



DATE: _____

EPISODE 3

I'm inviting you to make your own vision board with "buckets" we shared in the episode. Use the space below to take some notes on what you'd like to put in each space. Next, create your vision board with clippings, doodles, and your own visuals on poster board. Have fun!

Spiritual







Mental







Social







Physical







I'd love to see your board! Feel free to tag me @rachel.lynn.wall to share!

"The only thing worse than being blind is having sight but no vision." - Helen Keller