



Vision Board Worksheet

Creating a vision board for your intention will help bring to life your WORD. It allows us to visualize the journey of our intention as well as the end goal. This vision board will serve as another physical reminder of your WORD. Everyday, you can look down at your bracelet and see your WORD as well as a beautiful vision board that helps bring in visuals that remind you of your intention.

Answer the following journal questions to help you visualize your WORD. This will act as a guide and anchor when you start looking at different images to put on your board.

1. Using your 5 senses, can you describe your WORD?

For example, if your WORD is BREATHE, how does the air smell as you breathe in? How does it feel in your body to take a deep breath? Are you looking forward to a breathtaking view this year? Can you imagine breathing in a home cooked meal with loved ones and taking time to taste the food? Is BREATHE simply about the breath or can it be about taking a moment to remember something special?

**2. When you are embodying your WORD, how do you feel?
Can you imagine what you look like fully embodied?**

**3. What are some things that spark a reminder for your
WORD?**
