

# Build Your Desired Reality

Before I started holding Vision Board workshops, I did a lot of research on the topic so I would be best equipped to share valuable techniques with the participants.

At some point in the research, I stumbled upon a video featuring the multi-talented [Patti Dobrowolski at a TED talk](#) she did in Rainier several years ago. If you have 10 minutes, I recommend checking out the powerhouse in this video where she shows us simply how to draw our own desired future.

It is really so simple: first get clear on your current reality. If you are working for someone else who does not value your contribution to the team, or if you have an non-ideal relationship, or even if you just want to find friends with whom you can “have more fun,” envision your life void of soul-crushing situations.

Next: Draw out your current situation. Then draw your ideal, desired reality. Once you have those two basic drawings, Dobrowolski outlines the (simple) three bold steps you must take to step into your desired reality.

1. See it.
2. Believe it
3. Act on it.

It is seriously so simple. Know what *specifically* you want to have in your future. Drawing it helps you to visualize it. Even if your people are stick figures, those sticks are powerfully representative for your mind.

As any good Law of Attraction student, you know that if you step into your desired self from time to time, that desired outcome is more likely to happen.

Know what you want and it shall come to you. The more specific

and descriptive (colorful) you can be with the image of your future self, the more likely you will manifest all your desires.

Take time to watch the video, then get ready to draw all your desires!