



Choose your areas, say what you are after, plan the words and pictures, then name the obstacle and write an if-then plan for each wish.

01 Pick four to six areas

Fewer areas make a clearer board. Tick the ones that pull at you right now, not the ones you think you should want. Add your own if the list misses something.

- ☐ Work or career
- ☐ Money
- ☐ Health and energy
- ☐ Home and where I live
- ☐ Family
- ☐ Friends and community
- ☐ Love and close relationships
- ☐ Learning and skills
- ☐ Fun, rest and play
- ☐ Creativity
- ☐ Travel and adventure
- ☐ Inner life (calm, confidence, meaning)

Anything else I want on my board:

02 The feeling I am after

Pictures work best when they stand for a feeling, not just a thing. Think about how you want ordinary days to feel, for example calm, free, strong, close to people, or proud. Then write one sentence for the middle of your board.

Three words for how I want my days to feel:

My centre statement (one sentence, in my own words):

For example: 'A calm, steady life with time for the people I love.'

03 Words, pictures and one small step for each area

One row per area. Add words or picture ideas, then describe what it would look like on a normal Tuesday. 'What it would look like' is the part that keeps a board from being vague. Finish with one small step you could take this month.

[illegible]

04 Where to find your pictures

You do not need to spend anything. Tick the sources you will use. Your own photos and your own drawings often work best, because they are about your life and not someone else's.

- ☐ Old magazines, catalogues or leaflets
- ☐ My own photos, printed or on a phone
- ☐ Postcards, tickets or cards I have kept
- ☐ Words cut from packaging or newspapers
- ☐ My own drawings, doodles or handwriting
- ☐ Free images I print at home or at a library

What I already have at home that could go on the board:

05 The honest part: what might get in the way

Wishing alone can feel good and still leave you where you started. Researchers call the fix mental contrasting: picture the good outcome, then look straight at the obstacle in the way, then make a plan. One well known version is called WOOP (Wish, Outcome, Obstacle, Plan). Pick your top three wishes from the board. For each, name the main obstacle that is inside you, such as a habit, a worry or a feeling. Then write an if-then plan.

Wish	Best outcome	Main inner obstacle	If ... then ...
from my board	What I would feel if it happened	e.g. I put it off when I'm tired	If [the obstacle shows up], then I will [do this instead].
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

How much do I believe I can do my first small step this month?

1	2	3	4	5	6	7	8	9	10
Not at all					Completely				

If that number is low: what would make the step smaller, or what should I let go of?

06 Where the board goes, and when I look at it

A board in a drawer does nothing. Put it where your eyes land at a calm moment, and decide when you will look at it. Looking is not the work. Use it to remind yourself of your steps and your if-then plans.

Where I will put my board :

When I will look at it (for example, Sunday evening with a cup of tea):

When I will check my small steps and update the board:

07 Check back in

After a few weeks, come back to this page. Keep what still feels true. Take down what does not. Changing your mind is not failing.

Date	Steps I took	What got in the way	What I will change
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

When you're done, a moment to reflect

- Which picture or word on your board gave you a small lift as you chose it? What does that say about what you want?
- Is anything on your board there because you think you should want it? What would you put there instead?
- Which obstacle did you write that you have met many times before? What has helped even a little in the past?
- What is one step on this page you could do in the next two days?
- How do you want to feel when you look at the finished board: pushed, or steadied?

Free worksheet from selfgrowth.org. Free self-growth worksheets for real life. Fill it in online and it saves as you go: selfgrowth.org/worksheets/vision-board-template



If things feel heavier than a worksheet can hold

These are self-reflection tools, not therapy. If you're struggling, especially if you have any thoughts of harming yourself, please reach out to someone now. In the US, call or text **988**. In the UK & Ireland, call **116 123** (Samaritans). Elsewhere, find a free helpline at findahelpline.com. If you're in immediate danger, call your local emergency number.