

Joyful Living Coaching Vision Board Making



1) Set aside a time (at least an hour) to focus on this without distraction (no phone, TV, kids, pets, etc.) and gather supplies needed for step 3 below.

2) Reflection to Create your VISION

Note: that you can set a vision any time of year, not just January.

- You'll need a print out of this worksheet, a writing utensil, and a way to listen to the video
- Watch [this video](#) for instructions and guided meditation
- Questions from recording: Where do you want to be a year from now? What does the year look like? How does it feel? Use all of your senses (taste, smell, touch, hearing, seeing). Who is present? What words and images come to mind? What will bring you joy and happiness in the coming year?
- When you come back to the space at the end of the recording, write down what came to you so you don't lose touch with your thoughts and feelings from the meditation. You can use the blank space at the bottom of this page for those notes if you like.

3) Make your vision board

Now, staying in distraction-free mode, turn to your supplies. Go through magazines and pull pictures and words that embody your vision and then glue or tape them onto a piece of poster board in a way that is meaningful to you. You can also use markers, pencils, crayons to draw and write as well. There is no one right way to do this. Move as your spirit feels led and be as quiet as possible so you don't lose the vision for yourself. Remember to ignore the fears ("but I can't because...") for now.

Note: You can do this exercise in a journal if you prefer that medium to poster board and magazines.

4) Set GOALS that align with your vision

See next page for worksheet on goal setting.

Vision Reflection Notes:



SMART Goals: Setting Your Goals

Specific: concrete, tangible steps

Measureable: how you will know you've completed the goal

Achievable: you are capable of accomplishing

Realistic: this is within the realm of possible within the current realities of your life

Time bound: doable within a specific amount of time



Examples:

1. I will book a cruise to the Caribbean for this year within the next 4 weeks.
2. I will increase my exercise level by going to the gym every M/W/F for at least 30 minutes starting this week.
3. I will create a budget by the end of this month to determine how much additional income I need to bring in and where I can reduce expenses to reach my financial goal of saving an extra \$10k this year.



@maureensweatman

Joy does not simply happen to us. We have to choose joy and keep choosing it every day.

-Henri Nouwen

Not SMART goals:

1. I will travel more.
2. I want to be healthier.
3. I want to be rich.

Write 2 SMART goals for yourself to help realize your vision and ask someone to hold you accountable to these goals.

1. _____

2. _____

Accountability Partner's Name:

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Inspirational Quotes

“Don't ask yourself what the world needs. Ask yourself what makes you come alive and then go do that. Because what the world needs is people who have **come alive.**” -Rev. Dr. Howard Thurman

“**You have everything you need** for complete peace and total happiness right now.”- Dr. Wayne W. Dyer

“Opportunity for **joy and love is unlimited...** Secret is having your vision before you to inspire you to be your true self... We are not on this journey alone. We can support the transformation of one another and in turn the world.” Dr. Deepak Chopra paraphrased



To **laugh** often, and much;
to win the **respect** of
intelligent people and the
affection of children; to **earn**
the **appreciation** of honest
critics and endure the
betrayal of false friends;
to **appreciate beauty**;
to find the **best** in others;
to leave the world a bit better
whether by a healthy **child**,
a **garden patch** or a
redeemed social condition;
to know that even one **life** has
breathed easier because
you have lived. **This** is to have
succeeded.

“WE MUST DEBUNK THE MYTH
THAT JOY IS A DESTINATION.
THE TRUTH IS THAT
JOY IS WITHIN YOU RIGHT
NOW, BUT YOU HAVE TO
CHOOSE IT. AND THE WORK IS
THE CHOOSING.”

Maureen Sweatman
as heard on the Workplace Therapist Show

Nothing good comes from an easy fix.

MAUREEN SWEATMAN



AFTER EVERY STORM
THERE'S A RAINBOW.
WE CAN FOCUS ON
THE STORM OR THE
RAINBOW. WHAT
WOULD BE THE
IMPACT IF WE
FOCUSED ON THE
RAINBOW?

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