



## - DÍA 4 -

I failed... but you don't have to!

Have you ever heard the phrase, “*You get what you see?*”

It means that your thoughts create your reality, so whatever you see in your mind’s eye is what you will experience. This may seem a little bit too... spiritual. But, actually, we are talking about nothing more and nothing less than **MOTIVATION**.

And motivation has an incredible power! This idea means that you can change the way you’ve been learning Spanish by changing the thoughts and visions that you hold in your head. And motivational boards are a valuable tool for this.

Here are just a few of the **powerful benefits** associated with using a vision board:

- ❖ Ensure your Spanish is one of the first things you think of every day.
- ❖ Makes it easier for you to leverage the Law of Attraction in your life.
- ❖ Inspires you and boosts your motivation to keep learning
- ❖ Expands your sense of what’s possible
- ❖ And... they’re fun to make!

Now I am going to guide you step by step on the process to create your own motivational board. If you do it correctly, I assure you there will be no stopping you!

The trick is to make sure any words you use are short and the images you choose are vivid, attractive, and glossy, so your motivational board regularly catches your eye. Once you're done, put your motivational board in a place that's within your regular line of sight (*your nightstand, your home office, or even by your television*) because the key is to look at it as often as possible.

Did I convince you to start your own motivational board? Then, let’s start.

List all the things/dreams/situations/emotions that made you start learning Spanish in the first place. Ask yourself “ *why did I start learning Spanish*”?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

If you have written two or three lines, STOP! Go back and think a little bit longer. Learning a new language is too difficult to rely only on one or two factors. Rack your brain and think about all those tiny details that you love about Spanish and everything it has to do with it (*culture, food, countries, weather...*)

Are we done? Good!

Now, I want you to repeat that same list but write down the things you can use to visualize each idea (*for example, if you dream to live by the sea in the Mediterranean shore, then you may use a picture of someone sunbathing on the beach in Barcelona*):

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

Ok! Now you are ready to collect all those things.

You can search images on Google, find videos on YouTube, use your old National Geographic magazines... Collect all those things that make you say *"OOHHH GOD! I CAN'T WAIT TO SPEAK SPANISH"*.

And then, got yourself a corkboard or a posterboard and put all the things you collected in there.

Here are some examples of motivational boards for different areas of life:

