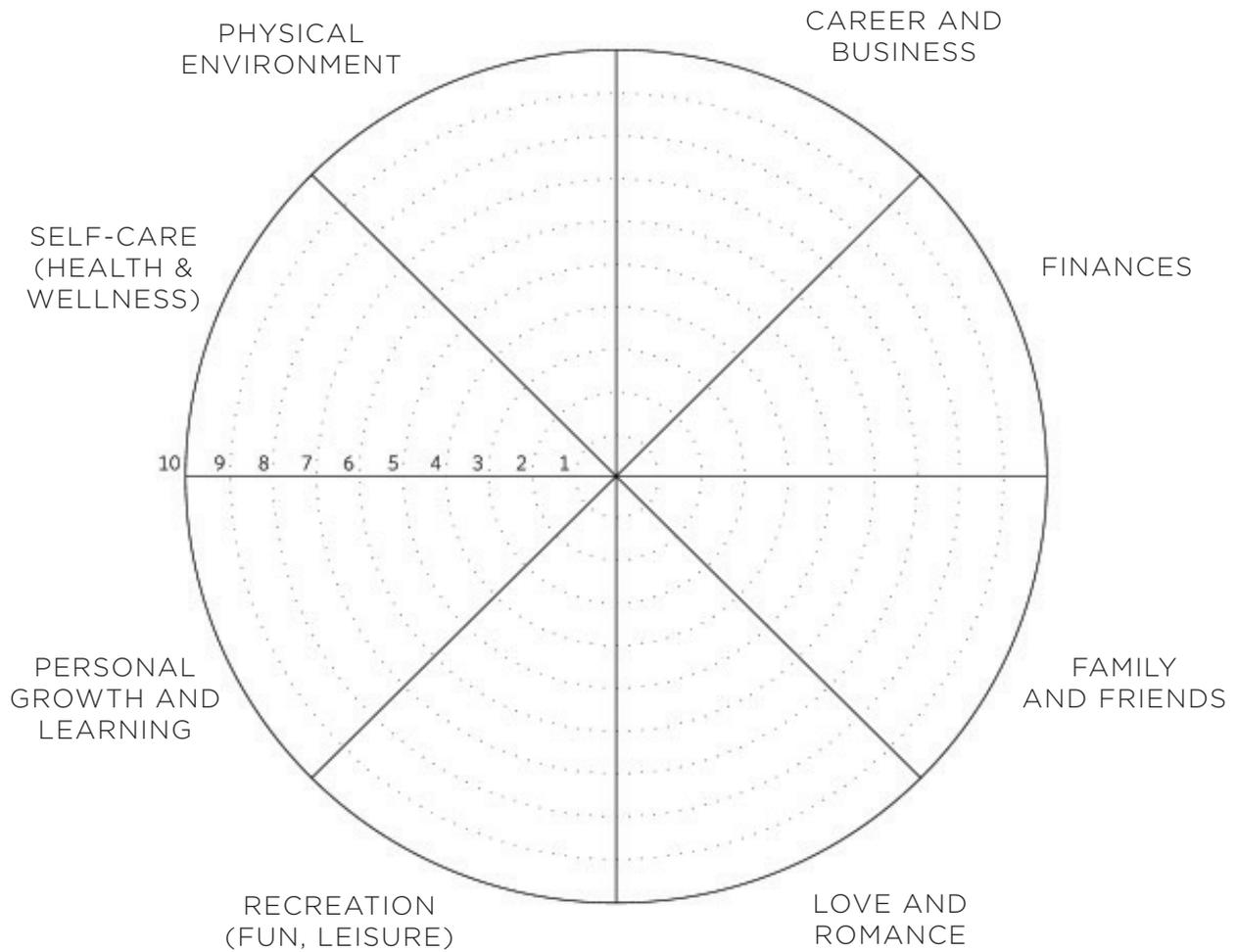


# DEAR DIARY

*vision board workshop*

## CURRENT LIFE REVIEW

Use this wheel to get a visual representation of different areas in your life. Rate on a scale of 1 to 10 (1 - not satisfied; 10 - very satisfied) and see which areas need to be improved in the future.



Which areas of your life need to be taken care of and improved?

.....

What are the biggest changes you need to make to have balance in all these areas of your life?

.....  
.....  
.....

# GOALS

Write down your 3 top goals for each of these areas and envision how it will make you feel when you accomplish these goals.

## **PERSONAL GROWTH** (self-improvement, recreation)

1. ....  
.....  
.....
2. ....  
.....  
.....
3. ....  
.....  
.....

Why is it important to you & how will it make you feel?

## **PROFESSIONAL LIFE** (career, business, finances)

1. ....  
.....  
.....
2. ....  
.....  
.....
3. ....  
.....  
.....

Why is it important to you & how will it make you feel?

## **SELF CARE** (health, fitness, wellbeing)

1. ....  
.....  
.....
2. ....  
.....  
.....
3. ....  
.....  
.....

Why is it important to you & how will it make you feel?

## **RELATIONSHIPS** (family, romance, friendship)

1. ....  
.....  
.....
2. ....  
.....  
.....
3. ....  
.....  
.....

Why is it important to you & how will it make you feel?

Now that you have a clear vision of the things you want to accomplish, have & be, the next step is to find images that represent your dream life. Have fun creating your future!



