

FOCUSED ON SUCCESS

Vision Board Session

*Visualize this thing that you want.
See it, feel it, believe in it. Make your
mental blueprint, and begin to build.*

Robert Collier



with

Lorrie Delk Walker

Enthusiastic vision board coach who leads groups in identifying goals and mapping out the personal and professional life of their dreams.

By registering for the **Focused on Success Vision Board Session**, you have invested in yourself.

Now that's just plain awesome.

What is a vision board?

A powerful tool that represents your desires and goals in words, phrases, quotes, drawings and images

Whether this is the first time you've made a vision board, or your tenth, this worksheet is a guide to help you clarify, concentrate and maintain focus on your life goals. Even if you don't feel crystal-clear on your goals yet, the exercise of designing a vision board **often leads to discovery, meaning and self-understanding.**

Creating a vision board involves more than gluing pictures to poster board.

It's about creating a visual representation of the type of personal and professional life you wish to manifest. It's about keeping those desires front and center, and trusting that they will happen at the perfect time.

Ensure your success at the Vision Board Session by preparing ahead of time. Complete this exercise to help **focus your thinking on what you intend to accomplish with your vision board.** Doing so will pave the way for success.

Be specific about what you wish to attract into your life. What do you see yourself doing when nothing stands in your way? Where do you see yourself when you wholeheartedly believe that **anything is possible?**





Following are common areas represented on vision boards.

If you wish to focus on an area not identified in the list, cross out an item that doesn't apply to you and replace it with a focus area of your choosing.

Rank the following in order of importance, with **1 being most important** and working down from there:

Travel/Adventure

Where would you go if time and money were no object?

Home

Do you hope to buy or sell a home? Pay off your home? Make improvements?

Education

What do you want to learn? What are some education options available to you?

Mental/Emotional Wellbeing

Do you want to start a meditation practice?
Do things that improve your state of mind and increase happiness?

Business/Professional/Career

Are you looking for that dream job? Seeking a promotion? On the hunt for a new career?

Habits (kicking or picking up)

Are you going to quit smoking? Eat healthier?

Money/Finances

Do you need to save more? Pay off debt? Plan for retirement? Save for college?

Health/Fitness

Do you want to lose weight? Drop a clothing size? Build muscle? Eat clean?

Love/Relationships

Do you want to strengthen your marriage? Reconnect with family members? Find love?

Passion Hunting

Do you feel stuck in a life that doesn't bring you any passion? Are you looking for a career or hobby that you feel passionate about?

Other

TO DO

before the session



Write several goals, desires and/or aspirations related to your top three areas. Be specific.

Think in greater detail about how you wish to pursue these goals. Write a few sentences about these three areas that describe:

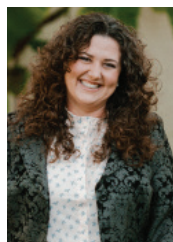
- The ideal outcome for each focus area. What does your life look like once your goals/desires/aspirations are accomplished?

- The steps required to begin your journey of improvement in these areas.

- The friends/teachers who are likely to help you realize your vision.

- When describing your ideal outcomes, think big. Approach these areas as though anything is possible, and no obstacle will stand in your way.

***Admission fee
includes all supplies.***



Lorrie Delk Walker

Allen & Company
LWalker@AllenInvestments.com
Office: 863.616.6040 (preferred)
Mobile: 863.409.3034

** This guide was inspired in part from the Life Force Experiential Activities Vision Board Workshop Outline, and Melanie Bundock's Create the Dream Virtual Vision Board Workshop. I highly recommend Melanie's workshop if you'd like to explore vision boards more. LPL and Allen & Co is not affiliated with Melanie Bundock.*

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