

Vision Board Kit



Live Your Dream

What's a Vision Board?

Making a **Vision Board** is a fun way to explore and express your inner desires and dreams.

Projecting your vision onto a board allows you to physically visually see your dreams in front of you. Pinning your board up somewhere will consistently inspire you to take action and **live the journey** to achieve your vision.

In a practical sense, a **Vision Board** is a great way to represent what you want in life and share your vision with others.

More than Just for Fun

Vision Boards work on a deep level within your subconscious brain. By focussing on the things you want in your life, you will naturally pursue achieving them.

Physically writing and visually representing your 'vision' helps you with:

- Decision making
- Planning
- Prioritising
- Motivation
- Commitment
- Resilience
- Overcoming doubt and fear
- Honing strengths
- Values & Beliefs
- Keeping your eye on the prize!



Get Started Right Now!

This Vision Board kit contains everything you need to get started. Feel free to add your own flair, have fun with it and really give this a good shot.

You might just be surprised by the effect it has on you!

Steps for Creating Your Vision Board

1. Take out your Vision Board (A3 blank paper) and get setup on a table with plenty of room and allow an hour or two of uninterrupted time. (*Connect with your inner child – Enjoy being a big kid!*)
2. Browse the word tags for inspiration and cut the ones out that inspire you. Stick them to your board or set them aside for now. As you are cutting them out, practice mindfulness by thinking about what the words mean to you. Visualise how you will become the person living and achieving that word / dream.
3. Use coloured markers or pens to draw and write what you want in your future. Focus on anything you like, ***just let it flow!***
4. Ask yourself Thought Provoking Questions (page 4) and use the tips section if you get stuck.
5. Supercharge your Vision Board by completing the **‘Questionnaire for Self-Discovery & Empowerment’** exercise. This could take you 15 minutes, 15 hours or 15 years to complete depending on your interpretation and conviction. 😊

The purpose is to connect deeper with your vision and spur on invigorating thoughts and ideas. Write down these ideas and use them as fuel for planning, goal setting and deeper personal development later on.

6. Pin up your Vision Board where you’ll see it, and commit to taking the first baby steps daily.
7. Revisit your Vision Board regularly and treat it as a live board so it stays relevant and fresh.



Tips for Creating an Empowering Vision Board

- Focus on what you **do want**, not what you don't want.
- Create as many Vision Boards as you like for specific areas or themes of your life. For example you may have one for your relationship, and another for you career, and another for you passions.
 - Look for links and crossover points for inspiration and motivation.
 - Keep it visually interesting and fun, add pictures, colour, icons and more to make it ignite your passion and inspire action. It should be able to 'pick you up' if you're feeling defeated or lacking in energy or focus.
- Share your Vision Board with others for accountability, support and motivation.
- Display your Vision Board, so you'll see it every day. Connect with the emotion.
- Be proud of your Vision Board
- Add to it and tweak it over time so it's relevant
- Celebrate milestones and achievements as you progress.
- Keep your old Vision Boards as you replace them.
 - They will be interesting to look back on in years to come!
- Use your Vision Board to kick start planning, journaling and goal setting.

Tips for Getting Unstuck

If you're feeling stuck and staring at a blank page, use the following tips to help get your creative juices flowing again.

- Take a brain break and do something else for a while.
- Relax, meditate, go for a walk and practice mindfulness.
- Speak to a mentor, or read a good book.
- Work through other areas first, such as identifying your values, defining your core identity, unloading limiting beliefs etc.
- Recognise layers of fear, doubt, uncertainty, and raise your self-awareness of feeling these emotions. Remember, you **are not** your emotions. Parking the emotions to the side will allow you to dream and visualise from the heart.
- Use the thought provoking questions over the page.
- Chat with me - Jacqui, your partner or close friends.
- Be inspired by those you look up to.

Thought Provoking Questions

Use the questions below to discover your inner needs and desires.

- What would a perfect day in my life look like?
- What would I be doing?
- Who is most important in my life? What do I want to be doing together?
- What hobbies or projects do I love?
- What do I want to know more about?
- Where do I want to live?
- How do I want to contribute?
- What legacy do I want to leave behind?
- What will financial freedom mean to me?
- What business would I run if I put my mind to it?
- How will I look after my health? Why is this important to me?
- What fun and exciting thing do I want to do more of?
- Who would I like to meet and spend time with?
- What travel destinations must I explore?
- What would my super power or special skill be?
- What ultimate difference do I want to make in the world?
- Who do I want to become?
- What's something BIG and outside of my comfort zone that's **'scary but bold'**?



Vision Board Questionnaire for Self-Discovery & Empowerment

You've created your Vision Board! Well done!

Now it's time to embody that vision within you. I want you to live and breathe it. Let the vision you've created empower you to make bigger, better, bolder decisions and make big strides toward achieving your vision.

Answer the questions below and go deep to absorb and refine your vision. Take as much time as needed.

Top tip: Take a 'selfie' or a 'snap' of your Vision Board and share it on your social media channels or with select close friends for encouragement and commitment.

Questions

1. What words or pictures on your vision board stand out the most and make you feel inspired to say *"Yes! – This is what I want!"*
 - a. Standout words:.....
 - b. Why?...
2. Describe how you'd feel achieving and living your vision?...
3. What does your vision look like? Expand on the details...Use your imagination.
4. How is your vision or certain goals in alignment with your intrinsic values?...
(Intrinsic values are your inner most needs and desires in life)
5. How would others know that your vision or goal is important to you?...



6. How do your current daily habits get you closer to achieving your vision?...
7. What do you need to change to start living and achieving your vision?...
8. Who can help you achieve what you need to?...
9. What are the biggest obstacles to achieving your vision and goals?...
10. What past success, strengths and experience will help you achieve your vision?...
11. What other significant people in your life do you share your vision with?...
12. What is the smallest thing you can do today to get one step closer to living and achieving your life vision?...

Related Resources:

<https://www.jacquelinehogan.com/what-motivates-you/>

<https://www.jacquelinehogan.com/visualisation-for-ongoing-success/>

<https://www.jacquelinehogan.com/vivid-visualisation/>

For more inspiration and resources to help you live your best life – visit jacquelinehogan.com/

Abundance

Adventure

Attract

Career

Celebrate

Cherish

Growth

Commitment

Elegant

Excellent

Imagine

Create

Enthusiastic

Exciting

Explore

Faith

Fun

Family

Fitness

Focus

I deserve the best

Friends

Fulfilment

Gratitude

Happy

Income

No Limits

Opportunity

Potential

Inspiration

Invent

Wealth

Spirit

Joy

Nourish

Knowledge

Mastery

Health

Yes!

Reflection

Soulmate

Love

Passion

Purpose

Laughter

Perfect

Big Impact

Travel

Money

Relax

Education

Goal

Sincere

Experience

Wisdom

Awesome

Thankful

Trust

Connection

Forgiveness

Brave

Alive

Laugh

Smile

Respect

Strong

Stability

Passion

Change

No Fear

Content

Sex

More

Less

Big

Small

HUGE

Lots

Heaps

Great

I want

I need

I desire

I must achieve

I will

I'm determined

