

What is the purpose of a vision board?

A Vision Board is a collage of images and words that that you should display in a prominent place to remind you **WHY** you do what you do every day; images and words that spark your motivation and remind you of your values, goals, or dreams. It could also be filled with things that inspire you or leave you feeling happy.

Key points of creating a vision board

1. Set **S.M.A.R.T.** (Specific, Measurable, Attainable, Realistic, Timed) goals and prioritize.
2. Create a basic structure for my vision board.
3. Write goals and ideas on a visible poster board.
4. Find images and words for the vision board.
5. Sort and arrange the images and words.
6. Edit and create your goals.
7. Glue down your images.
8. Add your own phrases, pictures, or sketches.
9. Display your board
10. Review your goals (Daily, Weekly, Monthly)



RELATIONSHIPS:

CAREER:

FINANCES:

**VISION
BOARD**

TRAVEL:

PERSONAL GROWTH (MENTAL):

HEALTH (PHYSICAL):
