

VISION BOARD

WORKBOOK

DREAM TO ACHIEVE



A bouquet of pink roses is the central focus, resting on a light-colored surface. To the left, a pink pen lies diagonally. In the bottom right corner, a portion of a laptop keyboard is visible. The overall aesthetic is soft and feminine, with a pastel color palette.

DARE TO DREAM

WHAT IS A VISION BOARD?

A vision board is a visual representation of your dreams and desires laid out with images and text. Its purpose is to create a tangible reminder of what it is you want from your life so that it is always in the front of your mind.

Creating your image board is a powerful process that helps you nail down exactly what it is that you want. When you surround yourself with visual reminders of whom you want to become, where you want to be and what you want, your life will change to match those dreams and desires.

WRITE YOUR THOUGHTS

To connect with your deep desires and dreams, try creating a ritual before you start working on your vision board. Light a candle and sit quietly. With kindness, ask yourself what you want. Try to be as open as possible. The answer might come to you immediately, or it might take some time. However it works for you, just take time to let images come and go so that you can clearly create your vision.

Use this space to write some of the thoughts that come into your head. At this stage be open and think freely - any thought is valuable and can be added without judgement.

A large, empty white rectangular area intended for writing thoughts. It occupies the lower two-thirds of the page and is completely blank, providing a space for the user to write down their thoughts as instructed in the text above.

MY PERSONALITY

The Big Five Model of personality traits is the most widely accepted personality theory held by psychologists today. The theory states that personality can be attributed to five core factors

1. openness to experience (inventive/curious vs. consistent/cautious)
2. conscientiousness (efficient/organized vs. extravagant/careless)
3. extraversion (outgoing/energetic vs. solitary/reserved)
4. agreeableness (friendly/compassionate vs. critical/rational)
5. neuroticism (sensitive/nervous vs. resilient/confident)

Look at the 5 traits below and mark a cross on the line where you feel your own personality lies.

OPENNESS

closed ◦ ————— ◦ open

CONSCIENTIOUSNESS

careless ◦ ————— ◦ efficient

EXTRAVERSION

introverted ◦ ————— ◦ outgoing

AGREEABLENESS

hostile ◦ ————— ◦ friendly

NEUROTICISM

confident ◦ ————— ◦ nervous

What did you learn from this exercise?

ABOUT ME

My personality traits

My strengths

My strongly-held beliefs

My accomplishments

My health and wellness

My relationships

JOURNAL PROMPTS

When you've spent some time reflecting and you're ready, take a moment to write about what you want using these journal prompts.

What really matters to me?

If money were no object what would I want to do, be or have?

If I wasn't worried about people's opinions what would I want to do, be or have?

What strong beliefs do I have?

WHAT I WANT TO BE

Write about how you want to feel each day, what you think your mission is, your talents and strengths, and the kind of person you want to be.

A large, empty rectangular box with a thin black border, intended for the user to write their response to the prompt above. The box occupies most of the lower half of the page.

WHAT I WANT TO HAVE

Write about what you want to have. Be free and open and embrace everything that you want to have without judgement.

A large, empty rectangular box with a thin black border, intended for the user to write their response to the prompt above. The box is centered on the page and occupies most of the lower half of the document.

WHAT I WANT TO DO

Write about what you want to do. Explore your options and include anything even if it seems impossible. This is your chance to let your imagination run free.

A large, empty rectangular box with a thin black border, intended for writing. It occupies the majority of the page below the introductory text.

MY GOALS FOR 2024

Family goals

Relationship goals

Health and wellness goals

Personal development goals

Business and career goals

Social goals

Financial goals

Spiritual goals

MY GOALS FOR 2025

Family goals

Relationship goals

Health and wellness goals

Personal development goals

Business and career goals

Social goals

Financial goals

Spiritual goals

MY VISION BOARD

Personal

Relationships

Health and Wellness

Business / Career

My Bucket List

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10

MY VISION BOARD

Personal

Health and Wellness

Family

Friends

Relationships

Business / Career

Environment

Financial

MY RELATIONSHIPS

Relationship with	
Rating	

Relationship with	
Rating	

Relationship with	
Rating	

Relationship with	
Rating	

Relationship with	
Rating	

Relationship with	
Rating	

TURNING VISIONS INTO GOALS

I am going to

Why I want this

Limiting beliefs that I need to overcome

The resources and tools I'll need

First steps to get started

1

2

3

ACTION BRAINSTORM

<p>Start</p> <p>Do more</p>	
<p>Keep doing</p>	
<p>Do less</p> <p>Stop</p>	

VISIONS AND AFFIRMATIONS

The vision of what I want to be/do/have	Affirmations/quotes I can use to help me

MY LIFE ASSESSMENT

Use this scale to assess how satisfied you are with each life area. Use a scoring system where 10 is very satisfied and 1 is not satisfied.

Family	1	2	3	4	5	6	7	8	9	10
Friends	1	2	3	4	5	6	7	8	9	10
Relationships	1	2	3	4	5	6	7	8	9	10
Health & Wellness	1	2	3	4	5	6	7	8	9	10
Spirituality	1	2	3	4	5	6	7	8	9	10
Business / Career	1	2	3	4	5	6	7	8	9	10
Personal development	1	2	3	4	5	6	7	8	9	10
Environment	1	2	3	4	5	6	7	8	9	10
Finance	1	2	3	4	5	6	7	8	9	10
Recreation	1	2	3	4	5	6	7	8	9	10

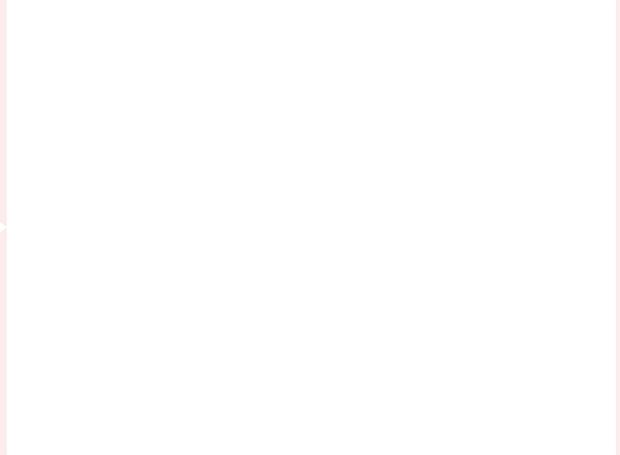
REFRAMING LIMITING BELIEFS

LIMITING BELIEFS

NEW REFRAMED BELIEFS



An empty white rectangular box intended for writing down limiting beliefs.



An empty white rectangular box intended for writing down new reframed beliefs.



An empty white rectangular box intended for writing down limiting beliefs.



An empty white rectangular box intended for writing down new reframed beliefs.



An empty white rectangular box intended for writing down limiting beliefs.



An empty white rectangular box intended for writing down new reframed beliefs.

DAILY PLAN

Date

Today's priorities

6 am	
7 am	
8 am	
9 am	
10 am	
11 am	
12 am	
1 pm	
2 pm	
3 pm	
4 pm	
5 pm	
6 pm	
7 pm	
8 pm	
9 pm	
10 pm	

To do

Notes

VISION BOARD

WORKBOOK

DARE TO DREAM

Enjoy the little things.

HER KOMMT SIE DIE FÜR BR...
DIE DESIGNER SETZEN VOLL AUF INDIVID...
WIE AUCH! SCHLÜSS MIT PERFEKTIONISM!

