

A vision board collage on a corkboard. It features various motivational quotes like "create, inspire.", "BE BOLD.", "passion, ambition & love.", "give up.", "NOPE", "strengthen ME", "this is your year.", and "#GIRLBOSS". There are also photos of a landscape, a building, and a person. A string of warm white lights is draped across the board. A lit candle in a glass jar is in the foreground.

YOUR GUIDE TO CREATING A

Vision Board

WITH COMPASSION + PURPOSE

Current Year Accomplishments

Directions: Take a moment to think about everything that you accomplished this year! This can be anything that was significant for you in any area of your life (ex. new job, started a blog/business, reached fitness goals, graduated, etc.) You can even include ways you feel you've grown as a person (ex. became more outgoing, more productive, etc.) The idea here is to give yourself credit and recognize all the positive experiences you had and the goals you already accomplished!

Extra Prompts to Think About

What are you most proud of this year?

What ideas or dreams did you turn into reality this year?

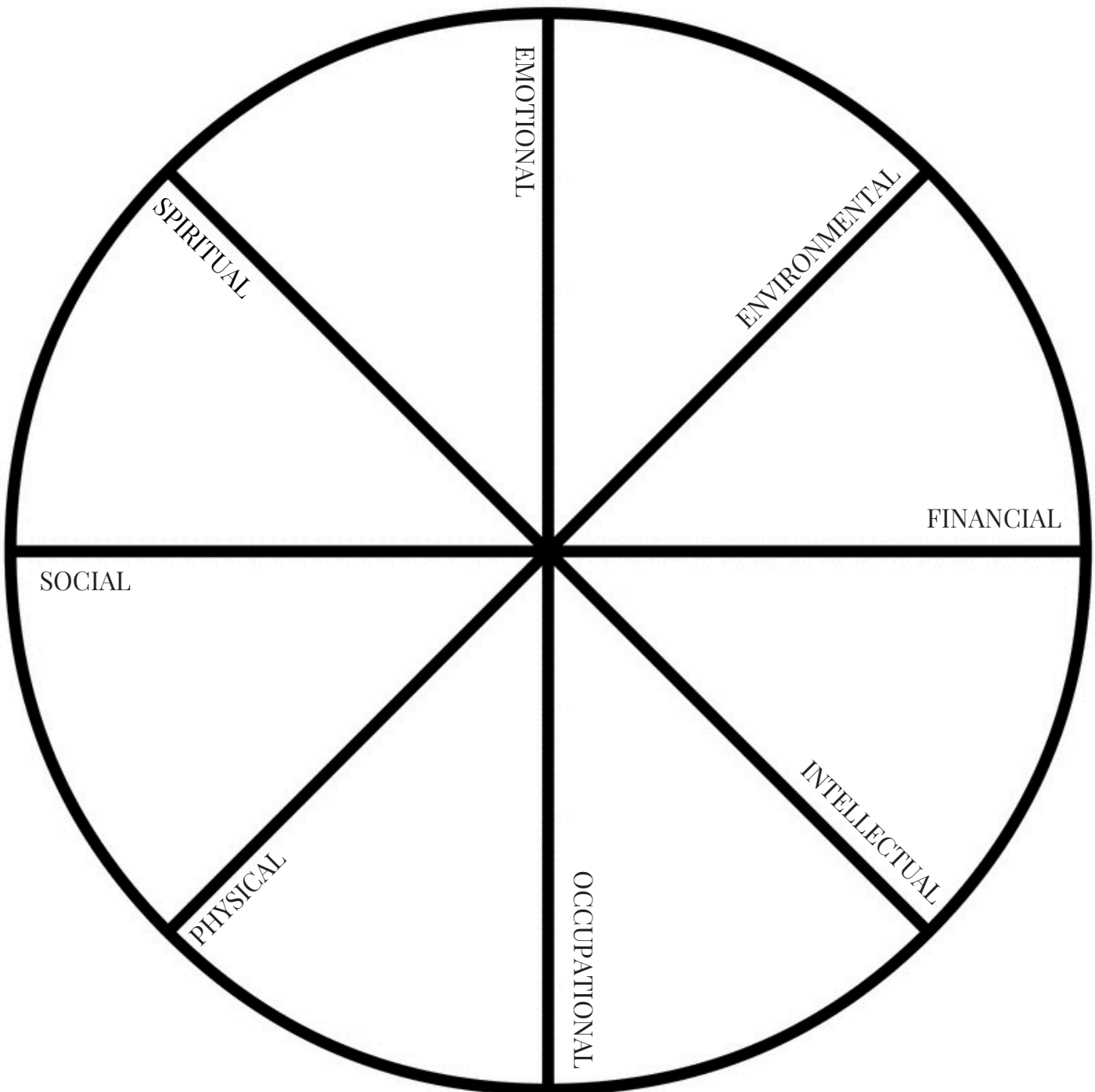
What meaningful relationships or connections did you form this year?

