



A GUIDED ACTIVITY

RECOVERY VISION BOARD

A four step process to stay connected with your motivation for recovery. Written and developed by nutritional therapist, life coach and eating disorder specialist, Sasha Paul Dip NNT, CNHC, NCFED.



NATURAL FOOD THERAPY



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LET'S CONNECT





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WELCOME TO THE

Recovery Vision Board Guided Activity

A vision board is a beautiful and fun way to stay connected with your motivation for recovery. It is a recovery tool that you can hold close and turn to whenever you need it. This is an activity suitable for any stage of your recovery and any type of eating disorder. Whether you are right at the beginning of your journey or further along, I encourage you to give this a try.

If you make one we'd love to see it! Feel free to send it over on Instagram @naturalfoodtherapy by tagging us or by email to admin@naturalfoodtherapy.co.uk.

Sasha



STEP ONE

Start With Your *Why*

Close your eyes and imagine your recovered future self. Allow any worries about recovery to float away on a cloud, leaving you free to dream of your recovered future.

Think about the impact recovery will have on the different aspects of your life. Feel free to jot down any thoughts that come to mind from each prompt below.

EVERYDAY LIFE:

RELATIONSHIPS:

FRIENDSHIPS:

EXPERIENCES:

WORK-LIFE:

HOME LIFE:

HOLIDAYS:

HAPPINESS:

SHORT-TERM GOALS:

LONG-TERM GOALS:

FUTURE HOPES + DREAMS:

ANYTHING ELSE IMPORTANT TO YOU:





STEP TWO

Write Your List of *Motivators*

Now that you have imagined your recovered future, it's time to decide on the motivators for recovery that will make it onto your vision board! For inspiration, here are some of our client's motivators.

Going on holiday and being fully present to enjoy each moment.

Going to university and pursuing my dream career.

Feeling clear and free in my mind.

Being able to eat out with friends spontaneously.

Now it's your turn! Write a list of 10 powerful motivators for your recovery below.

1

2

3



4

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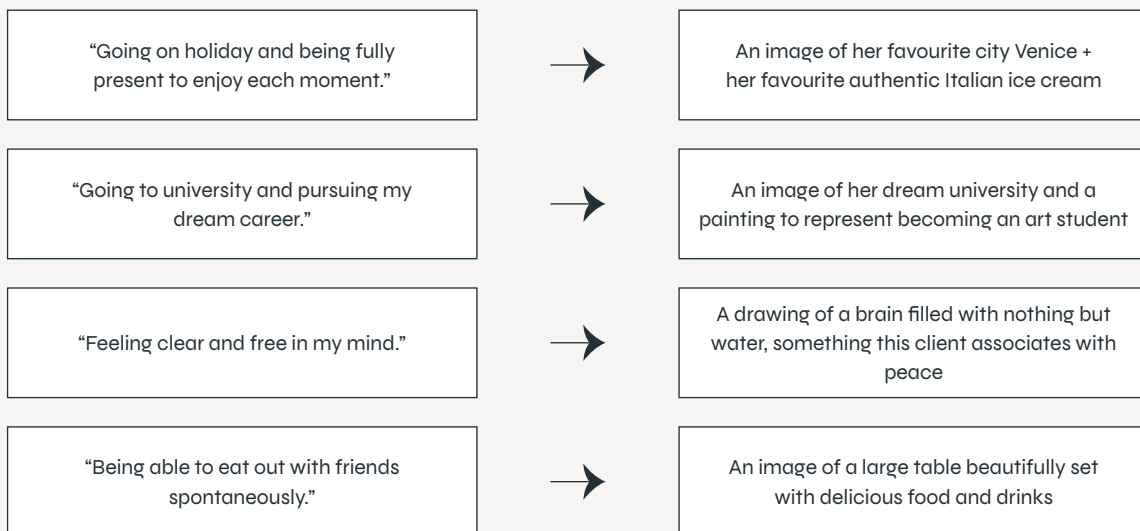




STEP THREE

Decide on Your *Vision Board*

This is where it gets fun! Take some time to think of something that could represent each of your motivators on the list. You could use magazine cutouts, paintings, quotes, printouts, artwork, or anything you think of. Below are examples of what made it onto the vision boards of a few of our past recovery clients.



QUICK TIPS

1. Try to choose things that are meaningful to you and remind you of your motivation for recovery. The recovery vision board should instantly inspire you and connect you with your ‘why’.
2. Try not to include anything that could be triggering, including images that include real people or past photos of memories with you in it. We want to look forward to the future you are creating without fear and full of hope.





STEP FOUR

Time to Get *Creative!*

Now you are ready to build your vision board! Remember that your vision board can be anything you want it to be—there is no right or wrong. The only thing we ask is that you have fun and enjoy the process. Below are some ideas to get you started.



Assemble your vision board on a large piece of card, the traditional way

Build your vision board in a scrapbook, a lovely idea for an ongoing project

Use a pinboard, great if you intend to switch things up now and then

Draw/paint each part of your vision board yourself, perfect for creatives

If you would like to see an example of a recovery vision board, please take a look at [this video](#) where a client shares her creative process.

Ps. If you make one we'd love to see it! Feel free to send it over on Instagram @naturalfoodtherapy by tagging us or by email to admin@naturalfoodtherapy.co.uk



LET'S CONNECT

The only way to make peace with food and body image is by making the choice to start. I am here to support you in finding true recovery so you can live at peace with food and body image. Get in touch via email, our website or connect with us on Instagram.

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