



RDM MANIFESTATION BOARDS



RDM Manifestation Boards

Now that you have set some amazing goals for you and your doggy, let's paint the picture.

The best way to stay on track is to create a visual, daily reminder. This will encourage you to stay focused on being true to yourself and to what you want to achieve in your life. Let's not make it an option to allow your everyday life stresses and responsibilities to distract you from creating the amazing life you desire.

Materials:

- Variety of Magazines (mix it up - gossip, beauty, lifestyle, dog/pet, home decorating, food, travel, financial)
- Photos of yourself, your doggy, and loved ones
- Scissors
- Pencil
- Glue stick
- Poster Boards
- Playful attitude



Directions:

- Take your poster board and with a pencil divide it into 4 equal squares, labeled identity, lifestyle, relationships, and passion.

Identity: How do you and your doggy want to be perceived by yourselves, others, the world?

Lifestyle: What does having an amazing, healthy lifestyle look like for you and your doggy?

Relationships: What kind of relationships do you want to manifest in you and your doggy's life? What kind of relationship do you want to have between you and your doggy?

Passion: How can you and your doggy live your passion through contribution, career, hobbies, etc. What makes you smile and feel a sense of joy, peace and purpose?

-
- Sit down in your favorite spot with your pup, play your favorite tunes, and spend some time cutting out all of the photos, inspirational people, words and phrases that appeal to you. Anything that speaks to you even if you might not yet understand why.
 - Place each photo in the appropriate box. But do not glue anything yet as you might want to move things around. For instance, a photo of a Momma working out in the park with her pup might be in the lifestyle box. Or is it your identity?! No rules, you choose!
 - Now begin to glue the photos on the poster board and do not leave any spaces. Remember it's all intertwined.
 - Be sure to include a few photos of you, your doggy and the important people in your life. But only include the heads, so yes you can put your head on J Lo's body!
 - You can also go back and look at your Four Paws Up Assessment and type out any goals you want to highlight and include them in a category.
 - Once complete hang your board in a special place that will serve as a daily reminder of how special you and your pup are, and inspire you to *rock* your dreams!



Connect With Us On Social Media!



[Visit our blog for more healthy tips!](#)

ROCKSTAR
DOGGY MOMMA