

**Creating Your Vision Board Exercise - Ask Believe Receive - Perfect for visioning the year ahead**

*[with thanks to Ryan James for sharing this]*

1. Clearly state those things you want to obtain and achieve
2. Outline how those things will make you feel
3. Clearly envision it in your mind and draw a picture of it
4. Outline your main goal / quality of life at the core of your vision
  5. Outline clear and achievable next steps
  6. Give a definite time frame for achievement

<p><b>Home and living space</b></p> <p>1. 2. 3.</p>	<p><b>Love, relationships</b></p> <p>1. 2. 3.</p>	<p><b>Family, friends, community</b></p> <p>1. 2. 3.</p>
<p><b>Travel, adventures, holiday</b></p> <p>1. 2. 3.</p>	<p><b>Main goal / quality of life</b></p>	<p><b>Health, spirituality</b></p> <p>1. 2. 3.</p>
<p><b>Work, wealth, prosperity</b></p> <p>1. 2. 3.</p>	<p><b>Knowledge, wisdom</b></p> <p>1. 2. 3.</p>	<p><b>Creativity, hobbies, charity/pro bono</b></p> <p>1. 2. 3.</p>