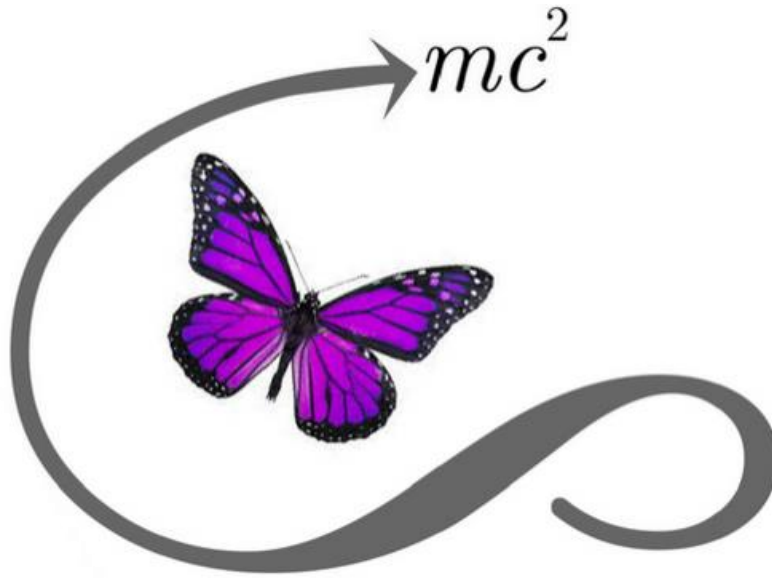


Intentional

GOAL  
Getter



Vision Board  
Workshop  
Remember  
Your Future

Remembering Your Future  
Play Book

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# Intro

I'm so happy and grateful you're here! Vision boards have always been something I've been intrigued by. I've created a few in the past and learned that in order for a vision board to actually work, it needs to be created with deliberate intention and thoughts that make you make you feel good (emotion). I have seen people create magical results in their lives!

As you cultivate a positive mindset and put in the work to accomplish the goals you set for yourself, let your vision board serve as a guide and a reminder to work towards your goals. Use it as a tool to clearly visualize your dream life every day.

In this playbook, you'll find worksheets designed to help you plan your vision board with intention and purpose. Once you're finished with the playbook, use it as a reference map to find images for your vision board.

Your vision board is the creation of a personal space that illustrates what you want in your life and then brings these into existence using the Laws of Attraction. What we place our attention on with purpose and emotion expands. Your vision board is a collage of photographs, words and phrases that create an emotional connection to inspire you in the direction of your goals and desires each day.

The habit of daily reflection on your vision board is the key to your success. Take your dreams and turn them into a tangible reality you can visualize and make a daily commitment to through visualization. Visualization is different for everyone as we all use our five senses differently to interpret our vision for our future.

Each day, quiet your mind and disallow any self talk or limiting thoughts that will disrupt your alignment with your vision. Focusing on your vision board will offer you a visible reminder for you to reflect on and to keep you moving toward your goals.

It's your map of your future to inspire you every day to bring your goal into reality!

- Susan A. McDonald

# My Accomplishments for 2022

Directions: First take a moment to reflect on everything you have accomplished this past year. It can be anything that was significant for you in any area of your life.

The idea is to give yourself credit and recognize all the positive experiences you had and the goals you have already accomplished.

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Victory Log

What did I love?  
What inspired me?  
Who was there to help?  
What did I start new?  
How did I grow as a person?  
What did I accomplish that I'm proud of?  
What great things happened?  
How did I have fun?

- Relationships
- Career
- Financial
- Home
- Travel
- Health
- Personal Growth

# More Achievements

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Napoleon Hill said, "Remember it takes no more effort to aim high in life, to demand abundance and prosperity than is required to accept misery and poverty."

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# My Dream

Now look forward to what you would love to accomplish

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What do you care most about?

What do you want the most?

Picture in your mind how it feels to have it already



# Categorizing My Goals

What area of focus in your life do you want to place the most energy?

## (Potential Areas)

Professional goals (career, job, livelihood)

Physical goals (body, health, weight)

Relationship goals (romantic, friendly, family)

Financial goals (savings, wealth/money, financial habits)

Emotional/mental goals (feelings, mental health)

Spiritual goals (connection to something greater)

Experiences/hobbies goals (travel/other fun experiences)

Educational goals (learning and knowledge)

Philanthropic goals (giving back to the community, world)

# Vision Board

"What would I love?"

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$mc^2$

## CAREER

Here is where we ask the question, "What is my perfect career?" Where do I see myself at this time next year? 3 years? 5 years? What is the industry I'm in? Who do I admire and resonate with? What do I love to do? How am I enjoying my work?

## WEALTH

If this is your goal, be specific when you visualize your financial goals. Whether it's success in your business, saving money, getting out of debt, increasing your income or purchasing a dream home. Put your wealth goals into visual form. How will you feel when you are out of debt? Have attained your income goal? Created a difference in the world? Created a charity?

## RELATIONSHIP

What does your ideal relationship look and feel like? To deepen the bond with your spouse or partner? Build more connectedness through communication of your shared values? Seeking a new relationship? Make a list of the values that are important to you in the person you want to attract.

## HEALTH

In order to restore wellness, wholeness, and vitality, what does your ideal state of health look and feel like? What will the goal of improved health achieve for you? Mentally, emotionally, physically? What are you feeling as you move to mentally get connected to this health goal?

## PERSONAL GROWTH

This goal is to improve and empower you! Find meaning and purpose in your life that may be absent. Achieve a satisfying and meaningful life that impacts your relationships, place of work, self-image and self-confidence. From current state to desired state, how does it feel? What is your confidence level? How do you want to look? What do you want to be known for?

## MENTAL HEALTH

The goal of being the healthiest version of you means taking care of your body and mind which will, in turn, promote mental wellness and happiness. Starting a gratitude journal, learning to meditate, exercise, quitting alcohol. What does this goal feel like when accomplished?

# Fantasize



**Now that your dream goal is accomplished....**

Who is around you? What are you hearing?

How are you celebrating?

Where are you? What does it smell like? Taste like?

What are your senses saying to you?

What key words or phrases come to mind while you are thinking  
about your dream goal(s)?



# Start Creating

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Getter....  
My Goal,  
My Dream.

Zig Ziglar said, "A goal that is casually set and lightly taken is freely abandoned at the first obstacle."

Start looking for inspiration in magazines, circulars, brochures. Do a Google search for images or motivational quotes that match your vision.

After quiet contemplation you will develop an image in your mind of your goal. This thought has manifested a symbol or image that is only connected to you. What can you source graphically that best resembles your vision?

Is there a quote that connects you to your goal?

Vision boards help us connect and find the path through a creative process that we need to take when at a fork in a road. A vision board can encourage us, revive exciting dormant energy that has always resided in us but needed to be coaxed out with a little nudge.

Cause this image to move into form

Albert Einstein said, "When I examined myself and my methods of thought, I came to the conclusion that the gift of fantasy has meant more to me than my talent for absorbing positive knowledge."

# GOAL Getter



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