

# create your 2021



# vision board

it's OK to not do it





# a new year is here

Now is the perfect opportunity to get clear on your intentions and goals for 2021. You do not have to do this at the beginning of the year but rather whenever you're feeling a need to reconnect and gain clarity on what you desire. Our current society leads the busiest, loudest, most chaotic lives in history, with social media and millions of people's lives at our fingertips and in our pockets. We can spend our time scrolling and comparing our houses, families, friendships and careers to those we see filling up our screen or we can take control of our lives and manifest the shit out of it to create your dream life!

Sitting down and creating the space to manifest is something every one should do periodically to focus in on what ignites your soul and helps you get closer to your purpose. I mean, honestly, this should just be a protocol of life?! Do you have loved ones around you that have never taken the time to ask themselves 'What do I want out of this life?'

Creating a vision board isn't simply compiling a random bunch of pretty images and sticking to a cork board. There is a specific process we should follow when putting this collage together. Through the steps I've listed in this ebook, I have personally been able to manifest a lot of my own big time goals. From relationships to family, business projects and brand collaborations, I am so grateful for the tools in manifesting that I've learnt and implemented. Hopefully by me sharing these, it helps you achieve some of your goals and aspirations as well.

**So let's get started!**

## STEP 1 - GATHER SUPPLIES

What you'll need:

- Notebook / Journal + Pen
- Cork board / Poster
- Pins, Glue, Scissors, Texas
- Coloured / Textured paper
- Computer (access to Pinterest and printer for images) or an old magazine
- Photos of your loved ones or places that conjure connection for you



I took a trip to Officeworks (stationery store) and all up this project cost me about \$40. Think of it as an investment into your future, not to mention you can reuse the cork board for next year!

## STEP 2 - FIND A PEACEFUL SPACE TO CREATE YOUR VISION BOARD

Create a space for you to do this project. Somewhere you can get comfortable, have access to internet and won't be interrupted. You can create a space on your bedroom floor, home office or living room. If you'd like to cleanse the space of previous chaotic energy, light a scented candle or incense, sage it or place some crystals by your notebook. Before you begin your vision board prompts, I highly recommend you take the time to meditate or take a moment to reconnect with your breath. This will help you separate the chaos of your morning to what is about to happen.

You will need to time block at least 2 hours to complete this project.

## STEP 3 - REFLECT

One of the first parts of this project is to spend 5-10 minutes reflecting on the lessons and soul igniting achievements of the last 12 months. Answer the following questions in your own notebook.

- **In the last 12 months, what area do I feel I had the most growth?**  
e.g. Career, Health, Spiritual, Mental, Emotional, Training
- **What am I most grateful for in 2020?**  
e.g. Having time to slow down, Finding joy in the simple and ordinary things of the day, Internet shopping (haha!)

- **What are some of the things that I experienced, that made me feel most connected to myself?**  
e.g. Going on nature works, taking up journaling, spending one on one time with \_\_\_\_\_
- **What are some of the experiences that made me feel aligned with my purpose?**  
e.g. Was there an experience or work project that really lit you up and ignited a fire in your belly? Did you have a conversation with a friend that really made you buzz? Did you do any charity work? The things that give you goose bumps are to be noted and recognised! Jot them down and whatever it was, find a way to do more of it!

## STEP 4 - RECONNECT WITH YOUR VALUES

It's important we take the time to identify what our values are and which values we really admire and want to implement more into our lives.

Values determine your priorities and at the core give you an indication of how your life is panning out. If your values align with your behaviour and your loved one's behaviour, usually things are looking pretty good and you feel content. If not, it's usually when things don't feel right and can be a source of unfulfillment. This is why I feel its a vital part of the process. What I've found is that our goals typically derive from our values. So have a think, what are your values? And what are the values you'd like to make a priority this year?

**HONESTY**

**RELIABILITY**

**SPONTANEITY**

**SECURITY**

**COURTESY**

**COMPASSION**

**AMBITION**

**PATIENCE**

**TRUSTWORTHINESS**

**TIMELINESS**

**THOUGHTFULNESS**

**EMPATHY**

**SELF ACCEPTANCE**

**FINANCIAL STABILITY**

**CONSISTENCY/ ROUTINE**

**OPEN MINDEDNESS**



*inspire*

Feel free to choose a handful and elaborate on what you mean when you think of the value. Values are a great talking point in a relationship as it helps your loved one understand why you have certain goals.



