



The SHIFT-IT e-Zine



Christina Merkley
Publisher

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A Note From Christina

Dear Christina,

Wow, is time flying by or what - eh. The last few weeks have been a fun blur. Friends visiting, lots of facilitation and coaching work and also pulling together next week's Meeting Graphics 101 workshop - looks like we've got a full house again, which is great.

A special thanks to all of you who have forwarded this ezine and the workshop announcements on to your friends and colleagues, I SO

Welcome to your May SHIFT-IT e-Zine.

1. A Note From Christina
2. SHIFT-IT Home Retreat Kit
3. In-Person SHIFT-IT Weekend
4. Tips to Create Vision Boards
5. Recent Blog Entries
6. More Links & Resources

The SHIFT-IT HOME RETREAT KIT



Now Graphic Coaching tools right at your fingertips. Conduct your own SHIFT-IT Graphic Coaching Retreat® - from the privacy of your own home.

Your life isn't a dress rehearsal. In fact, its happening

appreciate that. The power of the Internet and social marketing (people passing along stuff they like) never ceases to amaze me.

I get emails from people I've never met from all over the world. What a kick that is. The degrees of separation are definitely decreasing with this connected world of ours.

Talking about connection, my new blog has been a very interesting addition to my work. I get ten times the traffic on it than any other page on either of my sites. It's been a big part of my growing exposure.

A couple of months ago I wrote a post that is consistently my number one entry. So I thought I'd spiff it up a bit and share it here in the ezine. It's a tip sheet on how to create a Vision Board.

Vision Boards are great as they are a simple and fun way to really tap you into your creativity and

right NOW. Is it going the way you want it to? Do you know what you next want? Are you sure you can do it? Get organized and confident with the step-by-step SHIFT-IT Graphic Coaching system.

In this innovative kit, I walk you through your past, present and desired future, so you can plot out your directions and strategies. You also pinpoint and flip the negative beliefs, assumptions and mindsets that stand in your way - to stop sabotaging yourself and your dreams. SHIFT-IT has already helped hundreds live life by design, not by accident. Learn how it can help you too!

More Info:

SHIFT-IT Intensive Weekend: June 22-24, 2007, in Victoria, BC, Canada



Once a year I do an in-person SHIFT-IT Intensive Weekend - and its just around the corner in June.

Come to beautiful Victoria, to be in a special coaching group. Where over the course of 2.5 days we'll work step-by-step thru the SHIFT-IT Graphic Coaching Process - introduced to all 17 maps. You'll create your own Life Map and a Personal Vision for yourself. Will identify and 'flip' negative and doubtful beliefs. And will build a plan a detailed Take Action Plan.

Chock full of Law of Attraction and personal strategic planning methods - you'll get clarity, energy and commitment for your next stage of work and life. Fee includes SHIFT-IT Kit and follow up coaching, plus the opportunity to meet other like-minded people (priceless!).

desires. Help you get clear on your Personal Vision and the reasons why you want the things you do. I've been doing them for years and clients find them really helpful too (in fact, they are one of the moves in my SHIFT-IT Home Retreat Kit too - just because they are so fun and powerful).

Hope you enjoy!

Yours in SHIFTing,

Christina Merkley, The
SHIFT-IT Graphic
Coach

Private Coaching



Private one-to-one coaching sessions - by phone or in-person. Very unique and powerful Graphic Coaching and Law of Attraction methods. A powerful one-two

More Info and Registration Form:

FEATURE ARTICLE: TIPS TO CREATE VISION BOARDS



Its an oldie but a goodie, the Vision Board exercise. Sometimes called a Vision Collage, Treasure Map, Vision Map, etc. A wonderful, graphic way to define and align

with what you really want.

In the underground hit movie [The Secret](#) (introductory movie on Law of Attraction principles), there is a scene where a man unpacks and shows his Vision Board to his young son, only to realize that they are now living in the very house that was pictured on his board (created several years prior). And, during one of Oprah's recent shows on The Secret, guest Lisa Nichols showed her Vision Board - in it were the words 'Lisa Reveals All on Oprah' - she definitely manifested that one!

Vision boards help you define and clarify what your desire. They help make your dreams and goals more tangible and solid. Through them you form an energetic bond with what you want. They act as guiding lights or north stars - helping you realize and commit to your Personal Vision. Yes, they are fun and creative to do; however don't let their simplicity fool you - they are also very powerful magnetization and manifestation tools. Acting as little energy vortexes if you will - that tell your sub-conscious mind what to focus on and create.

combination to see what and how you are currently creating your world - and to shift your thoughts and vibration for the better - so you can get the results you really want.

"I commissioned Christina to help me create a "transformation plan" for my life. Within six months I manifested a new house, ended an unsatisfying relationship, negotiated a more flexible schedule to have more time with my son, aannndd started meaningful volunteer work that feels like it may open into a whole new career path. Holy #*!", this stuff is powerful. The only thing left is the wedding on the beach!" **Terri Eardley, Associate Investment Advisor and Mom, Victoria BC**

"I've employed Christina as my coach on-and-off since 1998. Six months after she led me through a vision exercise where I imagined

How do you create a Vision Board? It's simple. Just follow the tips below:

