



What Is a Vision Board and Why Create One?

A vision board is a collection of images, words, quotes, colours, and symbols that represent the life you want to create and the things that matter most to you.

Think of it as a visual reminder of where you're heading and what you want more of in your life. Life gets busy. Between work, family responsibilities, and the endless demands of everyday life, it's easy to lose sight of our goals, dreams, and even the things that bring us joy.

A vision board helps keep what matters most front of mind. When your goals, values, and priorities are displayed somewhere you see regularly, you're more likely to remember them and take small steps towards them.

Think of your vision board as a compass. It helps you stay connected to the life you want to create, especially during busy periods when it's easy to slip into autopilot.

It can also help train your attention. Our brains naturally notice more of what we focus on. By regularly seeing reminders of your goals and values, you're more likely to notice opportunities and experiences that align with them.

Most importantly, creating a vision board gives you permission to pause and ask yourself:

What do I want more of in my life?

The purpose isn't to create pressure or another list of things you "should" be doing. The purpose is to create clarity, inspiration, and a gentle reminder of what matters most to you.





My [♥] Vision Board Planning Sheet [♥]



Before You Begin [♥]

Take a few quiet moments to reflect on what you would like more of in your life.

Remember, your vision board doesn't have to be about achieving more or becoming more productive. It can be about creating more peace, joy, balance, connection, health, adventure, creativity, or anything else that matters to you.

There are no right or wrong answers.



How Do I Want To Feel? [♥]

Choose 3–5 words that describe how you would like to feel over the coming months.

♥ _____

♥ _____

♥ _____

♥ _____

♥ _____

What Would I Like More Of In My Life? [♥]

- | | |
|-------------------------------------|---|
| ☐ Joy | ☐ Fun |
| ☐ Calm | ☐ Balance |
| ☐ Confidence | ☐ Learning |
| ☐ Adventure | ☐ Financial Security |
| ☐ Health | ☐ Self-Care |
| ☐ Creativity | ☐ Nature |
| ☐ Connection | ☐ Other: _____ |



Health & Wellbeing [♥]

What would I like to focus on in this area of my life?



Relationships [♥]

What would I like more of in my relationships?



Personal Growth [♥]

What skills, habits, or qualities would I like to develop?



Fun & Adventure [♥]

What experiences would I like to have?



Home & Lifestyle [♥]

How would I like my daily life to feel?



Work, Purpose & Goals [♥]

What goals or projects are important to me?



♥ Dream it. Believe it. Take small steps. Your future is yours to create. ♥

My Vision Board

Planning Sheet



Images, Words & Quotes I Want To Include

Write down any images, colours, symbols, quotes, or words that represent the life you want to create.



My Top Three Priorities

1.

2.

3.



Reflection

If my vision board became reality,
what would be different about my life?



Anything Else I Want To Remember





Now for the fun part!

Gather some supplies and start collecting images, words, quotes, colours, and symbols that reflect the life you want to create. You can cut pictures from magazines, print images from the internet, use photos, draw your own illustrations, or create a digital version using Canva.

Be creative and think outside the box. There is no right or wrong way to create a vision board.

You might choose to create your vision board on:

- ♥ A poster board
- ♥ A cork board
- ♥ A journal page
- ♥ A Canva template
- ♥ A digital wallpaper
- ♥ A whiteboard
- ♥ Or anything else that inspires you

Enjoyed this resource?

Join the Slow Down with Liz email community for free weekly resources, reflection activities, wallpapers and practical tips to help you slow down, stress less and reconnect with what matters most.

www.slowdownwithliz.com

Display It Somewhere Visible

Once you've finished your vision board, place it somewhere you'll see it regularly:

- ✿ On your fridge
- ✿ In your office or workspace
- ✿ Near your desk
- ✿ On your phone or tablet
- ✿ As your computer or phone wallpaper
- ✿ Inside a journal or planner

The more often you see it, the more it can serve as a gentle reminder of what matters most to you.

Revisit It Regularly

Take a few moments every week or month to look at your vision board and check in with yourself.

Ask:

- ✨ What progress have I made?
- ✨ What still feels important?
- ✨ What needs updating?
- ✨ What is one small step I could take this week towards the life I want to create?

Remember, your vision board isn't set in stone. As you grow and change, your vision board can grow and change too.

A vision board isn't about wishing for a different life. It's about getting clear on what matters most, keeping it front of mind, and taking small, meaningful steps towards it.

♥ The future is created by what you do today, not tomorrow. ♥