

COLETTE BARON-REID'S

VISION BOARD

challenge

2023

Planning Guide

One of the things I look forward to most at the beginning of each year is guiding my amazing community through my **FREE Vision Board Challenge: 7 Days to Create Your Most Inspired Vision for 2023.**

This is an opportunity to dream up and vision the feelings and experiences you desire in the coming year – and to get into alignment with what's in your highest good, so you can begin your year feeling connected to Spirit and your inner guidance system.

Since you're planning to join us in 2023, I want to make sure you have all of the information you need for this exciting journey.

Make sure to read all the way through this guide so you get all of the important details!

Scheduling & Challenge Details

The first thing you need to do if you plan to join us for the Vision Board Challenge is to mark your calendar now! Here are all of the details you need to get time blocked out in your calendar:

- The challenge will be taking place on January 11-17th, 2023.
- Each day, we will be going live in our private group at 11:11am ET with the daily activities and teaching.
- Daily lives usually last about 30-45 minutes.
- If you can't make it live to these sessions, don't worry. The replays are always available in the group and will be sent out in my daily recap emails.

- On day 7 we will have a special **Vision Board Activation Celebration** in our private group that you won't want to miss!
- The official Vision Board Challenge Facebook Group will open on January 3rd, 2023. Once you're registered for the challenge, we'll send you a link on that day to join the community and start connecting!
- Each day, you can expect to spend about 45 minutes to 1 hour on the lives, activities, and practices from the challenge – although everyone's experience varies, it may help to block out a little extra time so you can get the most out of the experience.

Our Private Community

Our private Facebook group will be our home base — our “Creation Station” — and it's moderated by my team of community managers, so it is a safe and sacred place to meet.

This is where you'll go for connection, daily lessons, prizes, and more!

Don't have Facebook? – The Facebook community is a lively place full of community participation and engagement. In order to join us live and be eligible for giveaways and prizes, you do need to be in the Facebook group. However, we understand that not everyone is on the Facebook platform. We will also be sending out replays in a format anyone can watch daily.

Please note: We will begin accepting people into the Facebook group on January 3rd, 2023. Please also allow 24 hours to receive access to the group—I promise, we're working as fast as we can to get everyone in!



Vision Board Supplies

Hear me on this: **You do NOT need to buy ANYTHING to create an effective, beautiful, soul-fulfilling vision board!** You can use one of the marvelous online digital vision board apps.

I recommend [Canva](#)—it's free and they have vision board [templates](#). You can plug in your words, images, symbols and customize it to be a true reflection of you. It's so easy to use and you can print it out!

BUT... if you are a scissors-and-glue-stick kinda person (*like I am!*), you may want to gather supplies, such as:

- Poster board (any size you like!), or a large sketchbook, or plain old paper!
- Colorful markers, pens, crayons, colored pencils.
- Images that call to you (old magazines are great for this. You can also print out photos/graphics you find online).
- Adhesive, like glue, a glue stick, or double-sided tape.
- White labels to write affirmations (mailing labels are great).
- Thick black, gold or Sharpie or marker.

Use what you have around the house, or order from our [Amazon supply list here](#). Again, you do NOT have to buy ANYTHING. This is entirely optional.



Set Your Intention for 2023

Before putting anything down on your vision board, you have to get crystal clear in your intentions. These are the seeds of the vision you are making a representation for on your vision board.

Your intentions and your vision board should come from your heart, not your head. What are the things you really long for on a heart level? How will they benefit the highest good of all?

I encourage you to begin thinking about your intentions for the new year and remembering that you are not in charge of the form. (We'll get more into that in the challenge.)

Before the challenge begins, take some time to make a list of intentions that reflect your deepest values and desires. Remember to pay attention to underlying emotions and motivations.

For example, here are some of my favorite intentions:

- I create my own happiness and nourish my soul.
- I consciously choose thoughts and behaviors that create value and peace.
- I love, value, and respect myself, others, and the world around me.

Ultimately, the best intentions are based on an understanding of what matters most to you, such as love, kindness, reverence, and making a difference and.. (you fill in here). Abundance is so much more than material. You must make a commitment to align your worldly actions with your inner values.

If you're having trouble coming up with intentions, doing an Oracle reading can help you set your intentions for the months ahead, as well as where you might want to turn your attention, where challenges might be waiting, and how to effectively move forward.

