

JANUARY 2026

AmPower

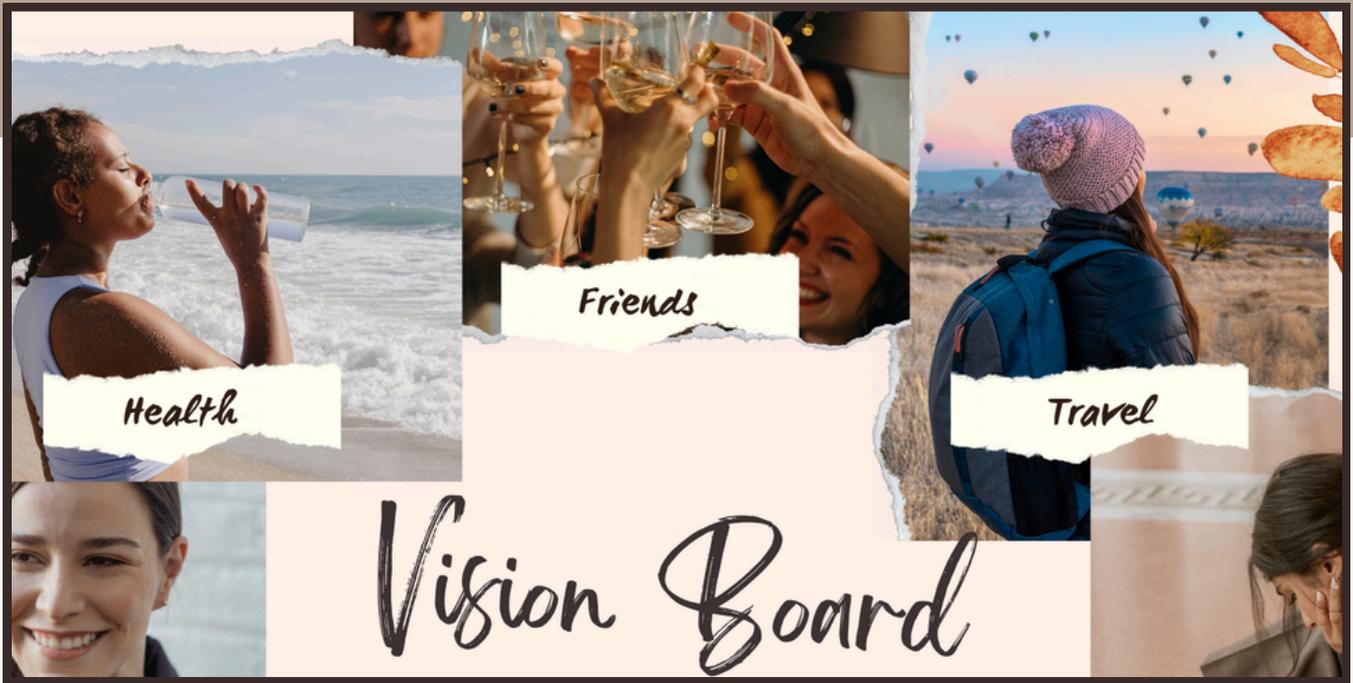
AMPOWER NEWSLETTER



START 2026 WITH

VISION & POWER

How to create a vision board that aligns with your
mindset, goals and action



A NOTE FROM THE CO-FOUNDERS

Let us be honest with you —

Vision board works.



Nandita



Narita

Led by educators and NLP practitioners Nandita Mittal and Narita Ahuja, AmPower is built on the belief that vision without action is incomplete.

A NOTE FROM THE CO-FOUNDERS

Narita and I have created vision boards in the past, and while we didn't hit every single goal, we hit many.

And for the ones we didn't? We went back, reflected, and figured out what went wrong. Was it clarity? Action? Mindset? That process alone gave us powerful insight and helped us grow.



