it's good to have positive, affirmative statements on your board, because, as we're looking at our boards, we will remember what made us write it down and we'll also have positive reminders, which are also called anchors.

I encourage you to leave space on your board for anything that you might find throughout the year. And if throughout the year you find out that some images don't make sense anymore, tear it off. You can always put something else on there. You know how they say, leave 10% of your bookshelf empty for new books to come in, for new knowledge? So I always say, leave some space, so new opportunities and new people can come in. Decluttering is great, but it's also good to have already decluttered. That way, you have that space for new life to come in. Just like I used to never have room on my phone because I always take so many photos and videos. No matter what the capacity of the phone was, I would always fill it up. I would always have like 30,000 photos or something crazy. So I started to not do that. I started to make sure I have room on my phone and delete all the stuff. Even go through your contacts list - who is that person? Do you talk to them? There'll be contacts who you never added their last names. You don't even know who that is. You haven't messaged each other. Why have this person in your contacts? Sometimes it's good to go to a conference having deleted contacts you no longer talk to, work with, or know who they are. It's good to leave some room in there.

Also on my board, I have a money goal - there's a million dollar bill on it. It's not real, but someday it will be! I remember the first time I reached a savings goal. It was cool, because I looked at one of my boards, and it had a \$10,000 bill on it, and I was like, "Oh, my God, that's exactly how much I saved!" So, that was so exciting!

I've left some boards as examples, because so much has come true on them, but sometimes I don't want the same things, or they have come true, so I tear them off my boards. Like there was a house, then I realized I didn't want a house right now, so I tore it off.

### Adding Images

We are here because of all the thoughts and feelings we felt towards what we wanted before. So, today we can change that. If there's something you don't like about what's happening to you, what you have, or what path you're on, you can change that today. You can just decide that you want something better. You deserve something better. Sometimes we feel like, well, other people deserve it more. But no, you deserve what you want. And it's ok to have it. Nobody wants the same thing for the same reason, so don't worry about that. And you know, just because somebody else wants to win an Oscar doesn't mean that you don't deserve to win an Oscar as well, right? Somebody else wins a different Oscar every year. So, don't worry about what you want. You deserve all of it.

One of the things that I have, like living in downtown Los Angeles - I have a story about that as well. When I was a teenager, I used to have a poster from the TV show The OC. And my mom says, even though I don't actually recall, I used to say that I was going to live in California. It was probably just because of watching the show, but I don't actually remember saying that. What I do remember is that I used to say that I loved downtowns, and I wanted to live in downtown ever since I started dating. Every time somebody would ask me, "what's your ideal date?" I would say, "Oh, going to eat ice cream in downtown."

When I went to North Carolina, I was in a small town. The high school where I went is a county high school. I don't know where you guys are, but no matter what, there are some thoughts that you had and you acted on them. Everything is materializing, whether you notice it or not. So watch your thoughts. Watch your thoughts, words, people who you're around and what they're saying, the information that you're taking in - it's all materializing. Sometimes I'll catch myself randomly having a bad thought, like "Hey. What if something horrible happened?" I just have to tell myself, "Nope. That's not gonna happen." We have to be careful with our thoughts because everything is materializing around us.

One of the funny things I mention a lot is that I love driving. I love people and congested cities. I don't know why, but I do. Obviously, living in downtown Los Angeles, that's been a pain. But my husband, even though he's from LA, he hates traffic. I love traffic, and I always get green lights. He says that he hates driving in traffic, and he always gets red lights. Whether he's driving or I'm driving, we still get red lights if he's in the car. So, it's a matter of perception and your thoughts. The way you think is very important. You can change that thought. Even if a bad thought crossed your mind, you can change it.

So, we're focusing on that main goal out of the six areas of your life. That's the one that's gonna come true 6 to 12 months from now. Look for every image that resonates with that. You can do this in two ways. You can either be so laser focused that you only go through and get those types of images, or you can get every image that resonates with you. Tear it out. And then go through

all of them and see which ones still resonate with you. Sometimes you have to show them to somebody else to make sure it means what you think it means. Maybe we think, “Oh yeah it’s a dog. That means we want a dog.” But to someone else, it might mean something completely different, so be careful. Msure that the words that you're putting on your board resonate with you and are focused on your primary goal.

I used to just have so many images that I would keep with me and then I wouldn’t be able to get rid of them. So during one of the last vision boarding parties that I had, I brought all of these images I had from many years, and I looked through them. Nothing resonated with me anymore, so I just gave them to the other girls to see if anything resonated with them. But most of the time, what you choose now is not going to be the same thing that you would choose even a month from now. That's why it's important to check in with your goal, because you change as a person constantly and consistently, if you keep working on yourself. If you're here, I think you’re working on yourself consistently. Thank you for doing that. Thank you for showing up for yourself.

It’s important to see how else you can change your life. Even if it’s very incrementally, it doesn't have to be dramatically. If you heard one thought or one word today that resonated with you and made it a worthwhile being here, that's great. That's all I ask for. It’s just like they say, sometimes you don't have to read the whole book. Sometimes you just have to buy it, and perhaps it doesn't make you use it, but it's like it activates some part of your brain that opens something up for you.

I have a lot of magazines. Some magazines are better than others. But Shape magazines are really good, because they have not just fitness stuff, but they'll have really good words too. Like focus, or focuses of your mind. And you can create your own words too. You can connect some words that are from all different kinds of magazines if they make the sentence that you want. It's probably going to look like a serial killer wrote it, but it's ok. We're going for a certain aesthetic.

