

Vision Board

2024

Welcome to your fancy new Vision Board 2023 worksheet! Thanks for downloading it! This is the instruction sheet. We recommend using this to craft your vision board and then make yourself a nice poster, sign, cork board, or other means of displaying this. You can keep the worksheet but it makes it more tangible to create!

Long Term Goals

- This section is for the big things that you're working toward. You may complete some things off this list this year or these may be years in the making. You want to list these to be sure all your other goals that ARE achievable this year are helping you toward one of these long term goals.
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Family Goals

- This section is for any goals of your family members. Does your kid want to be an e-Sports legend?
- Write that here. Does your spouse want to go back to school for a degree change? Write that here.
- Any goal that you will be helping someone else work toward is still a goal of yours as well!
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Personal Growth

This section is the trickiest to keep attainable. Make sure you're making goals that are both achievable and measurable. "Yell less" is admirable but how do you know you're yelling less? Try things like "Do a regulation when I feel like yelling."

Professional

Any goals like promotions, follower goals, sales quotas or things that can be achieved this year.

Social

Any goals involving meet-ups, play dates, or social gatherings can go here. (Yes, even you introverts need social.)

Home

Any goals for keeping, organizing, running, maintaining, organizing, or improving your home space go here.

Health & Wellness

Be sure as you fill this one out you are giving yourself grace and being realistic. If you want to have the physique of Dwayne Johnson but have never lifted a weight in your life, that will take time and is a great long term goal. Give yourself a way to succeed.

Fun

Vacations, art projects, hobbies, collections, experiences or things you just wanna do that sound fun go here.

The last sheet is a full DIY experience with no categories chosen. Just in case none of these are realistic for you.

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Remember, these are visions. They are goals to strive for throughout the year. They are not resolutions. You're not a failure if you break them or change them or don't make as much progress as you hoped. Give yourself credit for making progress!

Long Term Goals	Family Goals	
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Personal Growth		
Professional	Social	Home
Health & Wellness		Fun



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Inspirational Quote:

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