



# Vision Board Workbook

TRUE *ty* JOY  
EXPERIENCE

# Vision Board Workbook

## Introduction

Nothing feels as wonderful as creating a vision for your life - finally setting the stage to live life your own way and achieve your wildest dreams. There is no better way to manifest that dream than to visualize it Every. Single. Day.

A Vision Board will help you keep the motivation going on your journey.

A Vision Board is a visual representation of all that you desire to accomplish in one year, 5 years, 10 years, and even in your lifetime. It embodies how you want to feel, who you want to become, what new things you want to try, what you want to achieve, who you want to spend time with, and what your ideal day looks like.

The best thing about Vision Boards is there is no wrong way to create one. It's your vision, after all, and that can look and feel any way that is aligned with who you are and what you want to get out of life.

This workbook will walk you through creating your vision - what you want to accomplish, what you are ready to let go of, what you want your ideal day to look like, what you want to spend more time doing, and how you want to feel.

Then you will decide what visual representations, and motivational quotes or affirmations you need to include on your vision board to tell the story of who you will become and what your life will look like when your vision becomes a reality.

Finally, you will learn how to use your vision board everyday to maximize your manifesting power!

I recommend that you create your board and then check in every three months to see what you have accomplished, and what needs to be tweaked. As we experience life, our desires and vision changes, and therefore some elements of our vision board may no longer be relevant to what we want to get out of life.

Grab a friend or a group of friends, and create your vision boards together. At the end of the workbook, I have some tips on creating your vision board with your besties!

Now, let the fun begin!

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## How to Create Your Vision Board

### 1 Decide your Vision Board Materials

Your board has to be aesthetically pleasing to you, so you get excited to add it to your decor. You could use poster board with pasted images, quotes, etc. Maybe you want to make it a certain size so you can hang it in your bedroom or office. You could also use something decorative like a linen board with ribbon that holds your items in place and that you can hang somewhere you see it daily. There are also wire frames that you hang your images and quotes on with binder clips. Whatever you choose, make it feel right to you - what you will look at each and everyday, and overwhelm your heart with joy and anticipation.

### 2 Create Your Vision

This workbook includes powerful questions that will prompt you to write your story and vision for your life. This is a powerful exercise. Your thoughts become things, meaning the more you are clear on what you want and you write them out, or say them, or visualize them over and over, the more they become reality. You get to choose what happens in your future (for the most part - The Universe/God always has some surprises of course!). While you are writing your story, make sure it is what you truly want, not what you should want or what others want for you. And DEFINITELY not limited by fears, doubts or old beliefs. It must be aligned with what is right for you or it will never manifest to reality. Be HONEST with yourself.

### 3 Find the Right Representations

Once you complete the questionnaire, reflect on what you wrote out, then think about what would represent your feelings (maybe photos of you when you are happy), or words or phrases (I release my fear of failing, or I learn to live in Faith). If there are people you want to spend more time with, make sure you add their photo to the board. If there are specific books you want to read or lectures you want to attend, print out a picture and pin it up! If there is a number of followers you want on social media, print out a picture of your Facebook homepage and edit the current number to be what you want it to be. If you want to publish a book, create the cover and pin it to your board. If you want to start your day by drinking a cup of tea or doing yoga and meditating, make sure there are pictures that reflect those activities.

This is the fun part, so take your time. You may have to look for pictures of yourself or of your quotes or affirmations or activities you want to achieve and print them out. Go slow and make sure your board reflects your vision!

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## Your Joyful Life

1

I will focus on creating my ideal day which includes

2

I love spending time and want to continue spending time with

3

I love doing and want to do more of/want to try or start the following activities

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## Your Challenges

**1**

In order for my vision to become a reality I must shift/change/release the perspective/beliefs that are holding me back including

**2**

Instead, I need to embrace/believe

**3**

I need to let go of the following relationships/situations that inhibit my vision

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## Your Personal Growth

1

I will become more

2

When I achieve my goals and dreams I will feel

3

To become who I need to be in my vision, I will read/enroll/hire/listen to/attend the following books, courses, podcasts, events, or professionals:

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## Your Vision

Let's start dreaming! Find a quiet location and reflect on and complete the following questions. These questions will develop your vision and help you create a powerful Vision Board to inspire you throughout the year!

