

Vision Board

WORD FOR 2023

Remember, there are no correct or incorrect answers. Personalize this to suit YOUR goals. Some areas may be more detailed than others, but try to limit each area to the things that are most important to you.

(Recommended no more than 3-5 per area)

The images on your vision board are only as strong as the emotion they trigger in you when you look at them.

HEART

Family, Love, Marriage, Children, Friendship

MIND

Knowledge, Self Cultivation, Work/Career, Learning, Financial

To Do List:

- -----
- -----
- -----
- -----

Notes:

Vision Board

BODY

Health, Fitness, Self Care

SOUL

Adventure, Travel, Spiritual, Ethical, Service

CREATIVE THINKING QUESTIONS

Describe your excellent life:

If you had the gift of more time, how would you spend it?

What brings you the most joy in life?

What type of person do you want to be?

What have you always wanted to do/be, but never started?

Checklist

VISION BOARD MATERIALS

☐

A background. This can be a poster board, pegboard, corkboard, etc.

Tip: The dollar store sells poster boards for \$1 so this is the most cost-effective route.

☐

Magazines.

Tip: Try to have a variety of content, based on your goals. Sunset Magazine has good travel-inspired quotes and graphics, Women's Health Magazine is great for physical goals, Parents Magazine has wonderful family content, Forbes has good financial quotes and graphics, and the O Magazine is a good all-rounder. If you don't have magazines, ask your doctor's office, hairdresser, the library, local bookstores, or online.

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Other images and text (computer printouts/ old books/ art/ photos etc.)

☐

Glue.

Tip: We recommend rubber cement glue- it is in a bottle with a brush (that is the important part!) You can find an 8oz bottle of it for \$3.97 at Walmart, or at any other craft store.

☐

CLEAR Pushpins if you are using a cork or pegboard.

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Scissors

☐

Pencil and paper (for the planning process)

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Art supplies (optional) - sharpies, markers, crayons, paint, glitter- whatever you like!

Vision Board Brain Dump

Choose your word for the year

Reflect on last year.

What would you like to do differently? What do you need more or less of? How do you want to feel at the end of each day? What do you want to accomplish? What do you need to spend more or less time doing?

Jot down any words that come to mind.

Refine your list.

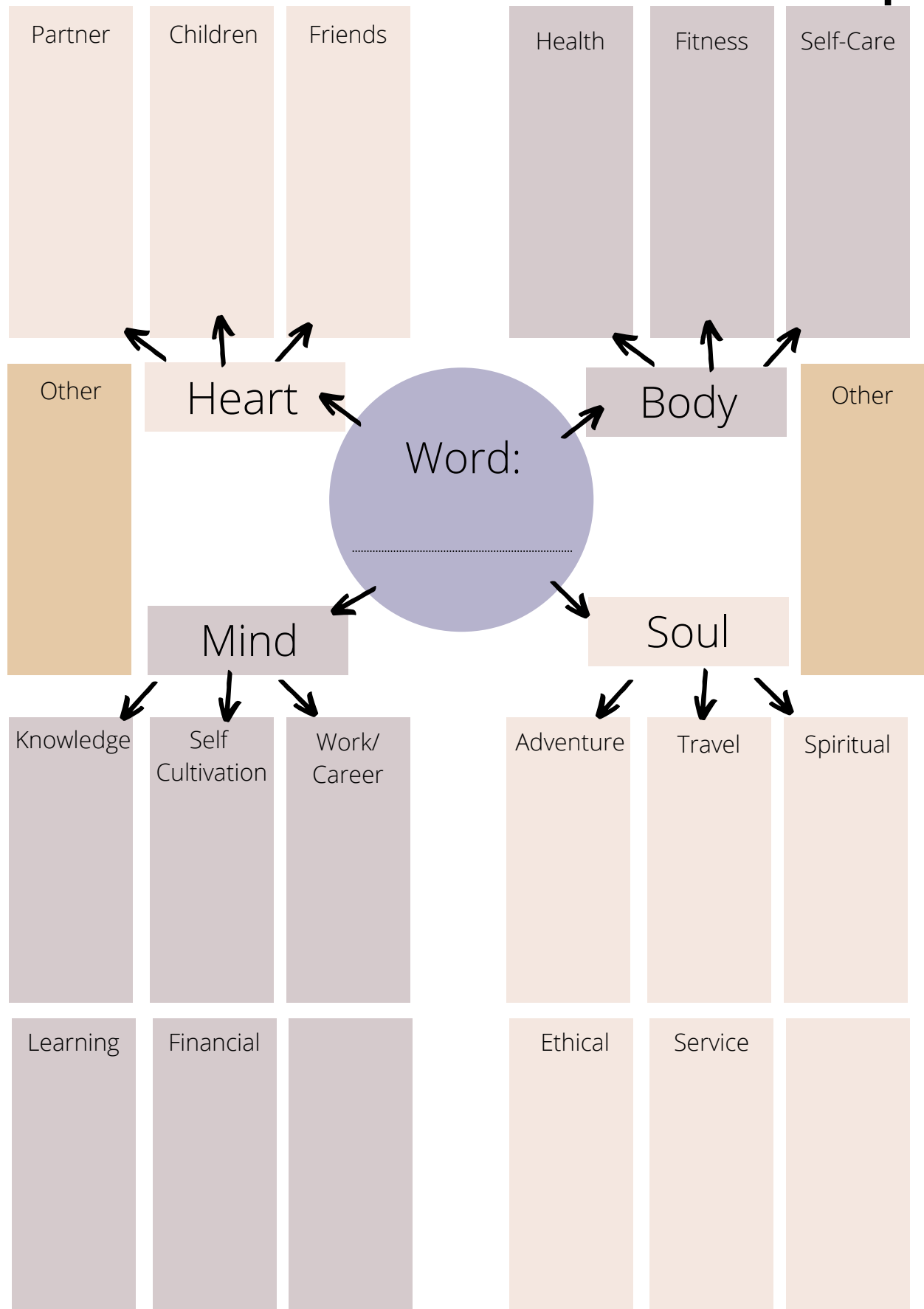
Do you see a theme in the words you wrote down? Do any of the words jump out at you and make you feel scared, excited, uncomfortable, or at ease?