What new skills or knowledge did you learn or improve on this year?

What things or people brought you happiness and joy this year?

Areas for Improvement

Directions: Read each section of the wellness wheel on the next page. Then, think about ways that you want to improve in each area of your life, and write them down in the blank wheel below.





New Year Bucket List

Directions: Fill the bucket with new and exciting things you want to experience in the new year! ex. places you want to travel to, events you want to attend, restaurants/food to try, new things to learn, etc.



New Year Quotes + Affirmations

Directions: This is your place for inspiration, and motivation. Write down all of your favorite positive quotes, mantras, affirmations, and theme words that you want to keep in mind throughout the new year.

New Year Goals

Directions: It's goal setting time! Using all of the worksheets you've completed as inspiration, come up with a list of goals that you want to accomplish in the upcoming year. They can be as specific or as broad as you want, just make sure you can identify the steps you'll need to take in order to reach each goal!

WEALTH GOAL		HEALTH GOAL	
LOVE	FAMILY	CAREER	
SPIRITUALITY		KNOWLEDGE	
NOTES			

How What?

- Find photos, graphics, words, etc. that represent your goals and vision for the upcoming year, and get creative! Remember to use your worksheets as guides to intentionally choose your images
- Hang the completed vision board somewhere where you'll easily see it every day. Your bedroom, your office, wherever you like!
- Look at your vision board every day to remind yourself of what you're working towards, and to help you stay focused
- Visualize your dream life when you look at your vision board as vividly as possible. Think positive thoughts, and think about what you need to do to make that life a reality
- Look to your vision board when you're feeling discouraged, lost, stuck, confused, frustrated, etc. Pull inspiration and motivation from your vision board when you're feeling these negative emotions. Because you created your vision board while you were feeling happy & inspired, looking at your vision board will evoke those positive emotions in you!

You Made it!

I hope you enjoyed the creative process of designing a vision board. I had so much fun creating mine, and putting this workbook together! This is something I definitely want to start doing every year, and I hope you feel inspired to do the same!

I'm so excited for the new year and I have faith that it's going to be a great one for all of us. I'm looking forward to using my vision board to stay focused on making next year the best year yet because there's SO much that I want to accomplish.

If you're interested in more content like this we can connect on Instagram @compassionategrounds_ and in my Substack community - Cultivating You. I'd absolutely **LOVE** to see how your vision board turned out!

 *Dee*

take care
of your mind

passion,
ambition
& love.

ARE WITHIN ME

Do more of what
you love.



REMEMBER
YOUR
WHY

stay focused.

I can accept myself as
I am & work towards
change at the same
time



stay
inspired.

Self Compassion.

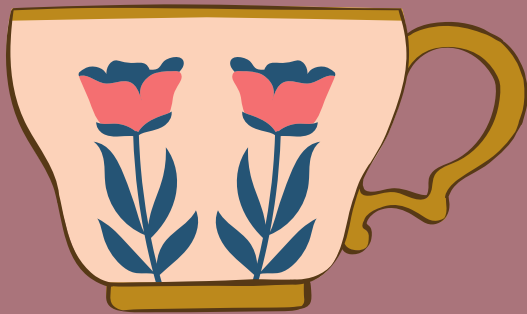


growth.



this is my year.

Embrace
Opportunities



*I have the courage
to move forward.*

Self
love

dream, create, inspire.

I am
CAPABLE

it's okay to
feel your
feelings

I am enough.



CONNECTION.



HOPE. LOVE. PASSION.