




# Creating a Vision Board for Your Future



- 
- Agenda:
1. What?
  2. Why?
  3. How?
  4. Working Session
  5. Group Sharing
  6. Next Steps

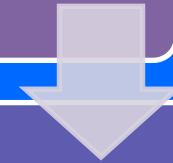


# What?

- Valuable visualization tool
- Image of your future
- Tangible representation of where you are going
- Dreams, goals, ideal life

# Why?

Pictures & Images



Strengthen & Stimulate  
Emotions



Vibrational Energy



Activate the Law of Attraction

# Decision Making...

Most of us, when we make decisions about gains, are risk-averse.

... leading to sub-optimal decisions



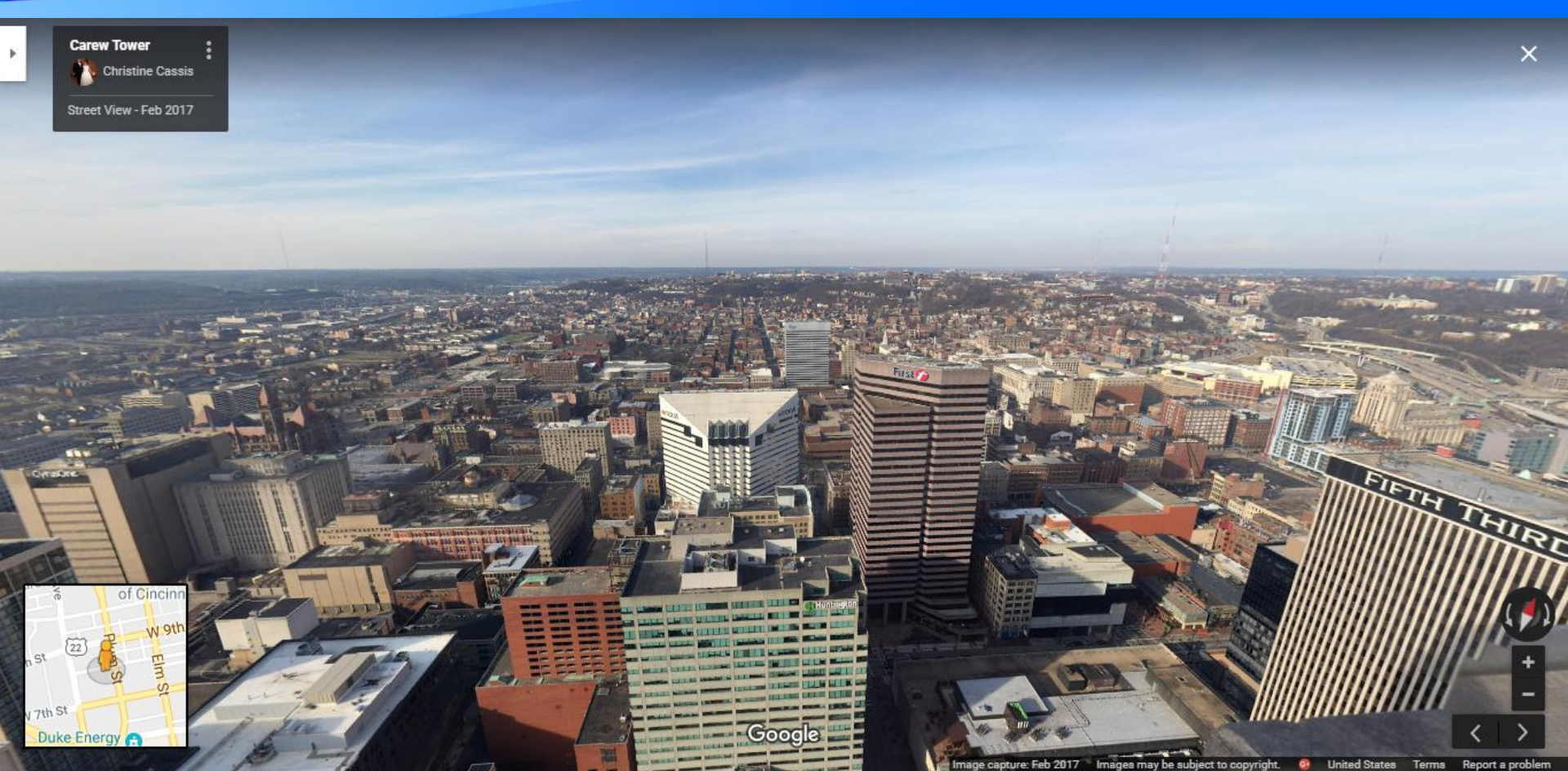
Yet, when we make decisions about losses, we are risk-seeking.





