

MANIFEST YOUR YEAR

Vision Board Party

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DREAM IT. SEE IT. PLAN IT. DO IT!

I had the pleasure of going to a Vision Board Party over the weekend and guess what? I had an amazingly refreshing time. The event was produced by the owner of Art Basel, Iesha Goree. If you're not familiar, Art Basel is an art studio in the heart of Dallas which provides creative space for you, friends and family to let loose and have a great artistic time. If I had to give the room a vibe it would be: Destiny on Chill. There was upbeat music in the background, a beautiful backdrop of white and gold balloons, white tables with clear chairs, flower arrangements on each table and words of inspiration to get our creative juices flowing. Even though it was a rainy day the ladies were shining, ready to visualize their 2019, and connect with others.

Now, the invitation said there would be mimosas and tapas and boy Iesha didn't disappoint! When I think of tapas, I'm

thinking meat and cheese tray with crackers and fruit! No mam! The spread was so big I could barely get a picture of it! We had the option of choosing salad, veggies, shrimp, chicken, nuts, fruits, cheeses, crackers, fun desserts, bottomless mimosas, juice and water.

Once everyone grabbed a bite, Iesha addressed the audience and set the expectation of the event. She said she strongly believes that dreams, goals and visions have the power to manifest. She was touched not only by the vision that came to fruition over two years ago, at the first vision board party she attended, she was impressed with the accountability partners she gained during that experience. She wanted to offer the same opportunity to the women of the Dallas area. Millicent Finney, led us into a word of prayer concerning our vision for 2019 and she prayed that:



“ IF YOU WANT TO LEAVE A LEGACY INVEST IN YOUR HEALTH.

we'd be patient in the wilderness, our visions would manifest, we could convert fear into faith and turn unbelief into boldness. The power could be felt in the room and we were ready to start creating.

Our first speaker was Dr. Jessica Shepherd. She told us: "If you want to leave a legacy invest in your health." Dr. Shepherd said that our health should be a focus on our vision board because the time that we spend taking care of ourselves will benefit us during the aging process. She left us with the idea that health is our longevity, our ticket to life.

Our next speaker was Deya Direct, best-selling author, producer, media personality and life coach. Right out the gate she said: "I CAME TO SLAY!" Her assignment was of a spiritual nature. She talked to us about vision being a four step process: vision-hope-resilience-fly. According to Deya, after God shows us a vision he presses the rewind button and allows life to happen, which often times looks nothing like we'd hoped. She went on to say that our vision is important because it has the power to shift the atmosphere. As a result the adversary, yea you know, Satan, will try to distract us from the vision.

This is why we have to hold onto our hope. No matter what hurdles life presents we must remain hopeful that



Deya Direct sharing the vision process.



Iesha Goree, event host, posing with ballon decor.

the vision will come to past.

Next, she explained the virtue of resilience. Deya challenged us to not break under the pressure by trying to skip steps. She gave a great analogy of sitting in traffic and no matter which exit she took she wasn't able to get to her destination any quicker. In that moment, she said God spoke to her and told her (I'm paraphrasing): "This is what happens when you don't do things my way." Yikes I've been there, I'm with you Deya! We get caught up in what we want, when we want it, it leaves God out of the picture.

Deya, reminded us that difficult times don't always arise because God is punishing us, rather He's simply redirecting us. The part of resilience I enjoyed the most was when she highlighted our failures. That we shouldn't be ashamed of them, talk about them because it sets us free.

The last step: FLY. Deya likened the flying process to delivering a baby. It must come out!! Once the baby, i.e. the vision comes full circle she instructed us to fearlessly leverage ourselves by making our pain pay us back.

So, going into 2019 I'll ask you the same questions she asked us: Who needs to hear your story? How are you going to help others realize their vision?

Thank you Iesha, for providing such a safe and inviting space for us to jump start our 2019 and make some great connections!!

For more information on Art Basel check out their website at: paintartbasel.com