

VISION BOARD GOAL-SEARCHING WORKSHEET

What career or life goals have you achieved in the last year? In twelve months what specifically do you want to look back on having accomplished this year? The next five years?

You are Oprah (but somehow, also still you), what does your life look like? House? Lifestyle? Family? Insert BIG dreams here

Is there a value you've lost sight of since college/high school? What does it look like to represent it again?

What is your perfect day? What are the words or images you associate with living your best life?

Do you have a roadblock that keeps you from your goals? (Not enough money for tuition, not enough time to pursue a new career, fertility issues) What does the opposite of that look like?

Start by cutting out everything that inspires you and speaks to your goals, then, as you're building your vision board select only the most focused and essential words and images. Hang your board where you can marinate in your "vision" every day and witness it manifesting your dreams into reality.