**1** My overall vision for my life is

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## Your Vision

**2** This year, I want to

**3** My mission statement or tagline for my life is



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## Transforming your Board

Now that you have your vision, let's write out everything you need to print and find to reflect your vision.

- 1** What pictures, quotes, phrases and items do you need to add to your Vision Board to reflect beliefs or perspective shifts you want to make?
- 2** What pictures, quotes, phrases and items do you need to add to your Vision Board to reflect what activities you want to do more of and people you want to spend time with?
- 3** What pictures, quotes, phrases and items do you need to add to your Vision Board to reflect your overall vision and your mission statement/tagline?
- 4** What else can you add to your Vision Board to inspire you, your overall vision and your ideal day?

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## Visualization

Your Vision Board is complete and now you are ready to create a daily Visualization Practice.

Ultimately your vision board is exactly what it says - it's the vision for your life. It's there to help you visualize all you desire, but the Board alone can not do the work. Now you have to take action, but it isn't as hard as you think. You have your vision, now get visualizing!

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Use this vision board as a powerful tool to finally make changes in your life and make your dreams a reality! Find a visualization practice that works for you. The more you get in the habit of visualization, the faster you will manifest your dream life!

- 1** Start by spending 5 minutes each morning in visualization. See yourself accepting the award, see yourself ending a relationship, see yourself hitting publish on your business website, see yourself putting your trust in the Universe or facing your scariest fears. Whatever is on your board, see it and feel it.
- 2** Next, know what you feel when you achieve each of your goals. How free will you feel when you enhance your faith in the Universe or let go of your fear of leaving your corporate job?
- 3** Finally, focus on who you decided you need to be to achieve your goal. Visualization and personal growth are #1 in getting to where you want to be. You can't achieve your wildest dreams without knowing and believing that nothing can hold you back. That has to be your main focus each and everyday!

Visualization is VERY powerful. It's one of the biggest components to manifesting what you want in life. You need to be able to see and feel what your life will look like when you're successful. You need to know what it feels like to do the things you want to do. By seeing your vision board everyday, you are empowering your mind, body and soul to manifest it. By making the board more of a story, you are telling the Universe that I am ready to overcome what is holding me back and I am READY to move forward. I am cleaning house, making changes, and making room for my new life and new opportunities.

O

Once you do that, everything starts shifting!

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## Let's Make this a Party!

### It's party time!

Do you REALLY want to see those goals become a reality? Do you REALLY want to transform your life and FINALLY do what you're meant to do, all that is on your heart?

Then here is the secret...Share your vision and goals with those friends that are ready to support and cheer you on!

**So, instead of creating your vision board on your own, gather your friends together and create your vision boards together!**



### How to prepare

**Set the date and time of your Vision Board Party and invite your friends to join you!**

Here is a supply list to get you started:

- **Poster board** (you can get packs 10 of smaller sizes in the craft store)
- **Colored Markers**
- **Scissors**
- **Glue sticks**
- **Pens**
- **Printout workbooks for each guest**
- **Magazines** - Ask everyone to bring some of theirs from home too!
- **Snacks and Beverages** - Nothing makes a party fun like fun snacks and drinks. Ask each guest to bring their favorite snack or dessert and their favorite wine. Doing this over the holiday? Combine it with a cookie swap party where everyone brings a few dozen of their favorite cookies to swap with everyone else!

Invite everyone over and work through the workbook together. Share what isn't going great and what you want your life to look like.

Want to take your vision and goals setting to the next level? Schedule another get together with your friends and work through the **Quarterly Goal Setting Roadmap** together. Set your goals, share what you want to accomplish, and hold each other accountable to reach those goals.

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Here is a gift for you!

**Here are some printable affirmations and quotes to get you started on creating a Vision Board that keeps you motivated and inspired to take action everyday to reach your goals!**

**Good luck with your vision board and have fun!**



*Katerina*

*Don't forget to follow True Joy Experience on Facebook and Instagram and share a photo of your vision board and tag **@truejoyexperience***




**I FIND JOY  
IN THE  
LITTLE  
THINGS**



*I surround myself  
with a supportive  
and loving inner  
circle of friends.*

**I LIVE  
ABUNDANTLY**



*I put myself  
and my journey first  
everyday single day!*

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***She Believed  
She Could,  
So She Did!***



**I LIVE LIFE  
MY OWN WAY!**



I find something to celebrate everyday!

