

healthoutfit

Vision Board Planner

Design a positive vision of your future in
just 2 hours

in collaboration with [Mindfulnessbox.com](https://www.Mindfulnessbox.com)

Vision board 101

Vision boards are solely focused on creating a positive future. They're practical effective tools for helping you get clear on how you want your life to be, look and feel. When you're clear, you can focus your mind and energy on the work, people and opportunities that will bring you closer to that goal.

Vision boards are for every part of your life - day-to-day, and the big future. That's why some people call them dream boards, future boards, or inspiration boards.

This journal steps you through the process of making your own vision board, from why you might feel you need to create one, through to what to do after you've made it.

Enter your dream life

Most people's dreams are well and truly erased from their lives by the time they leave their teens. The demands of living in the 21st century leave little room for much else beside work, family and friends. If you're lucky you have some headspace to add in your own wellbeing, eating reasonably well and taking a holiday when you can fit it in.

The idea that you have created everything in your life can be downright scary. It's like it's all just happened while you were paying attention elsewhere: like the default summary of everything you didn't consciously think about.

So a vision board is a chance to draw a line in the sand, to get clear on what you really want, give yourself a powerful belief makeover and allow those forgotten dreams to bubble to the surface.

If you see something, create something

Humans are highly visual. Our brains like pictures. Chances are that you're reading this journal right now because you have a call to build the life you want, in pictures - to get it out of your head and into the real world. The vision board is an exciting and fun first step.

Types of vision board

It's your vision board so it's your choice whether you have one vision board, or many. Whether it's themed or focussed, plain or filled with glitter and feathers.

Detailed

This can be words and pictures. A student who wants to graduate well might include a few pictures of gowns, graduate caps, someone giving a speech in a gown, and also a sentence about what it will feel like to graduate, or some words like success, complete, joy.

Journal

If you like to write, you can write a story of the vision. This journal contains a page for each of the life wheel's areas.

Theme

This type is included in this journal. It follows the themes of the life wheel. You can create a vision board for each of the life wheel's wedges.

It's as easy as you want it to be.

This journal breaks the process down into easy building blocks:

1. Start where you are - look at the important areas of your life you'd like to change
2. Know what your goals are - get clear so you can focus
3. Build your vision board or boards - who said you only need one?
4. Affirm what you want, every day - especially when you have a 'bad' day.

