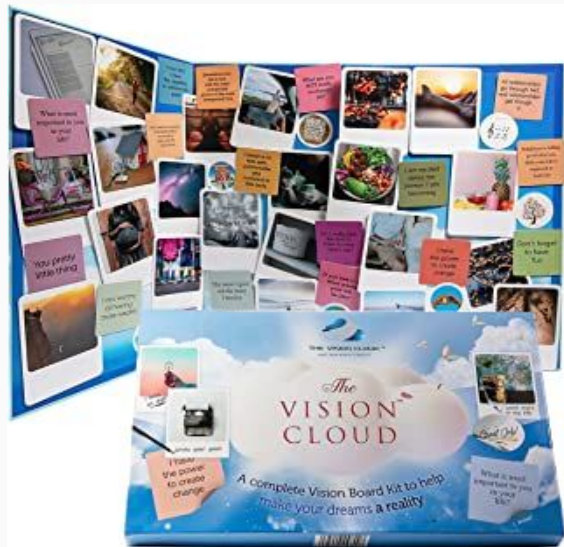


# Vision Boards



# Types:



# Journal



Use an online template like this from Canva—download. Use as a screensaver to see every day.

# Categories

Using categories on your vision board can keep your dreams organized and manageable:

3 simple categories:

- SELF: health and fitness, self-care and well-being, pursuit of happiness and personal development, spiritual.
- RELATIONSHIPS: family, friends, business connections and community life.
- STABILITY: Financial success, dream job, real estate, owning businesses, being more independent.

# Sample Templates

*My Vision Board*

♥ MY NAME:	♥ STUFF I WANT:	
♥ PHYSICAL:	☐ ☐ ☐	
♥ MENTAL:	♥ THINGS TO TRY:	♥ DREAMS:
♥ SPIRITUAL:		
♥ FINANCIAL:	♥ FAMILY LIFE:	
	♥ FOR THE HOME:	
♥ GOALS:		

[Ladyandablog.com](http://Ladyandablog.com)

**Goals for 2020**  
*word for 2020* →

**FAMILY GOALS:**

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

**3 SPIRITUAL GOALS:**

○ ○ ○

**FINANCIAL GOALS:**

☐  
☐  
☐

**Personal Development Goals:**

- 1.
- 2.
- 3.
- 4.
- 5.

**PHYSICAL GOALS:**

- 1.
- 2.
- 3.
- 4.
- 5.

**SOCIAL GOALS:**

○  
○  
○

**CAREER GOALS:**

- 1.
- 2.
- 3.
- 4.
- 5.

[secondchancetodream.com](http://secondchancetodream.com)

Money Prosperity	Fame Reputation	Partnership Love Marriage
Family Physical Health	<b>Your Foto</b>	Creativity Projects Children
Knowledge Wisdom Self-Improvement	Carrier Life Path Business	Compassion Travel Helpful People

LaPalia Studio 2014

[lapulia](http://lapulia)



# Incorporating your mission statement



# Do they work?

Check out these two articles on building boards and their reported success:

**[How To Create The Perfect Vision Board](#)**

**[A New Study Shows 1 in 5 Successful Entrepreneurs Use Vision](#)**

**[Boards. The Results Are Backed by Neuroscience](#)**