

VISION BOARD WORKSHEET

A vision focuses on your goals for the future. It answers questions like: Who do you want to become? What do you aspire to accomplish? And how will you get there? When you have a vision, you have the ability to see beyond your current reality, regardless of what reality may look like.

A vision board is a collection of images and/or words that represent what you want to achieve in a period of time. It helps you define your future and serves as a daily reminder of where you are headed. A vision board comes in all forms (poster board, digital board, journal, etc) and can be used for different time periods in your life. You should choose what works best for your goals.

Below are questions to consider as you create your vision board.

What type of board do you want to create?

What goals do you want to achieve?

When do you want to achieve your goals? How will you achieve them?

What have you always wanted to do but never had the courage to do?



What do you wish you had more time for in your life?



What makes you happy? When are you at your best self?



What are words or quotes that keep you motivated?



I WANT TO...

I WANT TO TRY

I WANT TO LEARN

I WANT TO CONTINUE

I WANT TO STOP

I WANT TO HAVE

I WANT TO BE

I WANT TO _____

I WANT TO _____

GOAL SETTING

What areas of your life do you want to focus on?
What are your goals for those areas?

Areas of life could be: Career, Community, Development,
Education, Family, Financial, Fitness, Hobbies, Love,
Mental Health, Relationships, Spiritual, Travel

