

VISION BOARD

WORKBOOK

How to Use This Workbook

This vision board workbook is designed to help you **clarify what you want**, gently focus your energy, and create a calm vision for the year ahead.

- You do **not** need to complete every page.
- You do **not** need to rush.
- There is no “right” or “perfect” way to use this.

What this workbook is for

- Gaining clarity about your goals
- Visualizing the life you want to move toward
- Reducing mental noise and overwhelm
- Supporting consistent, gentle focus

How to use it

- You can use this workbook **digitally** (on a tablet or computer)
- Or **print it** and write by hand
- Choose the pages that feel most helpful to you

Some people complete this in one sitting.

Others return to it slowly over a few days.

Both are perfectly fine.

A gentle reminder

This workbook is a **support tool**, not a task to complete.

Small clarity, repeated gently, creates real change.

A Simple 3-Step Vision Board Flow

You don't need a complex process.
This simple flow is enough.

Step 1: Get Clear

Use the reflection pages to explore:

- What you want more of
- What matters to you right now
- How you want your year to feel

Write honestly. Keep it simple.

Step 2: Visualize

Use the vision board pages to:

- Add images, words, or symbols
- Represent goals, feelings, or experiences
- Create a visual reminder of your direction

You can do this:

- Digitally
- Or by printing and pasting images
-

Step 3: Revisit Gently

You don't need to look at your vision board every day.

Once a week is enough.

Spend a few quiet minutes:

- Looking at your board
- Reading your intentions
- Reconnecting with what matters

Remember

Progress doesn't come from pressure.

It comes from **clarity, consistency, and calm focus.**

Use this workbook as a companion — not a rulebook.

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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.

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.

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.

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.

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

VISION BOARD

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BE PREPARED TO DREAM