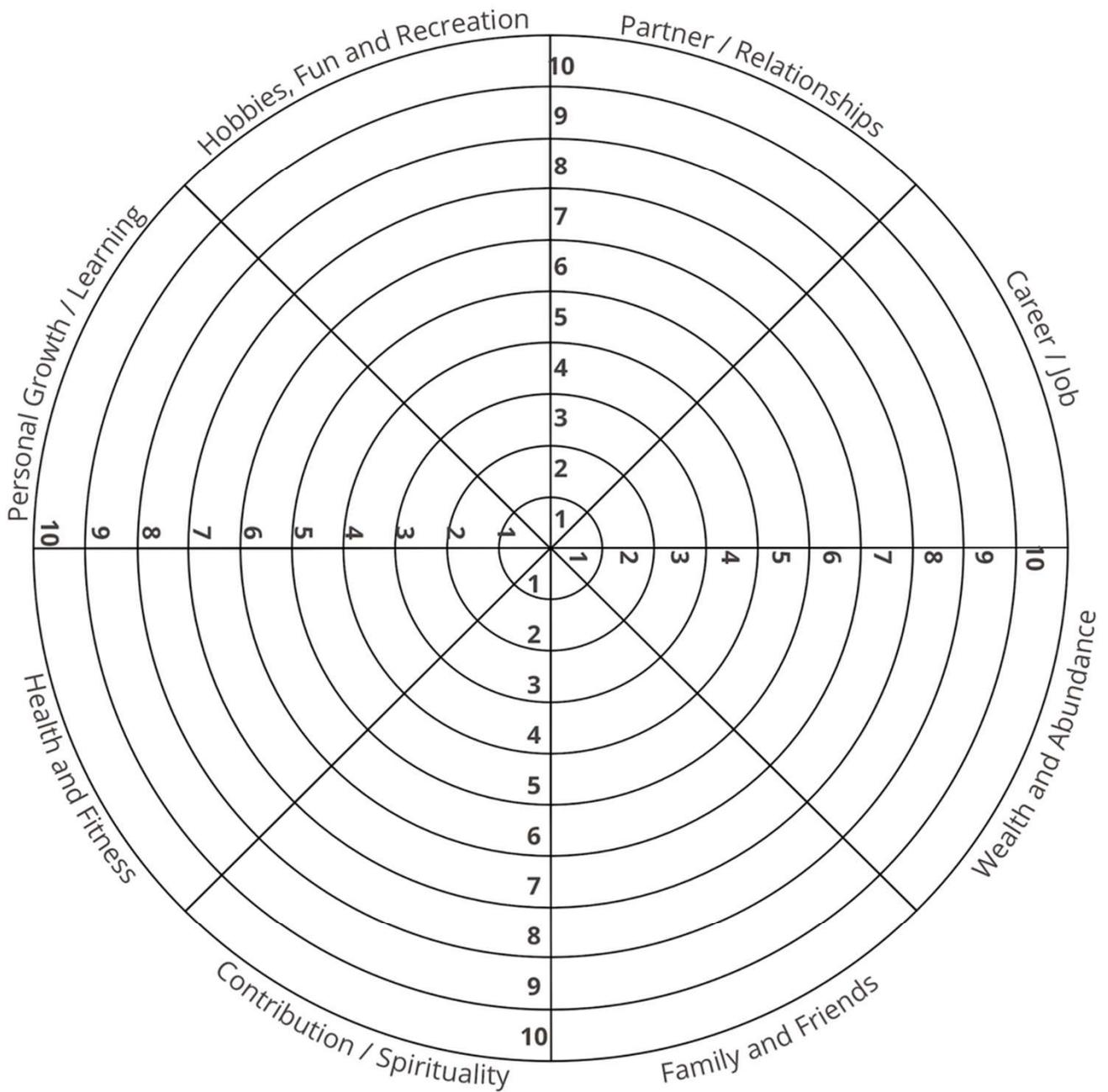
Your vision board will be finished for 'now'. You can revisit it as often you want to, to refresh your life's picture.

Start where you are

The aim of a life wheel is to create a picture of the balance in your life.

For each category, rate how satisfied you are and color in that row. 10 means "complete", 1 means "great place to start".

Would your wheel turn evenly? If not, that could be an area for you to focus your vision board.



Dream life

What segments of your life wheel aren't yet showing you your dream life?
Focus on the parts that need balance brought to them.

Personal growth / learning

Health and fitness

Hobbies, fun, and recreation

Contribution/spirituality

Partners and relationships

Family and friends

Career and job

Wealth and abundance

Build your vision board/s

You don't need anything fancy to build a vision board. But, if you love art materials and craft supplies, use them. Make the board as basic or as bright as you want. You can even create it using your computer and images you find online (for your personal use only, of course).

Types of boards

- a poster - post it where you'll see it often
- digital - a digital photo collage in Word or similar program. Make it your computer wallpaper!
- a journal - like this one

What you need

- a board - this can be a corkboard, poster board, a cut open packing box, or the pages below. Don't let needing the 'perfect' board stop you from starting.
- scissors
- tape or glue - stick, liquid, dots - whatever you have
- markers, colouring pencils, paint if you like
- stickers, if you like them
- craft supplies to embellish, if you like them
- magazines you can cut pictures and quotes from
- photos, quotes, sayings - some are included in this journal
- cards or postcards from friends, if that's an area you want to work on
- time - give yourself an hour or two so you can relax into the process and let all your dreams surface
- friends - why not include friends in a vision board party

Personal growth/learning

Choose a short term personal growth/learning goal from your life wheel page. What does it mean to you?

Choose a long term personal growth/learning goal from your life wheel page. What does it mean to you?

What five personal growth/learning words do you want to live by? Why?

What personal growth/learning things in your life are going well right now?

What three personal growth/learning things could you start doing right away?

What easy thing could you start doing today that would change your personal growth/learning?

Health and Fitness

Choose a short term health and fitness goal from your life wheel page. What does it mean to you?