- 1. Assemble Your Materials:** Collect together a pile of magazines, scissors, a glue stick (or tape), and some markers. You'll also need some sort of sturdy backing (like a poster board, large sheet of paper - even a few paper bags cut open and taped together will work).
- 2. Plant Yourself in a Quiet Space:** Give yourself 30-45 minutes, in a quiet comfortable space. With all your materials gathered around you. Ideally you'll want to be free of distractions - so turn down the phones, kick out the pets and tell family you are not to be disturbed (or better yet make it a Vision Board party and do it together!).
- 3. Set Your Intention:** Set the intention that you are going to create a vision collage for yourself. This means just tell yourself that you are going to create a great Vision Board for yourself and that you are going to find the perfect images and words to represent your desired future. Auto suggestion is a good tool (pre-paving what you want to happen goes a long way).
- 4. Determine Time Frame (or not):** You may or may not want to create a time frame for your vision (i.e. 6 months, 1 year, 3 years, 5-10 years - whatever feels right for you). Or, if it doesn't feel good to put on a timeframe, then just call it your ASAP vision - leaving timing up to 'greater forces'.
- 5. Dive Into It - Just Rip:** After setting your intention dive into the magazines. Use your intuition (not your rational mind) to find images that resonate with you. Just rip out whatever jumps out at you, piling them off to the side. Don't think - just rip! Do for about 15 minutes or so, or whenever the energy kind of slows down.
- 6. Create Your Board:** Once you've got a nice stack of images - turn next to assembling them onto your

myself on the cover of a magazine, the real thing happened when I made it into Java World. Since then I've been covered in MIT Tech Review, The NY Times, Popular Science, and Motor Magazine and was nominated for a Corporate Award sponsored by the World Tech Network. Yeah, you could call this work effective! Now I'm working with her again to take it up to the next level." **Tim Clark, formerly VP of Engineering / Director of R & D, VTTI, San Francisco, CA**

Info on Coaching Packages:

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Testimonials:

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"Christina is engaging, supportive and very skilled. Advanced graphic workshop has helped me 'see' the big picture! It will add demonstratable value to our clients". **Alan Stephen, Strategy Consultant, Calgary, Alberta**
www.standing-stones.com

poster board (or whatever backing you are using). There is no right or wrong way to create a Vision Board. Just do what feels right for you. You might want to arrange your images and play around with them a bit, then finally tape or glue it all down.

7. Extract the Essence: After creating your Vision Board, debrief the experience and harvest out what you have learned about your desired future. I call this "Extracting the Essence". Pull out your main themes. You can do this yourself, or present your Vision Board to a trusted friend, colleague or loved one and have them help you decipher the essence of what it is you want. Great for understanding one another and seeing what each other wants in life.

In conclusion: I've probably done 7 or so Vision Boards over the last 15 years or so. I love them. And I consistently get what I picture. My clients find the same thing. The point is not so much to wrestle what you want to the ground. It's more about having fun, putting yourself into a good vibration and feeling good about things that you like and want. Finding out about yourself. Sometimes it's not always easy to determine what you want - the Vision Board exercise is a great to sneak up on this stuff. To find out what you want in a fun and relaxed way.

For a few pictures of Vision Boards (including one of my own), see the [posting on my blog](#). Try a Vision Board for yourself. Have fun with it. And be sure to write me with your manifestation stories - these things really work!

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WANT TO USE THIS ARTICLE IN YOUR E-ZINE OR WEB SITE? You can, as long as you include this blurb with it:

Christina Merkley, "The SHIFT-IT Coach" is creator of the SHIFT-IT Graphic Coaching Process®. She helps organizations, individuals and couples define and get

[com](#)

"This Bootcamp really took me to the next level in graphic facilitation. I strengthened my graphic recording skills, icons and knowledge around the use of templates. My learning curve is now closer to a straight line. And, my business offer is enhanced by what I can now offer my clients". **Pattie Porter, President, [Conflict Connections](#), San Antonio, TX**

More Testimonials:

www.shift-it-coach.com

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what they really want. To learn more about SHIFT-IT and Christina's innovative visual and law of attraction methods, visit www.shift-it-coach.com.

BLOG POSTS & EZINE ARCHIVES

Check out the new posts since you've last read the [SHIFT-IT Blog](#). Graphic ramblings, insights and other tidbits - -- the new blog where you can participate by leaving messages and reading what others think about SHIFT-IT related stuff.

- Spring in Beautiful B.C.
- Be Brave With Your Innovations
- The Secret Behind the Secret
- Great Graphic Bootcamp
- Graphic Recording Skills
- Speed Up Your Manifestation Process
- Visual Bios

Besides the Blog, there are plenty of articles to read in the Ezine Archives. [Browse past issues here](#).

[Click Here to Read SHIFT-IT Blog:](#)

About Christina, The SHIFT-IT Graphic Coach:



Christina Merkley, M.A. is a Graphic Facilitator and Coach specializing in Strategic Planning and Visioning. Having worked for such notable companies as BBC, Readers Digest Funds, eBay and Stanford University, she uses interactive, visual thinking processes to literally draw the best thinking out of organizations, groups and individuals. Creator of the SHIFT-IT Graphic Coaching Process®, after years in San Francisco, she is now based in charming Victoria, British Columbia, Canada.

[Full Bio](#)

Rare Training & Mentoring:

I'm one of the few places in North America (the world really) where one can get personalized, direct mentoring and training in the unique skills of custom chart work, graphic recording, graphic facilitation, and graphic coaching.

Check out my public workshops, in-house trainings and super-personalized private mentoring options.

More Info:

The SHIFT-IT e-Store



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Graphic Coaching and Law of Attraction methods.

- [The SHIFT-IT Home Retreat Kit](#)
- [Life Maps](#)
- [Personal Visions](#)
- [Action Plans](#)
- [Sub-personality Work](#)
- [Law of Attraction Exercises](#)

Click Here

Make Your Mark Graphic Facilitation

Christina's other site, chock full of information on working graphically with groups and organizations (custom chart work, graphic recording and graphic facilitation). Visioning and strategic planning meetings that literally get everyone on the same page - all using invigorating large scale graphics that get your thinking up on the wall so you can see clearly, make decisions and resolve your conflicts.

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