



Vision Board Workshop Pre-Work List

Pre-work to enhance the creation of your Vision Board at the upcoming Zoom Workshop!

These are tips, questions, ideas, tools and more to get the juices flowing before the process I will take you through at our workshop. You will be creating your board during the workshop session.

THINGS TO CONSIDER

1. What is important in your life right now?
2. As you ponder the upcoming year what do you want more of in your life and what do you want less of in your life?
3. What have you learned this year about yourself and moving forward?

MAGAZINES

For local people I will have several bins of magazines out in front of my house(including gloves and hand sanitizer)that you are welcome to go through and take whatever you'd like home to use for creating your board at the workshop.

Otherwise before the workshop collect images, pictures, photos, quotes, and words that spark your interest that you will use when you create your Vision Board on the day of the workshop. You can find these items online or from your own personal magazines.

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Have FUN when you do this!!

MY GREATEST YEAR

In me is an infinite wisdom, a creative intelligence, with a perfect plan for my life. In me my future is already fully formed. In this moment I can declare the kind of day I will experience, and the kind of year that will follow. Therefore, I decide this will be my greatest year... A year in which I will demonstrate the miracle working power to create a new me... To re-create a new world around me.

Jack Boland

THE WHEEL OF LIFE EXERCISE

Turn to page 10 in your included Journal / Workbook and spend some time with 'The Wheel of Life'. This is a fantastic tool to see what areas of your life you might want to focus on when creating your board at the workshop.

THINGS TO PONDER AND THINK ABOUT

Suggested areas of focus for your vision board

- Health
- Happiness
- Prosperity
- Total well-being
- Peace of mind
- Ways to be of service
- Feeling worthy of having material possessions
- Feeling a sense of purpose in life
- Career goals
- Better communication
- Improved relationships
- Increasing finances
- The things you want to become
- The things you want to do
- The things you want to have

QUESTIONS?

Please let me know if you have any questions.
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LET'S MAKE THIS YOUR BEST YEAR YET!!!

Deb Roffe