

# VISION BOARD

The Best is  
Yet to Come

All My  
Wishes...  
Come True

Dream Big

Physical  
Things...

My  
Inspirations...

Career &  
Money...

I Owe it to  
Myself

Believe in  
Me

Healthy...  
Mind, Body, &  
Soul

Love &  
Support...

Abundance  
Mindset

Personal  
Development

I Have All I Need

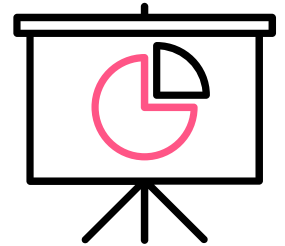
“The more clouds you have in your sky,  
the more colorful sunset it will be.”

Sajal Sazzad

The only thing worse than being blind is having sight but no vision.

— Helen Keller —

A vision board is essentially a plan for your goals and dreams done in a fun and creative way using thought provoking images and motivational quotes. It sets your goals into motion and serves as a daily reminder of what you're striving for. Vision boards use both the creative and pragmatic sides of the brain and can be a powerful tool for helping to finally achieve the life you've always wanted. Follow the steps below to create your very own vision board and start living your best life!



## MOOD SETTING EXERCISE

Here at the vision cloud, we like to get in the right mindset before beginning. Being in a relaxed state of mind before opening up the floodgates can help with clarity and creativity. To do this we recommend this simple breathing exercise.

First, sit in a relaxed position on your knees or with your legs folded in your lap. Make sure your spine is completely straight. Then, slowly begin taking very deep breaths, in and out.

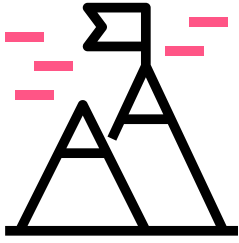
After you've slowed your breathing down for a minute, breathe in as deep as you can through your nose for eight counts. As you do this, picture the air filling and expanding your lungs.

Hold your breath for four counts before releasing the air from your lungs through your mouth for another eight counts. As you breathe out, picture the air leaving your lungs, your lungs collapsing, and the breath being released back into the atmosphere. Do this for 1-2 minutes, then allow yourself to breathe freely while remaining in the same position for another 3-4 minutes.

This breathing technique can also be used effectively during stressful times or during times of grief. Give it a try the next time you get upset about something and need a way to decompress. Deep breathing increases oxygen levels in the body, and when you breathe deeper and longer, it has a calming effect on your nervous system. Your mental focus also shifts as you imagine the air moving throughout your body, and racing thoughts tend to slip away gradually.

Now that you're relaxed and ready to tap into your creative mojo let's identify the areas you want to improve over the next six months.

## USING A VISION BOARD TO REACH YOUR GOALS



A vision board is a collage of inspiring quotes and pictures that you display somewhere you can see often. The purpose is to help you stay motivated and on track with your goals.

You can choose which goals you would like to work on using the thought-provoking exercise below. Then, you can pick words and pictures to include on your board to help keep those goals at the forefront of your mind.

## SMART GOALS

Make sure your goals are SMART. Goals that are SMART are more practical than other types of goals and easier to achieve.

### SMART stands for

**S** **Specific:** Be precise. Consider the who, what, where, when, and how when establishing your goals.

**M** **Measurable:** If you don't know if you've accomplished it, it's not a SMART goal. You need to be able to measure your progress. Consider including dates, such as "over the next two weeks."

**A** **Achievable:** Having goals you believe in is key. The difference between feeling afraid and developing confidence can be found in the practicality of your goals.

**R** **Relevant:** Nothing else matters if you cannot convey to yourself why you want to accomplish a goal.

**T** **Time-Bound:** Procrastination is the biggest threat to success! We frequently want to accomplish so much that we take on too much and struggle to complete things. Take smaller steps and have a deadline.



**VISION  
CLOUD**

Everything is just beginning

## CHOOSING YOUR GOALS

Now that you know what a good goal should look like, let's pick some. To get the most out of your vision board, you will want to make it as specific and personalized as possible. Keeping SMART goals in mind, use the following section to list goals for each category. Each section includes two thought-provoking questions to help get the creative juices flowing.