Choose a long term health and fitness goal from your life wheel page. What does it mean to you?

What five personal health and fitness words do you want to live by? Why?

What health and fitness things in your life are going well right now?

What three health and fitness things could you start doing right away?

What easy thing could you start doing today that would change your health and fitness?

Hobbies, Fun and Recreation

Choose a short term hobbies, fun, and recreation goal from your life wheel page. What does it mean to you?

Choose a long term hobbies, fun, and recreation goal from your life wheel page. What does it mean to you?

What five hobbies, fun, and recreation words do you want to live by? Why?

What hobbies, fun, and recreation things in your life are going well right now?

What three hobbies, fun, and recreation things could you start doing right away?

What easy thing could you start doing today that would change your hobbies, fun, and recreation?

Contribution and Spirituality

Choose a short term contribution and spirituality goal from your life wheel page. What does it mean to you?

Choose a long term contribution and spirituality goal from your life wheel page. What does it mean to you?

What five contribution and spirituality words do you want to live by? Why?

What personal contribution and spirituality things in your life are going well right now?

What three contribution and spirituality things could you start doing right away?

What easy thing could you start doing today that would change your contribution and spirituality?

Partners and Relationships

Choose a short term partners and relationships goal from your life wheel page. What does it mean to you?

Choose a long term partners and relationships goal from your life wheel page. What does it mean to you?

What five partners and relationships words do you want to live by? Why?

What partners and relationships things in your life are going well right now?

What three partners and relationships things could you start doing right away?

What easy thing could you start doing today that would change your partners and relationships?

Family and Friends

Choose a short term family and friends goal from your life wheel page. What does it mean to you?

Choose a long term family and friends goal from your life wheel page. What does it mean to you?

What five family and friends words do you want to live by? Why?

What family and friends things in your life are going well right now?

What three family and friends things could you start doing right away?

What easy thing could you start doing today that would change your family and friends?

Career and Job

Choose a short term career and job goal from your life wheel page. What does it mean to you?

Choose a long term career and job from your life wheel page. What does it mean to you?

What five career and job words do you want to live by? Why?

What career and job things in your life are going well right now?

What three career and job things could you start doing right away?

What easy thing could you start doing today that would improve your work experience?

Wealth and Abundance

Choose a short term wealth and abundance goal from your life wheel page. What does it mean to you?

Choose a long term wealth and abundance goal from your life wheel page. What does it mean to you?

What five wealth and abundance words do you want to live by? Why?

What wealth and abundance things in your life are going well right now?

What three wealth and abundance things could you start doing right away?

What easy thing could you start doing today that would change your wealth and abundance?

Affirm your vision

Your vision board is a picture of how you want your life to be. Put it where you'll see it often, to remind yourself of the new vision you are creating in your life. The key word is 'often'.

Where will you place your vision boards?

When will you look at your vision boards?

When will you review your vision boards?

Can you summarise your vision into a few sentences? Write them on a post-it note and stick them in a few places.

Annual tracker

Year: _____

My Year

1 _____

2 _____

3 _____

4 _____

5 _____

6 _____

7 _____

8 _____

9 _____

10 _____

11 _____

12 _____

What I can do each month		
jan	feb	mar
apr	may	jun
jul	aug	sep
oct	nov	dec

Resources to help you

Cut out the words below and use them as inspiration for your boards. Add your own words! Draw or paint the relevant words onto your vision board, if you prefer.

Abundant	Alive	Amazing	Beautiful
Believe	Brave	Celebrate	Centred
Confident	Creative	Desire	Destiny
Do it!	Dream	Dream big!	Easy
Energy	Enthusiastic	Faith	Fearless
Focussed	Free	Fun	Great team
Growth	Happy	Healthy	Hope
I am	I am worthy	I can	I can do this
I do what I love	I love this!	I use my voice	I will
Imagine	Intelligent	It is possible	It will happen
Joy	Knowledge	Love	Loved
Loving	Manifesting	Mindful	Miracles
Money is easy	Motivated	Power	Powerful
Progress	Prosperous	Radiant	Ready
Relaxed	Resourceful	Secure	The force
Try	Wealthy	Wish	Wonderful
Yes!			