



VISION BOARD WORKSHEET

A vision board is a powerful tool to help you imagine, manifest, and keep focused on what you want in your life. You select words or images that attract the life and experiences for your future self.

When choosing your pictures and words, REMEMBER...

BE SPECIFIC – DREAM BIG – EVERYTHING IS POSSIBLE

Here are a few areas to consider and questions to prompt you. Take time to find just the right photos for your vision board.

Personal Growth: How are you nurturing your mind, body, and spirit?

Love: How are you SELF-FULL; loving yourself first? How is love showing up for you?

Health: What does your future self look like and feel like?

Family & Relationships: What do your healthy relationships look like and feel like?

Wealth: How is money showing up for you in the future?

Career: Are you starting, growing, or changing your career? What does it look like?

Travel: What destinations are you visiting in the future?

Home: What does your future home look like and feel like?

Anything Else: Exactly – anything else that you feel empowered to add.

Next Steps:

Find images that represent your visions. How? Browse through magazines or go online to find pictures. Print them, cut them out and start gluing. You may choose to create a digital board instead. When finished, take a picture of your board and use it as your wallpaper on your smartphone or computer screensaver. You can even print out copies and place them in your office and home.

