

Vision Board



60 Minutes



Visually represent the most important things you want to be, do and have in life. This is a great way for you to physically see your goals and what your life could look like once you have achieved them.

1. Take some time to reflect and figure out which aspects of your life are the most important to you right now e.g. progressing in your career, starting a family or going traveling.
2. Choose one or two areas that you really want to focus on and change in the next year.
3. Print off or draw images that represent those areas and the specific goals you want to achieve in them.
4. Arrange and fix the images on a piece of card or a cork board.
5. Once you are happy with your finished board, place it somewhere you will see it on a daily basis e.g. bedside table, bedroom wall, desk etc.
6. Review and update your vision board as you achieve your goals. See the digital vision boards below for inspiration.