When I was running for the Girl for Maxim, for example, I had the words “cover girl” on my board. And sometimes I’ll keep images that just inspire me. If you're thinking of monetary goals, you can look up some numbers to post on your board, like a house or an image of a million dollar house. Also, with drawing, you can draw a million dollar bill. That's helped me out before. I remember, I was raising money for one of my projects and I only needed like \$1,000 more. I was in meditation and they had us draw things, so I drew this image of a million dollar bill that morning. By night, somebody had donated exactly \$1,000 to our campaign. I didn't remind that person. I didn't say anything. It was unprompted, so drawing is important. Even if you're not an artist, you can draw something with meaning in it and intention behind it, and it will come true.

I want you to know how powerful you are - with thoughts, feelings, what you put out there and what you draw. They say women especially have very powerful energy - something like 10x more powerful than the energy of a man. But you don't have to be a strong, independent woman for anything to come true. We are all powerful, so let's also be intentional.

#### Finding Inspiration

If you’re doing something healthwise, it’s best if you choose somebody who has a similar physique. If you choose someone that is a little off in the measurements to yours, that’s not

helpful. They might have to do other fitness routines to reach that goal that might not apply to you.

Vision boarding parties are a great time to be together with like-minded people and take time for yourself, because not everyone is going to take three hours out of their life to be with other people, listen to them, exchange ideas, or work on something they need to do. You can also see how people prioritize. Then, you can see in your regular life, too, if somebody says that they want to do something, but they're not doing anything to improve their life, are they really prioritizing that? I know that I see that with other people. They'll ask, "how do you get so much done?" And it's because I want it, I say I want it, and then I do it. That's my secret to follow through. People talk about wanting stuff, but then they don't do anything about it. Then you have to wonder - do they actually want it? Because if they did, they would show up for themselves. So that's why it's so important to get our goals together and focus on our dream for ourselves.

#### Defining Your Word of the Year

Have you decided on your word of the year yet? Something that will define your year, or something that will relate to your goal or journal prompt? One of my words used to be showrunner and oh my gosh, I had two series I was working on. The trilogy I did in Russia was the same year I was in a pilot for another series. This year, my word is tranquility. I just want to go in and easily, or with ease, feel calm, cool, collected and take more time for myself.

Another source of inspiration can come from listening to your body. For example, on January 1st, when I was getting ready, I kept having an image pop into my head and it was just me sitting and reading a book. I was like, "Why am I getting this image?" I was specifically reading Gossip Girl and it felt really weird. I have the book and I had a memory where I felt like maybe I had done that when I was a teenager. It's almost like your body knows what you need to do, so I sat down and started reading it. I had so many ideas come into my head and that's when I realized this is why I needed to do that. It's not that I even needed to sit down and read. It's that when I did that, something else came out of it.

#### Brainstorming

Brainstorming is great. When you don't know what else to do, brainstorm all the things around the same topic that you say you want. For example, my husband is looking for a new job. So we were brainstorming - do you want to work in the music business again? Move into a higher position? Who could you talk to? Who could brainstorm with you? You don't even have to ask them for a job. You could just ask them to brainstorm with you, as like a good friend of yours. Little by little, we go far.

#### Final Instructions

Sometimes we can be too specific with what we think we want. If you're looking for a partner, don't say what you want them to look like. Focus on their inner qualities. It's not to say that you can't have both. But you just can't really know what they're going to look like. I would never have known that my husband would have tattoos. If I would have put that on my list saying that I don't want tattoos, I wouldn't have met him. So it's a balance - be specific, but not too specific.

Remember if you put time constraints, visual constraints or physical constraints on your goal, it might take longer. However, it's good to put a deadline and timeline on your goal. And it's ok not to reach your time goal, because if you still want it, it's still going to come true. Some dreams take four years to come true, like my dream of coming to America. Just because you put a time constraint on your dream, don't say that you didn't succeed. You didn't fail. You did everything you could. The dream is in motion. The wheels are in motion. It's ok if you don't reach your goal within that amount of time. It will still come true, as long as you're putting inspired action into it at all times.

This is for creative goals as well. Back in March, before the pandemic hit, I was showing my trilogy premier in the theater. Someone said I inspired them to finish a song that they've been working on for 10 years. They said, "I decided if you can do it, I can do it." We put so much pressure on being perfect, but we don't have to be perfect. We just have to start and put in the work.

Another important thing - when you give yourself a deadline, say something like, "I will write a song by the end of July" instead of just that you'll write a song. If you don't reach the deadline, give yourself two more weeks, as long as you still want it. This is why we write 6-12 month goals at a time. Some will come true a lot faster, but some may take years, and it's important to still want that. If, in a couple of years, it's not coming true, and you don't want it any more, also let it go.

Sometimes we keep old dreams around and we don't have a passion for them anymore. Just let them go. It's ok to focus on another dream. It's ok to not want things anymore. Just be true to yourself and keep checking in with yourself. Do you want something else? It's ok to want something else. You can change your path. You don't have to always be known for one thing. For example, everybody we know is doing multiple different things. I watched The Holiday recently and thought about Cameron Diaz, like what is she doing these days? I hadn't seen anything from her in a while. So I went to her Instagram and saw that she's an author. Everybody we know does more than one thing. So it's ok to change directions and change your path. It's ok to just be you.

#### Displaying Your Vision Board

Should you have your board out and about? It depends on how comfortable you are showing your board, because it is personal. So you can put it somewhere like behind the door or in a closet. It just needs to be in a place where you will still see it often. You can take a photo of it and make it a screensaver or background on your phone or desktop. Because every time you look at it, it activates you to think about your dream.