



VISION BOARD WORKSHEET

A vision board is a powerful tool to help you create, manifest, and focus on what you want your life to look like and feel like. You select words or images that will attract the life and experiences you want to in your life.

When choosing your pictures/words: Be Specific – Dream Big – Everything is Possible!
In dreaming big, don't limit yourself by your current life situations, i.e.: money, health, etc.

Here are a few areas to consider when selecting your images for your life.

Personal Growth (nurturing your mind, body, and soul)
Love (self-love, romantic love, family love, etc.)
Health (what does a healthy life look like?)
Family (creating, strengthening, etc.)
Money (Creating new money for your life) if money was no object what you want for your life)
Career (grow or change)
Travel (W

Additional Tips:

- Browse through magazines or go online to search images and print them out.
- Begin to find pictures that match the images you have in your mind.
- When finished, take a picture of your vision board and use it as your wallpaper for your smartphone or screensaver on your computer.
- Place other copies in your office and home.