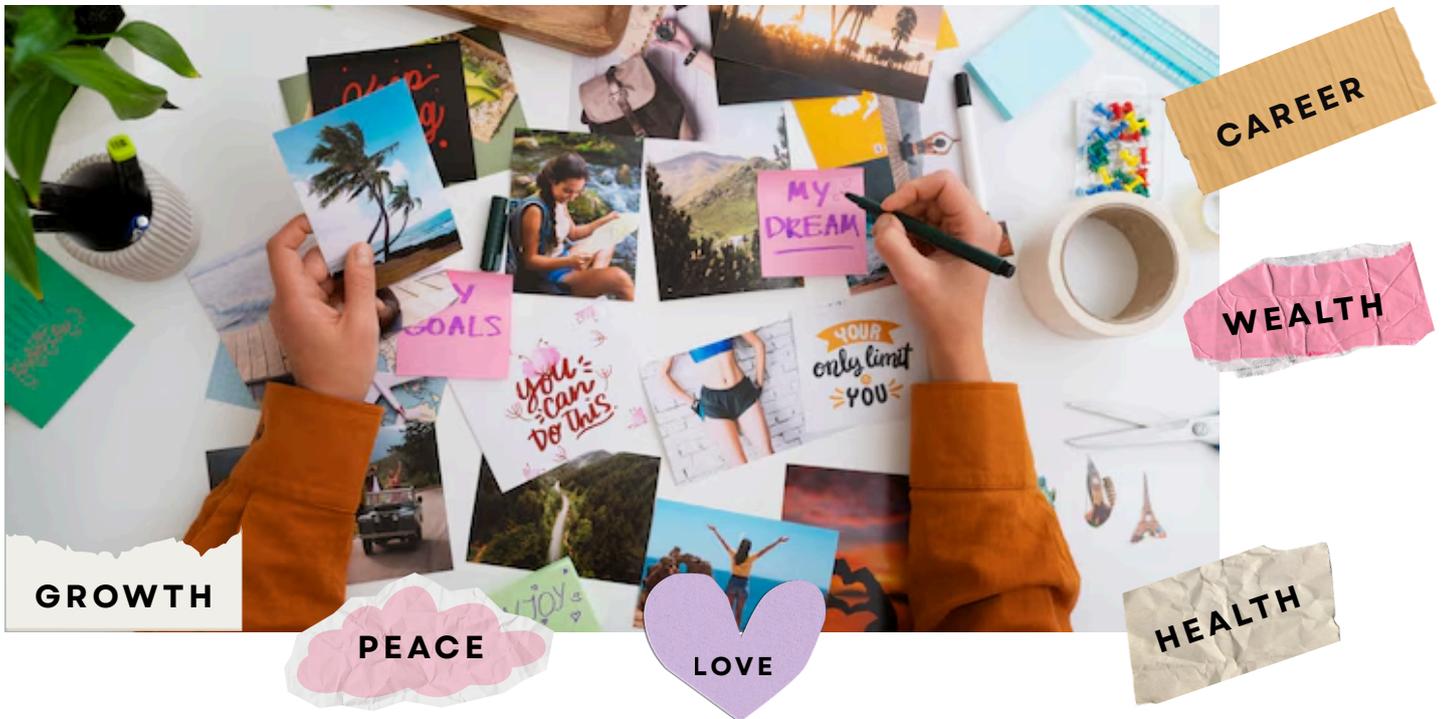
This year, we are not just encouraging you to make your own vision board; we are sharing exactly how to make one that aligns with who you are and where you're headed in 2026.

New year, fresh journal, clean slate and one powerful tool that turns intentions into action: your vision board. This isn't just a collage of aesthetic pictures and Pinterest quotes. A vision board is your personal roadmap, mindset coach, and energy tuner - all in one. And it's the perfect way to kick off 2026 with clarity, focus, and fire.

**In 2026, we are not just asking you to dream —
We are showing you how to dream
with direction.**

**HOW TO
DREAM**

WHAT IS A VISION BOARD?— AND WHY IT ACTUALLY WORKS



*Visual representation of goals & intentions
Includes images, words, quotes, symbols*

A vision board is a visual representation of your goals, dreams, and intentions. It can include images, words, quotes, or symbols that reflect what you want to experience this year: financial freedom, personal growth, travel, love, health, peace, or success. When you display your dreams where you can see them daily, they go from “nice to have” to non-negotiable priorities, and your brain starts working toward them, consciously and subconsciously.