It is important to connect with the emotion behind the word. Remember, this isn't about crossing items off a To-Do list. It's a mantra that will help to guide your decisions throughout the year.

Tip: Choose a time of day when you are relaxed, and spend at least 10 minutes meditating. Try to clear your mind, and then ask yourself, "What is my word for 2022?"

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Vision Board Brain Dump





do what
makes
you happy

take care
of your mind

» LOVE »



start
somewhere

TODAY
NEW
DAY

live
your
dream.

enjoy
every
moment.



STAY
Inspired
NEVER
Stop
Creating

It
Gets
Better

FIND
YOUR
HAPPY
PLACE

wonderful

You are doing
★ GREAT! ★

BOSS

YOU
GOT
THIS!

TAKE
care
OF
yourself

you know?

it's
OKAY

to say
NO

never stop growing

DREAM

FIND
YOUR
HAPPY
PLACE



grow in grace

SHINE
LIKE
-THE-
stars

BE GENTLE
WITH YOURSELF

what you water grows



WE
BEND
SO WE
DON'T
BREAK

GOOD
things
ARE
COMING

Think
Positive

CREATE
YOUR
OWN
REALITY

DON'T
JUST
FLY
SOAR!

GIVE
THANKS

reach
for the
stars!

YOU
HAVE
THE
COURAGE
TO
BEGIN
AGAIN

Make
YOURSELF
proud

I LOVE
MYSELF
TO THE
MOON
AND BACK

DO
WHAT
YOU
LOVE

Stand tall,
Darling

Allow
yourself
Joy

*new
job*

MINDFUL

Beautiful

GLOW

FUN!

*My skills and
talents make a
difference!*

HUSTLE

Limitless

seize the day

Fearless

NEVER
Give
UP

**I can
&
I will**

GOAL
Getter

Grateful

Blessed

STRONG

DREAM ON

CHILL

Progress over Perfection

*Wake Up
Happy*

dream

HAPPY

**BE
BRAVE**

LOVE

GRACE

Best Year EVER!

EVOLVE

Save. Invest. Grow. Repeat

DO
Amazing
THINGS!

Successful

Keep
going

DEBT FREE



Freedom

THINK
outside
THE
BOX

NOW
or
NEVER

HEALTH

My Tribe

YOU'VE
TOTALLY GOT
THIS!

Live
AND
Learn

Believe
IN
yourself

GOOD
THINGS
AHEAD

BE
FABULOUS

Life is good

Rise
and
Shine

Romantic

good things
take
time

do it for you

Joy!

YOU'VE
GOT THE
POWER

I
BEleaf
IN YOU!

DREAM BIG,
WORK HARD,
MAKE IT
happen.

donut
worry

POSITIVE
VIBES

you are
enough

be
yourself



Believe

BE
STRONG

CHOOSE GRATITUDE

take care
of your mind

YOU
matter

BOSS
BABE

EAT
well
FEEL
good

VIBRANT

Successful

Higher

CONNECTED

Purpose

confident

Resilient



PURPOSE

Reflect

DON'T LOSE
FOCUS

COMPLETE

BEE
PATIENT



Organized

Student Mentality

Expect Success

Role Model

Practice Gratitude

Forgive

Resilient

Travel

Marathon 5K 10K



Meditate



Embrace Failure

Thankful every day

Sunshine

Vehicle

House

NEW

Align

Cabin Vacation

Manifest



2022

Commit

FAITH

Stretch

HUG

Bible

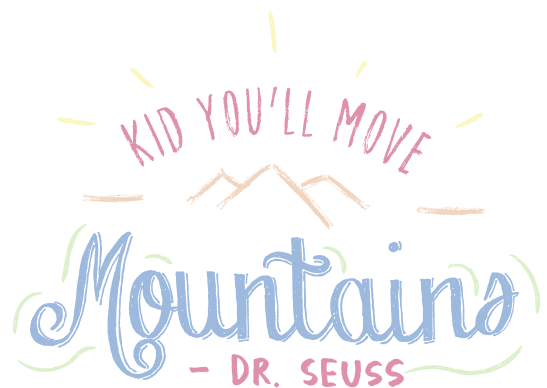
**I CAN
I WILL**

Clutter Free

*GREAT TIME
MANAGER*

I attract money

PROACTIVE



BLESSED BEYOND MEASURE

Excellence

*live
your
dream.*



EXCELLENT

inspire

**DO WHAT
YOU LOVE**



WORKOUT



Don't be
afraid
to be
Great

DREAM
BIG

I am in charge
of my
life

i am
becoming
the best
version
of myself.

you are
ENOUGH

SMALL
changes
CAN MAKE
huge
DIFFERENCE

LOVE
MYSELF

CREATE
Adventures
FOR
Yourself

you
are
not
alone

-DONT-
STAND
IN
your
OWN
WAY

SLOW
AND
STEADY

Let your
IDEAS
bloom

HAPPY

keep
positive
thinking