“

ONCE YOU MAKE A DECISION, THE UNIVERSE CONSPIRES TO MAKE IT HAPPEN!

RALPH WALDO EMERSON

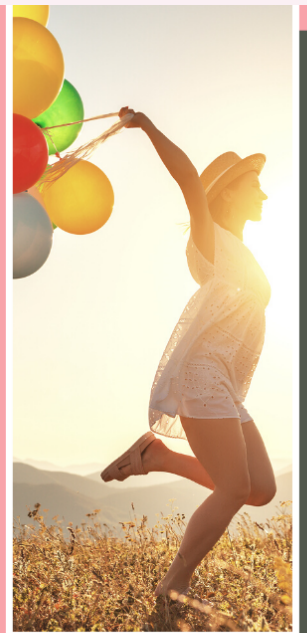
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I am Fearless



People will stare. Make it worth their while.

HARRY WINSTON



”

I AM ENOUGH

I HAVE ENOUGH

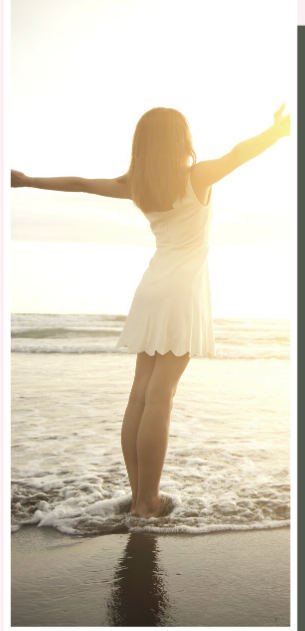
THERE IS ENOUGH

I believe in my dreams

I lead  
with  
gratitude

YOU MUST DO  
THE THING  
WHICH YOU  
THINK YOU  
CANNOT DO.

ELEANOR ROOSEVELT



I've Totally  
Got This

*It always seems  
impossible until it's  
done!*

NELSON MANDELA

I AM

*Beautiful*

*Life is  
too short  
to wait.*



**DREAM IT!  
BELIEVE IT!  
ACHIEVE IT!**

*I focus on my  
successes instead of  
the setbacks!*



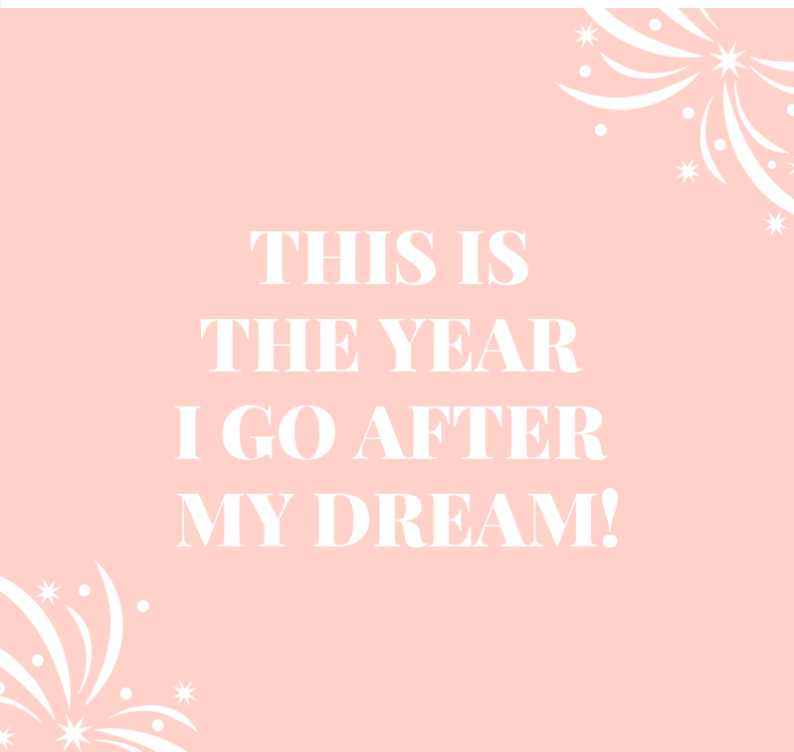
I  
dare to  
dream



DO WHAT  
YOU LOVE



POSITIVE  
VIBES  
Only



THIS IS  
THE YEAR  
I GO AFTER  
MY DREAM!