Why It Works?

Why it actually works It’s not just trendy, it’s neuroscience. Your brain has something called the Reticular Activating System (RAS), which acts as a filter for what’s important. When you feed it with images and emotions connected to your goals, it begins to tune your awareness to match them. You notice opportunities, people, ideas and your habits shift toward your vision.

How to Build a Vision Board

THAT ALIGNS WITH YOUR FUTURE



1

1. REFLECT DEEPLY ASK YOURSELF:

ASK YOURSELF-

- What do I truly want in 2026?
- What areas of life do I want to grow in career, health, wealth, relationships, and fun?
- What emotions do I want to feel more often: freedom, calm, excitement, pride?

2. DEFINE CORE THEMES

Pick 6-8 focus areas. Think big but also think true.

2



3

3. GATHER VISUALS & WORDS

- Use old magazines, printouts, or go digital with Canva, Pinterest
- Look for anything that makes your heart say, "YES. That's it."
- Choose quotes or affirmations that match the energy of what you want

4. ASSEMBLE INTENTIONALLY

Whether it's on a corkboard or screen, arrange it with emotion. Centre your biggest priorities. Add personal touches. Don't worry about perfection; it just needs to feel right to you.

4



5

5. PLACE IT WHERE YOU SEE IT DAILY

Hang it above your desk, inside your closet, or set it as your lock screen. Out of sight = out of mind.

WHERE MOST PEOPLE GET IT WRONG

A vision board is not a wish list. It's a tool for activation, but only if you use it right. Here's how to keep the magic flowing:



1. Feel good when you look at it
A powerful vision board should make you feel:

- ✨ Joyful
- 🙏 Calm
- 💡 Inspired
- 🔥 Energized

It should not make you feel:

- 😞 Obsessed
- 😞 Inadequate
- 🙄 Indifferent
- 😞 Empty

If it's causing stress, go back and adjust it. The right goals feel expansive, not exhausting.

2. Use manifestation the right way-

Manifestation isn't woo- it's clarity+ belief + action.

When you look at your board:

- Imagine your vision already happening in a parallel reality.
- Visualise the you who is living that life right now.
- Ask: "How do I feel when this is real? What decisions would I make today?"

This raises your frequency and aligns you with the version of yourself that already has what you desire.



3. Practice NLP-based visualisation

Use this short daily practice:

Step 1: Look at your board with total presence.

Step 2: Pick one goal. Visualise it with all your senses, what are you wearing, who's there, what do you hear?

Step 3: Anchor the feeling, touch your chest or squeeze your fingers while fully feeling it.

Step 4: Repeat that anchor each day to train your mind and body into that emotional state. The more you do this, the more natural your goals start to feel.

4 .Use affirmations daily

Reinforce your board with empowering statements like:

- “I am aligned with my highest vision.” “My dreams are already unfolding in perfect timing.”
- “I act boldly and trust the process.”
- “Everything I need is already within me.”



Pro tip: Record them in your voice and listen daily.

5 .Take action- bold, small, and everything in between

Your vision won't work unless you do. Break your goals into micro-actions each month. Build habits that align with the future you. Say YES to growth, and NO to distractions. Track progress and celebrate every milestone.

Bottom line?

You don't attract what you want. You attract what you embody. So let 2026 be the year you align, feel, and become. Let your vision board guide your focus, elevate your energy, and keep you inspired when the days get messy. You already have the power. Now you have the plan.



WAYS TO WORK WITH US-

- JOIN OUR UPCOMING COURSES & WEBINARS
- BOOK 1:1 COACHING OR GROUP COACHING
- PARTNER WITH US FOR CORPORATE TRAINING & LEADERSHIP PROGRAMS
- COLLABORATE WITH US FOR COLLEGE & UNIVERSITY INTERVENTIONS
- DM US ON INSTAGRAM OR EMAIL US TO START THE CONVERSATION.

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Thank you for reading!

With clarity & power
Narita & Nandita

Co-Founders, AmPower