

2022 Vision Board

Instructions: Add pictures or fill in the boxes to get you started on your vision board!

Visualization is a powerful tool. When you can envision your future-self accomplishing your goals, you take one step closer to making that success a reality. Here are three reasons why you should create a vision board.

1 CLARITY

Determining exactly what you want and getting clear on the details helps you to develop a roadmap to get there.

2 FOCUS

Envisioning the future helps you to practice discipline today, so you can have a better future tomorrow.

3 MANIFESTATION

By imagining you in the future, you've taken an action to make this dream a reality. Continuing to fuel this vision will make this reality.

Here are a few questions to ask yourself when you create your vision board:

What does your life look like?

What do you look like?

What will you be able to do when you reach your goals?

How will you celebrate your accomplishment?

MOTIVATION

(Ex. inspirational quotes, pictures of your family)

GOALS

(Ex. being able to go hiking, lower blood pressure)

REWARDS

(Ex. going on a trip, getting a manicure)