



"Vision without action is merely a dream. Action without vision just passes the time. Vision with action can change the world." - Joel A. Barker

3-Month Vision Board:

Embarking on a journey to change your behavior and mindset can be quite intimidating. That's why we prefer to divide transformation into smaller, manageable periods. Three months is an optimal timeframe that strikes a balance between being distant enough to initiate real change and yet close enough to feel attainable.

Below, we present you with a series of squares, each representing a specific theme. Within each square, articulate or illustrate where you envision yourself being in three months in relation to these different aspects. Make an effort to envision your ideal state and refuse to settle for anything less! Even if you don't fully realize your exact vision, it's crucial to have your best-case scenario clearly depicted on paper.

Family

Health



Finance

Personal Growth

Career

Relationships

Hobbies

Spirituality

