



Vision Workbook

STEP 1: What do you want to become/your dream?

Take your time to really think and visualize what you really want to become and achieve. Daydream and really see yourself being where you want to be and answer these questions.

What exactly do you want?

When do you want it?

Can you visualize it?

How do you feel visualising it?



STEP 2: CRAFT YOUR VISION OF WHAT YOUR BEST SELF LOOKS LIKE

Create a visual image of yourself and answer these questions.

Are you by yourself? Or are you with anyone?

Where are you (location)?

How do you feel?

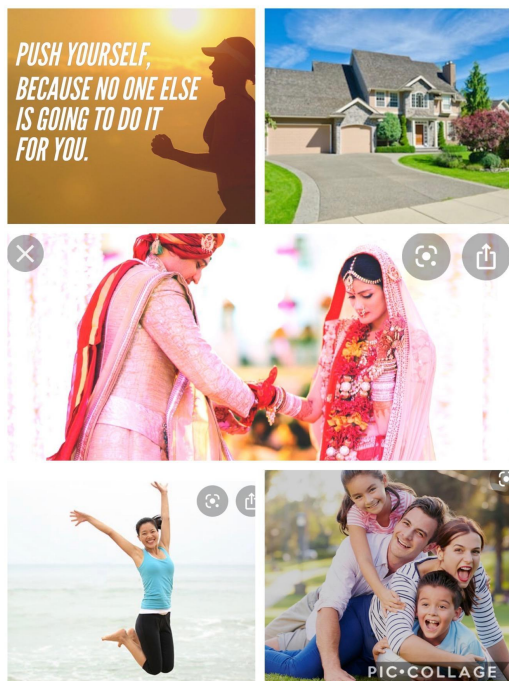
What do you look like?

How confident are you?

How is your mindset?

STEP 3: CREATE A VISION BOARD

Create a little collage by combining 4-6 Images. you can use pictures, quotes, pictures of someone you want to become. Here is the example



There is no right or wrong, just create an image which describes your future vision and goals. Once you have made it please share it with me