Image capture: May 2018 © 2019 Google United States Terms Report a problem





<https://goo.gl/maps/UtnA8Cf5ZmE2>

**OUTSTANDING PEOPLE HAVE  
ONE THING IN COMMON:**

**AN ABSOLUTE  
SENSE OF MISSION.**

Zig Ziglar



**Personal Mission:** LOVE. GROW. WORK HARD. CELEBRATE.

### **Myself and Others**

**Personal Vision:** I am healthy and fit. I am preparing for my next phase of my career. I am actively involved in my children's lives. My husband and I are updating our home. My leisure time has become a priority, doing the things that I enjoy.





# How?

## Organize Goals and Dreams

- Self
- Family
- Community
- Career
- Finances
- Leisure
- Material
- ... Other

# How?

Do it with intention.

Really think about how you want for your life.

Write your story.







### Self:

- 1 **Orange Theory - 3X per week**
- 2 **Less Sugar, More Protein and Plants**
- 3

### Community:

- 1 **Fuel NKU**
- 2 **Life Learning Center - Teach Literacy**
- 3

### Finances:

- 1 **Social Security at age 62**
- 2
- 3

### Material:

- 1 **New Bedroom Furniture**
- 2 **Update Kitchen**
- 3 **Freshen Paint / Repair Woodwork**

### Family:

- 1 **Tom - 'Drink Beer with Me'**
- 2 **Megan/Freddy - Find a Home and Move**
- 3 **George - Visit 2X per year in Seattle**

### Career:

- 1 **Eagle - Next Generation Solutions**
- 2 **Sebbatical in Ireland - April 2025**
- 3 **Ghost Kitchen**

### Leisure:

- 1 **Read / Audible**
- 2 **Piano - Play with Others**
- 3 **Cards - Organize Games**

### Other:

- 1 **Travel with Family and Friends**
- 2
- 3

# Write Down Your Goals

## SMART GOALS

**S**

### SPECIFIC

State exactly what you want to accomplish.

**M**

### MEASURABLE

Use smaller, mini-goals to measure progress.

**A**

### ACHIEVABLE

Make your goal reasonable.

**R**

### REALISTIC

Set a goal that is relevant to your life.

**T**


### TIMELY

Give yourself time, but set a deadline.



# How?

Translate your Goals and Dreams from your Goals Worksheet by collecting:

- Photographs (i.e. you ) 
- Pictures from Magazines or Internet
- Inspiring Quotes
- Symbols

# How?

## Create your Vision Board

- Poster Board
- Electronic
- Consider Framing It!



A word cloud featuring the words "LOVE", "GROW", "WORK HARD", and "CELEBRATE" in various sizes and colors (blue, brown, purple) arranged in a circular pattern. The word "LOVE" is the largest and most prominent, written in a dark blue, cursive font. "GROW" is also large, written in a blue, cursive font. "WORK HARD" and "CELEBRATE" are smaller, written in brown and purple fonts respectively. The words are scattered throughout the image, with some appearing multiple times. The background is white with a light blue curved shape in the top right corner.





2023



Dr. Ebony Lothery

Chief technology officer (cto)

Chief information officer (cio)

# Pinterest



<https://www.pinterest.com/marshalloliviar/my-life/>



## Goals Worksheet

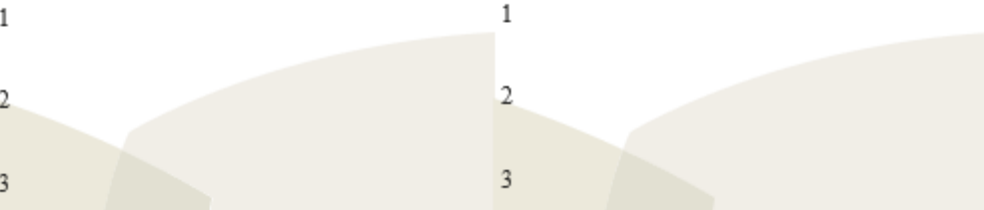
# Working Session

Personal Mission:

