

01

MODULE ONE

VISION BOARD POWER



Goal and Vision Board Boot Camp

Manifest your Success

Action Plan

Module 1: Vision Board Power

Your Company Name/Title_____

Tagline: _____

Date: _____



Complete this action plan and the accompanying exercises to identify and quantify your biggest goal or dream—and decide what to remove from your life

ACTION PLAN: ANALYZE WHERE YOU ARE NOW AND WHERE YOU WANT TO BE

What I need to declutter		
"I am letting go of _____ to make room for _____"	What I want to bring in	
	What When Why How How much	MY DREAM GOAL Specific goal Flexibility in how to get there Action steps for how to get there

DO IT RIGHT

Get ready to make your first Vision Board

YOUR DREAM: _____

YOUR BIG GOAL: _____

Module 1: Vision Board Power

What I want to lose:	I will replace it with...	What I need and want more of, in each area...
Relationships:		
Limiting beliefs:		
Fears:		
Toxic people:		
My own bad habits:		

1. Write or paste specific, positive symbols, affirmations or conditions you want to include in your Dream or Big Goal in the blank area of this page

Be sure to replace any negative statements or images with positive ones

Example: “I am courageous” (Replaces: “I will not be fearful”)

2. Paste each of the items you previously copy-pasted or wrote on the previous page to this page, below.

Alter each one to be even...

- ☐ More positive
- ☐ More specific
- ☐ More immediate (in the “now”)

3. Replace the following text with your Big Goal/Ultimate Dream. (Include or substitute an image if you prefer).

My dream is to

In_____ [time frame]

By_____ [specific date]

EXERCISES: ANALYSIS AND PREPARATION

1. Find and choose five of your heroes, from any area of society or your life, who have used visualization aids or vision boards.

Write down what strikes you most about their boards—and why.

Name	What I noticed

2. Continue to work on “decluttering”.

I am letting go of...	To make room for...

3. Brainstorm action steps you need to take in order to reach your big goal—as well as what you’ll need to achieve that step.

Action step	How this will move me forward