



Questions to Consider Before Making Your Vision Board

There is **NOTHING** about this workshop where we will be considering New Year's resolutions, specific new year goals, or small picture goals. We are focusing on a one year period of time and what **AREAS** of life we want to be intentional about in this 12 months. With that in mind:

1. What are 3-5 areas of focus for you this year? I.e. trips/travel, friendships, health, finances, a romantic relationship, hobbies, etc. These are just things you want to be intentional about and bring some movement and change to in the next 12 months. Try to think of pictures or images that would capture these areas of focus. (All supplies are provided in the workshop cost. However if you have a personal photo that you need, feel free to print and bring)
2. Don't set goals. These are areas of focus or areas to bring more intention to. I.e. instead of "lose 10 lbs.", make it "move my body every day" or "get healthier".
3. Think in terms of what do you want to **FEEL** this year. Think about images or pictures that might capture that feeling.
4. What do you want just for **YOU** this year. If you are married and/or have kids, there are so many things we can want for them. But the purpose of this exercise is to focus on **YOU**. What can you be more intentional about this year that will make you the best version of you? That benefits all other relationships **THE MOST** anyway.
5. This is a time for **PRIORITIZING**. There are so many great things we can focus on in a year. But what 3-5 things do you want to prioritize focus on for this 12 months? In fact, areas of focus for the future may depend on you seeing movement in this area first!
6. Do these areas depend **JUST ON YOU**? For the most part, we want to focus on ideas that we can achieve without any cooperation or approval from any other person. We don't want to 'trap' ourselves by making movement in an area dependent on the actions of another person. We can only control us- not others. We need to be empowered in our area of focus regardless of the opinion, approval or actions of another person.
7. Eyes On Me- More on this at the workshop
8. Manifesting goodness in our lives- More on this at the workshop