Personal Vision:

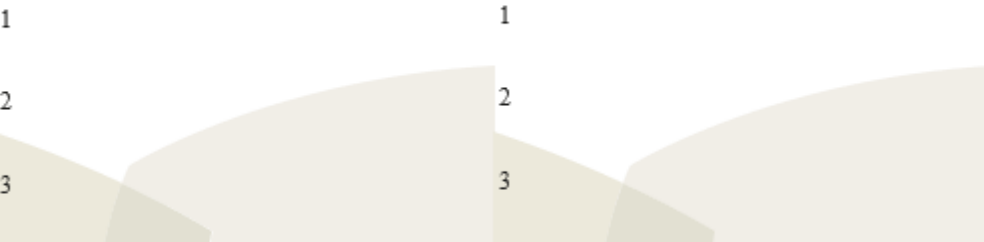
Self:

Family:



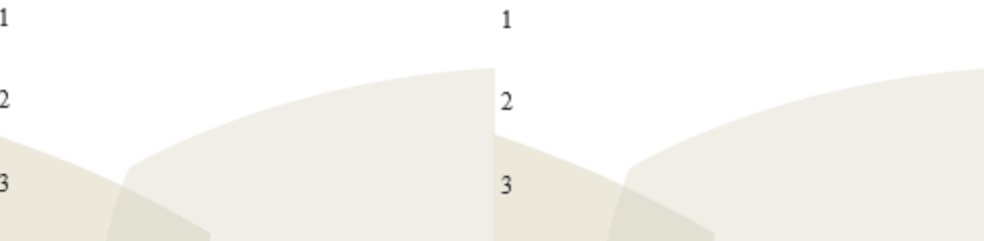
Community:

Career:



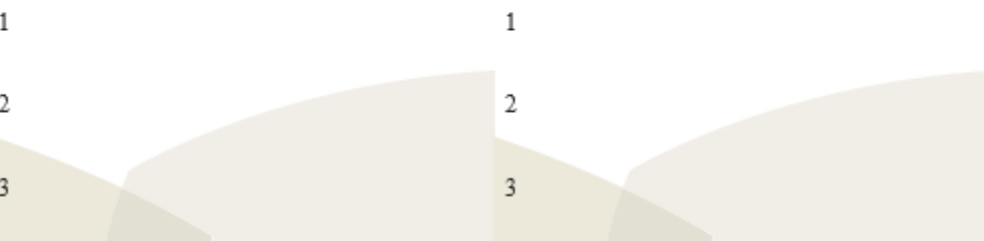
Finances:

Leisure:



Material:

Other:



- You can start with your Personal Mission and Personal Vision

**OR**

- You can jump to your Dreams and Goals for 2023.

# Group Sharing



# Next Steps

create your own

vision  
board



# Turning your Vision Board into an Action Board

- 1) believing that you can do what you long to do
- 2) committing to take bold action towards your goal every day
- 3) getting the help you need to make it happen, and
- 4) learning and growing from your daily experiences

That's truly it.



# Manifestation Mindset



I have a lot of proof that the world  
is conspiring to make me happy.

Matthew McConaughey



# CELEBRATE

YOUR ACCOMPLISHMENTS

# & SUCCESS

Take a deep breath.

Share the news with friends, family and colleagues.

Give your goals a one-day break.

Reflect on the path you took.

Sleep.

Thank everyone who supported you.

Tweet it.

Accept and enjoy the compliments.

Watch a favorite TV show or movie.

Support someone else in reaching his or her goal.

Cross it off your master list of goals.

Go for a run.

Veg out.

Cheer for yourself.

Do something you enjoy but rarely have time to do.

Take a day off from work.

Have a drink.

Whistle.

Go out for dinner.

Write your success story to share in a newsletter or email to clients and colleagues.

Share it on Facebook.

Spend the day with your family.

Start a success journal.

Buy yourself something new.

Have a party (recommended only for the big goals!).

Write a blog post about it.

Hit the gym.

Take the dog for a long walk.

Treat yourself to a day of rest and relaxation.



THANK YOU