## STEP 5 - CREATE YOUR 2021 THEMES

What are key words that represent the year you want ahead? Come up with some words that resonate with your desires and your dream life! These words may have been popping up at you in a book store, or showing up for you in your affirmation cards, sometimes the universe drops hints! Take a moment to tune in and see what comes up for you. **Optional:** you can break down some different categories / aspects of life e.g. Home Life, Career, Spiritual Journey, Finance

CONNECTION

FAMILY

SELF DISCOVERY

ADVENTURE

STARTING FRESH

GIRLBOSS

HEALING

WHOLESOME

POWER

FINDING LOVE

PRESENT

NEW CAR

EMBRACE

INTENTION

FINANCIAL SECURITY

TIME

KINDNESS

RENEW

RESILIENCE

## STEP 6 PART A - GOAL SETTING!

With all of the above at the forefront of your mind, it's time to layout your goals! It is my hopes you can create atleast 7 goals for yourself. This can be difficult for some and can pour out on to paper for others. Whichever category you fall behind, be sure to set intentional goals. I will be including some examples below, feel free to use them or alter them to be more personal to you.

**Manifesting and visualising your dreams is half the journey, the latter is putting in the work and hustling towards your goals.**



## STEP 6 PART B - CREATE AT LEAST 2 HABITS TO IMPLEMENT

This is a very important step that will help you achieve each goal. It's one thing to manifest, visualise your dreams and wish for things in life. It's another to get to work and actually hustle! This is the hustle part.

Get specific Want to get fit? Cool! That's amazing, What time are you going to be exercising to improve your fitness and for how long? Where will you be exercising and what type of exercise or workout will you be doing? How many days will you be committing to this?

I'm sorry if this sounds like I'm interrogating you but I really want to see your dreams come to fruition! To do that, you can't be vague, you can't be flakey, you have got to flesh out your goals, get down to the nitty gritty and get a plan! So here are some examples:

### MY GOAL IS TO BECOME A FITTER, HEALTHIER VERSION OF MYSELF IN THE NEXT 12 MONTHS.

**Habit 1** - I am committing 30 mins of moving my body (workout program, yoga class or going for a walk) 4 times per week. I will be doing this a minimum of 4 days a week (list specific days) at XXXX am / pm.

It's okay if those days and times don't work every week but you have set the intention!

**Habit 2** - I will contact 2 gyms tomorrow to visit and see if its my vibe / within my budget until I find a good fit for me.

**Habit 3** - I will find an accountability partner to kick start me into this journey. I will touch base with this partner every Monday and let them know when I plan to be at "group fitness class", "yoga" etc.

### MY GOAL IS TO HAVE A \$5000 EMERGENCY FUND BY THE END OF THE YEAR.

**Habit 1** - I aim to put a minimum \$96.50 of my pay each week into a savings account.

**Habit 2** - I will list my weekly spendings and set myself a budget to stick to each week.

### MY GOAL IS TO BE KINDER TO MYSELF AND EMBRACE MY BODY!

**Habit 1** - I will start a morning ritual / practice. Each morning I will say a positive affirmation and journal something I like about myself!

**Habit 2** - I will be more conscious about the language I use when speaking to myself. I will implement a "Nasty Jar". Essentially the swear jar concept but instead of swear words, every time I'm mean to myself or judge myself I have to put a dollar in the nasty jar!



## STEP 7 - RESEARCH VISUAL REPRESENTATIONS!

Once you have listed your goals, you have completed the theory aspect of your vision board, and now it's time to research!

**1.**

Collect any printed images you have of yourself, loved ones and family that help you connect your goals to your life.

**2.**

Gather any old magazines or newspapers that have articles, headings, etc that align with your goals. This will add a range of textures and depth to your board.

**3.**

Create a secret Pinterest board & start adding photos, quotes, images that help meet the theme of your vision. Re-pin pins that represent your goals and resolutions.



**4.**

Gather all of these elements and start laying them out on your board. Pump the tunes, get creative and watch your vision board come to life!

**5.**

Don't pin or stick anything to the board until you are happy with the layout. Once you have it all placed where you can see everything, start glueing and pinning it together!

**6.**

Place the finished board somewhere you can see it on a daily basis. Bathroom, wardrobe, home office, put it somewhere that can remind you daily what you are trying to bring into your life and get to work!





I SO DEEPLY HOPE YOUR DESIRES AND GOALS CAN HAPPEN AND I HOPE THIS PROCESS HAS HELPED YOU IDENTIFY WHAT YOU WANT OUT OF THIS AMAZING JOURNEY WE CALL LIFE!

IF THIS HAS HELPED YOU, PLEASE FEEL FREE TO SHARE IT ON YOUR STORIES AND TAG ME! I HOPE I SEE YOUR VISION BOARDS POP UP SOON!

Revie xx