



Intention Board

ART HEALS

This project is a collage that helps create the life you desire through the Law of Attraction. The Universal law states that like attracts like. It runs on the idea that everything is energy, including our thoughts and emotions, what we feel and think about we bring about.

“Every action has an equal and opposite reaction.” - Sir Isaac Newton.

Feeling positive emotions is an action that tells the universe you're ready to receive the things that make you feel good.

1. Take some time to think about the things in your life that bring positive results concerning health, finances, and relationships. Imagine and feel what that looks like in your life.
2. Cut out pictures in magazines that represent the life you want.
3. Arrange and paste them on poster board & hang it in a prominent spot in your home, where you will see it everyday.