### Physical Goals

Make a list of tangible things you would like to have. Ask yourself the following questions: What do I often wish I had? What are my physical needs currently? (*Example: A new car, a new home, etc.*)

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### My Inspiration

Make a list of things that inspire you. Ask yourself the following questions: What have I seen others do that motivates me to improve myself? What empowering attributes have I seen in myself?

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### Career & Money

Make a list of career or financial goals. Ask yourself the following questions: What are a couple of small steps that I can take to help me be more comfortable financially? What would make your career the most rewarding career you could imagine?

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### Personal Development

List out some personal development goals. Ask yourself the following questions: If I could change anything about myself with just the snap of a finger, what would it be? What would be different if I were to live up to my own standards of myself?

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## Love & Support

List some goals around love and support. Ask yourself the following questions: I feel the strongest when the people around me? The kind of person/people I need most in my life right now are?

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## TAKE IT FURTHER

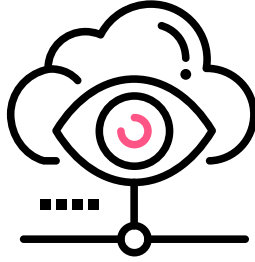
Pick a few worthwhile goals to focus on initially. Your chances of success increase if you concentrate on goals that reflect your values. Check out this list of Value Words. Highlight any that speak to you and then gauge them with the list you just made. Can you see some more defined goals emerging?

- Self-Control
- Restraint
- Consciousness
- Conformity
- Non-Conformity
- Modesty
- Liveliness
- Curiosity
- Understanding
- Social Justice
- Environmental Protection
- Reliability
- Calmness
- Imagination
- Originality
- Health and Fitness
- Fame
- Power
- Work Ethic
- Leadership
- Responsibility
- Credibility
- Adaptability
- Self-Motivation
- Consistency
- Dependability
- Positive Impact
- Self-Discipline
- Family First
- Strength
- Adventure
- Balance
- Affection
- Quality Time
- Reliability
- Empathy
- Stability
- Tolerance
- Emotional Intelligence
- Gentleness
- Warmth
- Cooperation
- Sweetness
- Tradition
- Persistence
- Growth Mindset
- Ingenuity
- Thoughtfulness
- Deep Connections
- Reciprocity
- Appreciation
- Playfulness
- Passion
- Patience
- Confidence
- Personal development
- Spontaneity
- Exhilaration
- Exploration
- Financial Security
- Professionalism

Now, it is time to get creative! You can cut your images from anywhere: magazines, the internet, books, and cards, or they can be hand drawn. Choose photos and inspirational phrases that incite feelings and reflect your goals and values. We've given you a few inspirational words to help you get started.

When your vision board is complete, hang it somewhere you can see, like the refrigerator, office, or bedroom. Although it doesn't need to be visible to others, it's a good idea to have it where you can see it often.

You will start to see progress if you interact with your vision board daily and maintain dedication to your chosen task. When you accomplish a goal, you can remove it from your board OR decorate it with a massive golden star to give yourself a small pat on the back. You can approach this in any way that suits you best, but we love to celebrate our wins here at The Vision Cloud.



## BECOME PART OF THE VISION CLOUD FAMILY

If you love this template and can't wait to dive deeper into making vision boards, you'll love the Vision Cloud Quarterly Magazine. When you subscribe to the quarterly magazine, you get:

- ▶ Four beautiful magazines a year filled with 100s of beautiful pictures, thought-provoking exercises, and transformative ideas. Plus, a gift from us to say thank you!
- ▶ Exclusive access to our private Facebook group. Share ideas, ask questions, and receive support from other community members in a similar situation to you.
- ▶ Daily motivational text to inspire, educate, and encourage self-reflection. If once a day is too often, simply reply "weekly" or "monthly," and the frequency of your SMS will change to match your preference.
- ▶ You will also receive free, exclusive access to our yearly vision board virtual conference in December 2024. You will hear from key experts on vision boards, goal setting, overcoming challenges, mindset, and self-improvement topics.
- ▶ A tree is planted on your behalf upon joining, and every year, you're a member via [onetreepanted.org](https://onetreepanted.org).

To join, [click here](#) or scan the QR code below and get started today!