

InVisioning Your Best Life

A WORKSHOP for VISIONING · SELF-EXPLORATION · CREATIVITY



Inside each of us is a vision of our ideal life... a vision that is sometimes clear to us, and sometimes not. 'Seeing' the life we want may require self-exploration within. But once we do, we can aim our thoughts and our actions in that direction — and envision our dreams, hopes and desires coming true.

That's what creating a Heartwork Vision Board collage can help you do. It utilizes the inner powers we all have to create the life we want — through visualizing and imagining. All of the best athletes do this. They practice holding the vision of their plays and moves, see themselves winning — and they do!

By crafting the 'picture' of what you want, you too can use that magnetic, attracting power of visualization and imagination in your own life. How? By gathering pictures of what you want your life to contain, and creating a Vision collage. Then by focusing on your Vision collage pictures each day, and holding an inner vision of what they portray, you'll be doing the same thing top athletes are doing to gain success.

One of the great things about these Vision collages is that anyone can do them. No experience is required! It's a wonderful way to explore and change your life! Here's how our in-depth workshop will begin...

On Friday evening I'll guide you in collecting (from old magazines) a variety of images, words, and phrases that a deeper part of you says "Yes!" to. You'll tap into your feelings and your intuitive guidance as you choose pictures of what would offer your life the most meaning and passion.

On Saturday morning and throughout the day I'll give you step-by-step instructions for how to use your favorite images and words to craft your own personalized 16" x 20" Vision collage. You'll also have an abundance of decorative papers and art supplies available for enhancing the magazine images you've gathered. (Your 'work of heart' may become a framable 'work of art'!)

You can choose to explore or focus on an overall feeling you want for your life (peace, abundance, health, etc.), or on a specific aspect or life goal (health, a love relationship; a business dream; etc.).

The power of a Vision collage extends far beyond what you discover about yourself during the workshop. At home as you visualize, imagine, and FEEL what your Vision collage portrays, you will magnetize yourself to attract those pictures into your reality (a principle called the Law of Attraction).

Does that /can that really happen? Yes! My own experiences, and the numerous stories I've heard from former workshop participants, prove there is definitely a truth to this.

Attend this workshop and change your life... Make the visions of your dreams, goals and desires come to life today instead of "someday".

DATES & TIMES: Fri. **Aug. 17th**, 6:30-9:00 pm & Sat. **Aug. 18th**, 9:00 am-4:30 pm
Other workshops (same hours): **Sept. 14th & 15th** | **Oct. 19th & 20th** | **Nov. 16th & 17th**
(Other dates are available to schedule a workshop for your private group of 3-5.)
TUITION: \$75 | Fee includes All Supplies, Snacks, Refreshments, and more. (Bring your Lunch, or we'll order from a take-out restaurant nearby.) Small class size in my home studio for personal attention!
LOCATION: Ken Johnston's Heartworks Studio (south Garland, TX location)
REGISTRATION/INFO: Reserve your spot by sending an email to Ken@KenJohnston.com

You'll find workshop collage examples, and more, at www.KenJohnston.com

THE ART OF HAPPINESS



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