

Create a Vision Board for Your Dreams and Goals

Action Guide



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What is a Vision Board?

Vision boards allow you to turn dreams into reality by creating a visual road map from where you are to where you want to be. Vision boards can include a collection of images, quotes and symbols that have meaning to you, which inspire feelings of joy, hope and happiness. The images on your vision board should represent your goals and dreams.

Vision boards come in many different formats, both digital and physical. That said, the most effective type of vision board is one that you can display somewhere where you'll see it daily.

- For physical vision boards, you can hang them on the wall in your home and offer, in a prominent place (not behind a door.) You want to be able to see your vision board each day.
- For digital boards, you can either display them on your computer desktop, or you can post a daily calendar reminder to view your digital vision board.

Images are by far the most common item to find on vision boards. Images can be physical or digital photos, drawings, mind maps, sketches or other materials that has meaning for you.

For example, if travel is one of your goals, you might include photos of historic landmarks you want to visit, or airplanes or ships you'll travel on to get to your dream destinations.

Motivational messages can be extremely powerful. Collect powerful quotes that move you, as you can include these on your vision board.

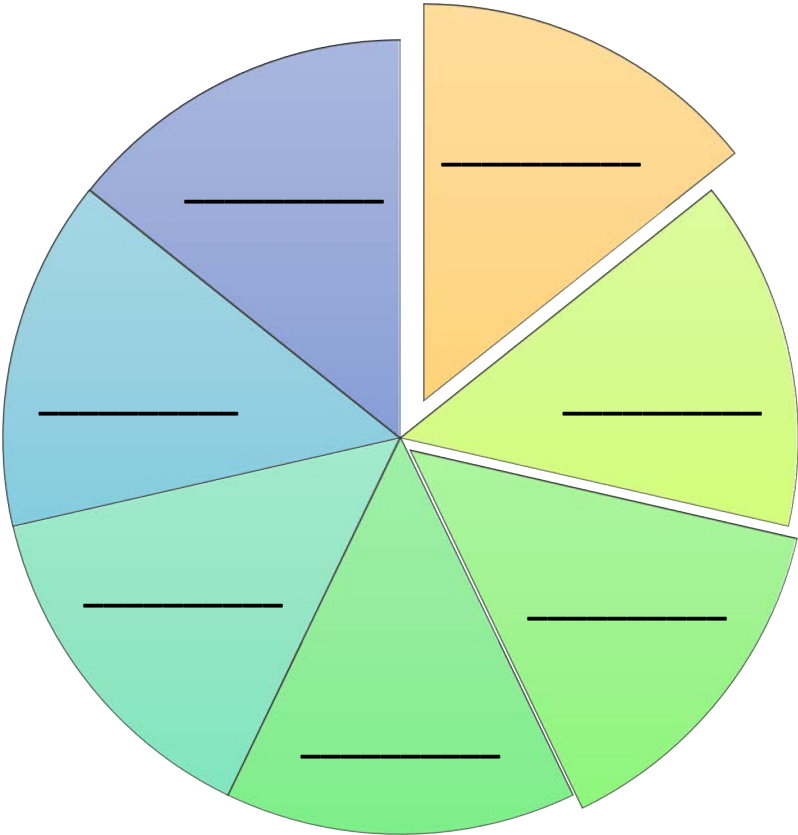
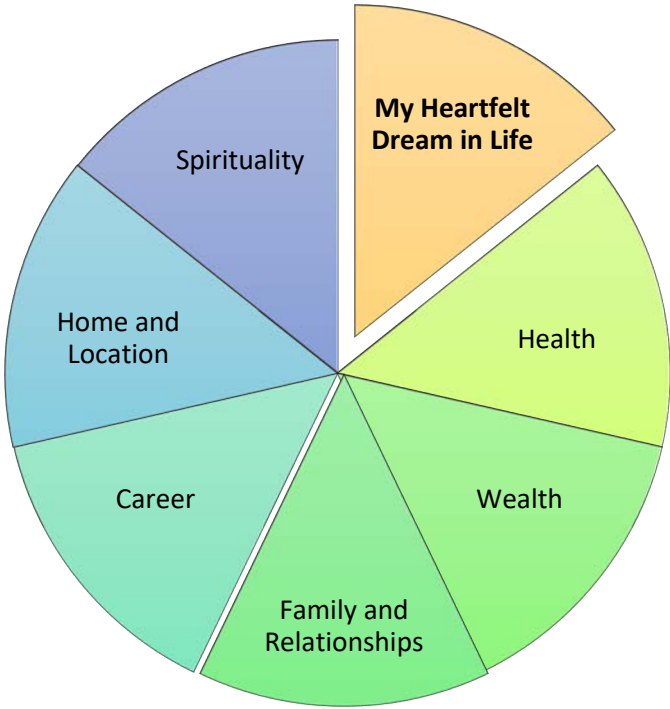
Your vision board might include messages you see posted on social media, phrases you read and jot down in your journal, or even testimonials from your clients or nice things others have said about you. **Other items** for your vision board can include memorabilia, postcards, physical items and more.

On the following pages you'll find worksheets to help you identify your goals and gather content for your vision board.

Write Down Words and Types of Images You'd Like on Your Vision Board

Words I'd Like on My Vision Board	Images I'd Like on My Vision Board
Notes:	

Which Areas of Your Life Will You Include on Your Vision Board



My Heartfelt Dreams and Goals	
	My Biggest Dream
Where I am now:	
Where I want to be:	
Steps I need to take to get there:	
	Health
Where I am now:	
Where I want to be:	
Steps I need to take to get there:	
	Wealth
Where I am now:	
Where I want to be:	
Steps I need to take to get there:	
	Family / Relationships
Where I am now:	
Where I want to be:	
Steps I need to take to get there:	

Where Are You and Where Do You Want to Be?	
	Section Title: _____
Where I am now:	
Where I want to be:	
Steps I need to take to get there:	
	Section Title: _____
Where I am now:	
Where I want to be:	
Steps I need to take to get there:	
	Section Title: _____
Where I am now:	
Where I want to be:	
Steps I need to take to get there:	
	Section Title: _____
Where I am now:	
Where I want to be:	
Steps I need to take to get there:	

