

Supercharged Vision Board

Prompts to help you visualize your goals



Name: _____

Date: _____



A Vision Board is a visual representation of your visions, goals, and dreams. Visualization is important because it fires-up your intrinsic motivation to drive you from the inside out.

To get started...

1 **Grab paper, a journal, laptop, or tablet.**

Anything works that you can write your answers to these questions freely on.

2 **Ask yourself: "What do I want to celebrate from the recent past?"**

This might include accomplishments or highlights over the past year.

Write or type your answers.

3

Now, begin imagining what's next. Choose one prompt that you keep in mind as you begin to select images for your Vision Board.

How do I want the next year to look and feel?

What do I want my business (or work) to look and feel like in the next year?

What do I want for my family/personal life in the next year?

Choose one of these or make up your own.

4

Choose images by cutting them out of magazines or grabbing them online.

You can intentionally choose the image or (and this is the option I like best) simply hold your theme in mind and choose whatever image catches your eye. This second option may sound willy-nilly but every time I do it, I'm amazed by how spot-on the images are and how perfectly they represent what's in my heart and mind.

To choose images, you can:

- give yourself as much time as you want or set a time limit
- arrange the images in any way you want
- choose as many images as you want
- cut-out or write words, phrases, or sentences

Really...you can make up your own rules!

5

Attach the images to paper or digital document.

I like using hard card stock and have used letter-sized paper, 11"x17", and poster board. I've also grabbed images from online and pasted them into a digital document.

When you finish creating your Vision Board, use the prompts in Steps 6-8 to supercharge your vision! These questions will guide you in unpacking the meaning of your Vision Board and taking it to the next level.

Give yourself the gift of uninterrupted time to answer them. You can chunk up your time into segments i.e., 15 or 30 minutes, or write your answers all at one time.

6

What does each image mean to me?

Don't over think this question. Keep your theme for the Vision Board in mind and then write whatever comes to mind about each individual image. Trust that it will make sense when you look back at what you wrote about each image.

7

Based on my Vision Board, what are the 3-5 key end results I want to accomplish?

When you finish writing, read what you wrote about each image. Then, write 3-5 key end results that connect with your overall theme.

A key end result is what will be done in the end. It is not a goal. A key end result can be measured, and goals are a way to measure it.

For example, one of my key end results related to my business is: *Nourish and nurture my business and myself.* (Writing the specific goals will come later.)

8

What's important to me about accomplishing these results?

Knowing **why** these key end results matter to you will supercharge them!

Continuing with the example from my Vision Board process, one of my answers is: *I am doing meaningful, satisfying work and consistently recharging myself to do it.*

9

Put your Vision Board in a place you'll see it often.

A glance at it once in a while will continually stoke your internal fire!



This process can be repeated as many times a year you want to do it. Consider it the spark that ignites your goals!