3-Card Oracle Card Reading for 2023

There are an infinite number of Oracle Card spreads you can use when you do your readings, from pulling a single card to laying out cards from multiple decks. That being said, I love the simplicity of three-card readings, particularly when embarking on something new (like a whole new year!).

Try this 3-card spread by asking, "What do I need to know as I move into 2023?"



In this spread, the first card tells you what has brought you to your current situation. The second card tells you how you can act or what you can focus on in the current situation in order to create your highest good. And lastly, the third card tells you the potential outcome of your previous two cards.

Want to do a three-card reading for 2023 for yourself? Of course you do...!

Follow these steps:

- Choose a place and time when you can be undisturbed. Sit in a comfortable position with both feet on the floor (you may even want to take off your shoes and go barefoot to get really grounded!).
- Take a few deep breaths, counting in for four and out for five. The goal is to reset and ground your energy. (If you're upset, anxious, worried, or otherwise emotionally overwhelmed, your energy will show up in your reading!).
- Close your eyes, place your hand on your heart, and ask yourself, "What do I need to know for 2023?" or "Where should I put my focus for my highest good in 2023?" You can rephrase the question so it sounds natural to you. Avoid "yes" or "no" questions, as they are limiting!
- Open your eyes and choose three cards. ([Don't have a deck? You can use one of my free online decks here.](#)).
- Now, starting with the first card you pulled, look at the images on the cards you've selected. Read the descriptions.
- Continue to sit quietly, letting your mind wander where it will. What sensations come over you? What do you feel? You may hear a voice, see something in your mind's eye, or have a distinct impression of simply knowing.
- If you're moved to do so, you can journal about your thoughts and impressions. After all, you are going to want to look back in the days to come to remind yourself of Spirit's message!
- Whatever you received, thank Spirit for loving and supporting you in this process.

That's all of the details for now! Keep an eye on your inbox in the coming weeks for more information (including the invitation to join the Facebook Group). I'm beyond excited to begin this journey with you and to kick off our New Year together with creativity and a little magic!

See you soon.

Love,
Colette



Practical Spirituality Resources for 2023

I've put together a list of resources that you may find valuable this year! It's a mixture of paid and free resources, but I encourage you to check them out and see if you find any to be useful.

Oracle Card Decks & Readings

Free Oracle Card Readings - Try out three of my most popular Oracle Card decks for free when you visit my website. [Click here for your reading.](#)

Free Universal Oracle Card Readings - Want to know what to expect this month and how to best navigate the energy? [Click here to subscribe to my free collective Oracle Card readings.](#) It's like your own spiritual weather report!

Oracle Card Courses

Oracle Cards Unlocked - Learn the basics and access clear guidance with Oracle Cards in this three-part video series. In this short series, I teach you how to ask the right questions, how to understand reverse cards, and the key ingredient that will make Oracle Cards a reliable tool for you. [Click here to learn more.](#)

Oracle Cards 101 - This is the ultimate course to learn to confidently read Oracle Cards in just 5 minutes a day (over 30 days). It's perfect for the beginner, the "non-intuitive," or anyone who wants to sharpen their intuition and tap into Divine guidance — without investing tons of time! [Click here to get started.](#)

Oracle Card Community & Events

Oracle Circle Membership - Join my "Woo Crew" and find a safe and sacred space to deepen your spiritual journey. You'll learn how to tap into your inner knowing and strengthen your intuitive muscles by exploring how astrology, Oracle cards, numerology and Moon phases play a role in your life's path. [Click here to learn how to join the Oracle Circle and have a chance to get an Oracle reading from me!](#)

OraclePalooza Virtual - A virtual event for the mystical, the magical, and the woo! This annual event is the MUST attend event of the year for any Oracle Card lover. [Click here to learn more about how to join us for this year's event.](#)

Spiritual Journey Resources

Free INSIDE THE WOONIVERSE Podcast - Listen to my weekly podcast series featuring authentic and playful conversations with some of the world's most interesting sages, scientists and celebrities, where we uncover personal stories of spiritual awakening and transformation. [Click here to listen.](#)

The Oracle School Experience - If you're ready to move into a more inspired, unique, and authentic life -- one that's directed by an inner compass you can finally trust, Oracle School is for you. This 8-month program transformation journey shows you step-by-step, how to use Oracle cards to tap into your inner guidance to discover your authentic self. [Click here to learn more about when Oracle School is accepting new students.](#)

