

A top-down view of a desk with a laptop, coffee, flowers, and notebooks. A person's hands are typing on a laptop. A black coffee cup is on the desk. A bouquet of pink flowers is wrapped in brown paper. A spiral notebook is open, showing a page with a drawing. A blue pen is on the notebook. A clear phone case with the words 'Good Day' is on the desk. A white box with 'Taco Bell' is also visible.

# How to Vision Board Yourself into a Dream Career

CAREER TRANSFORMATION THROUGH VISUALIZATION

JESS MATTLY



# hi friend!

When I meet women that are having a tough time finding their perfect career "fit", my responses typically sound like, "What is the vision for your ideal career? How do you want to contribute to the workforce? What does success look like to you?". Most of the time (like 90%), I get a blank stare back.

I tell you this because I want you to know that it's *okay* and *normal* to feel lost as you embark on this new career chapter.



Listen, I blame society (and sometimes our parents - lol!) for making us decide WHAT we want to be instead of WHO we want to be and HOW we want to be of service. Don't worry, it's never too late to take a step back and re-evaluate where you are and where you'd rather be.

If you follow me on [instagram](#) or read my [blog](#), you know how passionate I am about people identifying their unique gifts and strengths so they can live more fulfilled lives and positively impact the workforce by choosing a career that lights them up! I want that for YOU too! That's why I created this worksheet. I hope you prioritize the time and energy needed to fill it out.

Now, grab a pen and get to work - and don't forget to let me know how it goes! You can either send me an email at [jessmattly@gmail.com](mailto:jessmattly@gmail.com), or tag me on instagram @JessMattly #grabapengettowork.

*go get'em!*  
*jess*

STRATEGIST

COACH

SPEAKER



# What is a Vision Board?

## Does it work?



A vision board is a collage of photos, words and images that represent your greatest dreams, goals and desires towards a particular topic.  
In this case, we're focusing on your career!

- ✓ Finding the right words and/or images to accurately express your goal requires you to focus on clearly identifying what it is that you truly want.
- ✓ You can either make a physical board or you can create a digital version - both work equally well if done correctly!
- ✓ Visualization is a technique used by Olympic Athletes such as [Michael Phelps](#) to improve performance and increase successful outcomes.
- ✓ Neuroscientists at Harvard Medical School found [similar brain activity](#) between musicians playing an instrument versus musicians who imagined playing their instrument. This means that the brain actively engages through the visualization process!

# What to Include?

As you find the right words, images and phrases for your career vision board consider the following areas to address:

## **Strengths & Gifts**

What are your greatest strengths?  
What comes easily to you?  
What are your areas of expertise?



## **Feelings & Emotions:**

How do you want to feel?  
What does success look like?  
What lights you up?

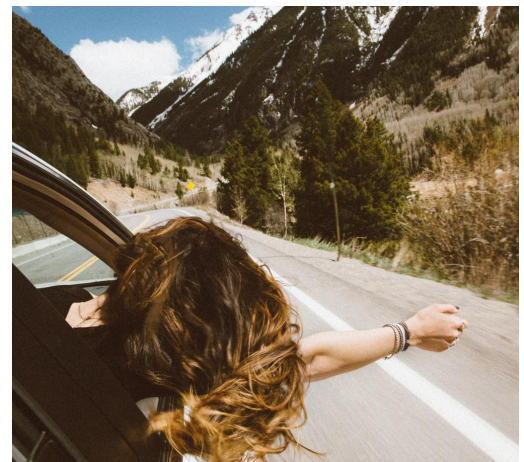


## **Making an Impact:**

What is your contribution?  
How can you be of service?  
What does your legacy look like?

## **Financial Freedom:**

What does financial freedom look like?  
How would it impact your life?  
What are your financial goals?



## **Environment & Vibe:**

What would your work space look like?  
What is your ideal schedule?  
Describe the workplace vibe.



# Brainstorm Sesh

Use the below brainstorming worksheet to organize your thoughts as you identify how you want to clearly describe your ideal career. You can use this as a reference point as you find graphics, photos, phrases, quotes, etc. to create your vision board!

**What does success  
look & feel like?**

**What does your ideal work  
environment look & feel like?**

**What do you want to contribute?  
How can you serve?**

**What are your financial goals?  
How does it feel?**



# Need Some Inspo?

There's no right way to do it. Don't overthink it, go with your instincts and be true to yourself. If you need some inspiration, here is an example below!





# Steps for an Effective Career Vision Board

Want to make your Career Vision Board as effective as possible? Follow these steps:

## 01



### **Envision it.**

Be as clear & specific as possible

## 02



### **Create It.**

Words, Photos, Phrases, Digital/Hard Copy, etc.

## 03



### **Feel It.**

Imagine how it will feel to accomplish your goal

## 04



### **Frame It.**

Keep it somewhere you will see it often

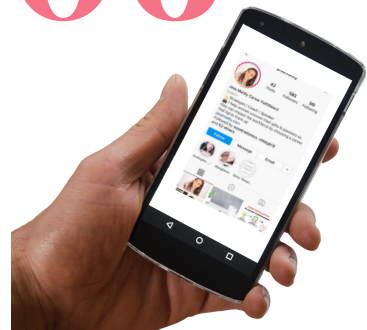
## 05



### **Revisit It.**

Review frequently & celebrate progress

## 06



### **Share it.**

Be accountable & inspire others!

**I can't wait to cheer you on! Share your Career Vision Board with me on Instagram by tagging @JessMattly, #grabapengettowork!**



# Hey listen, you've got this.

This first step of clearly envisioning your goal is usually the hardest.  
Know that you are capable of great things. I'm cheering you on!  
It might not be easy, but it will be worth it.

*xo, jess*

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