

Vision Board Workbook

What is a vision board?

A collage of images, words, and phrases that highlight the vision that you have for yourself in key areas of life. The board displays things that you want to have, do, be, work towards, improve, and manifest in life.

Why should you make a vision board?

- A vision board can inspire you to go after your ideal life.
- Seeing everything you want laid out on your board can empower, motivate, and energize you to take steps towards crafting the life you want.
- Having a vision for your life offers clarity, and with clarity comes peace and ease of decision-making. If something does not get you closer to the vision you can unapologetically decide not to do, be, have, say, buy, accept, or keep it.
- If you are clear on what you are working towards it makes it easy for you to decide where to put your time and resources.

What do you need to make a vision board?

- Poster board (11 x 14 inches recommended, but size is up to you)
- Scissors
- Magazines
- Glue
- Markers and/or pens (optional)
- Photos or personal artifacts (optional)

Preparing for your board

What period do you want this board to cover?

next 6 months next year foreseeable future/life other: _____

What areas of your life do you want to focus on?

family work/career fun/recreation travel home car relationships

friendships personal development training/education money/finances

self-esteem/affirmations health/fitness/wellness body image/self-love

religion/spirituality bucket list items hobbies habits other: _____

Pick 4 categories from the list above that you checked that you want to focus on. For each, write out 1-3 images, words, or phrases you would like to ideally have on your board for this category.

<hr/> 1. _____ 2. _____ 3. _____	<hr/> 1. _____ 2. _____ 3. _____	<hr/> 1. _____ 2. _____ 3. _____	<hr/> 1. _____ 2. _____ 3. _____
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Brainstorm other things you may want to see on your board

How to make your vision board

- Browse the magazines available and cut out any images, words, or phrases that represent the vision you have for your ideal life. Example: If you want to travel you could cut out pictures of places you want to visit, an image of a suitcase, and/or the word "travel."
- Cut out anything you might possibly use. I suggest you cut out multiples of things (two different pictures of Jamaica for instance) if you come across them. When you get to the layout stage you can decide which one looks and fits better with your overall board.
- After you finish browsing and cutting, layout everything on your board. Try and group your clippings in a way that makes sense to you – say in categories (family, career, etc.) or by importance. Put the most important things in the middle or near the top of your board, as our eyes tend to gravitate towards those first. Lay out things in a way that looks nice to you.
- Once you have a layout you love paste everything down.
- If interested, you can write in inspirational quotes, mantras, affirmations, etc.
- You can also go online and look for images of specific things to print out and add to your board. For instance, if you know the exact make, model, and color of your dream car, and you don't find one in the magazines you have, you can find an image of it online.
- You can add personal photos and other memorabilia if applicable. If you want to spend more time with your kids you may want a picture of them on the board.

Remember:
Dream BIG!
Have fun!

When you are done with your board

- Hang it somewhere you will see it (and be inspired by it) often.
- Take a picture of your board and set it as your home or lock screen on your phone or computer. Another idea is to take a picture of your vision board, print it, and glue or paste it in your daily planner or journal. Again, the idea being that you have it somewhere you can refer to it often.
- Use it to track your progress overtime. You can check off things as you bring them to fruition.

YAY! You just created a new vision for your life!!!