

# The Vision Board Template

A goal-focused vision board you can print: prompts to get clear, a nine-panel board, a simpler four-panel board, and the planner page that turns pictures into first steps.

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## A vision board is the start of a plan, not the plan.

**Get clear before you get scissors.** Fill in the prompts on page 3 first. Pictures chosen without a question in mind turn into a mood board of nice things. Pictures chosen to answer "what do I want this area of my life to look like?" turn into goals.

**One picture, one goal.** Every panel has a line for a goal underneath. If you cannot write one, the picture is decoration. Keep it if you love it, but know the difference.

**Pick three to act on.** You will not work on eight areas at once. Page 6 is where three pictures become a specific goal, a first step you take this week, and a habit that keeps it moving.

**Put it where you will see it daily.** A board in a drawer inspires nobody. Next to the mirror, inside a wardrobe door, or as your phone lock screen after you photograph it.

### PRINT TIPS

Print pages 4 and 5 on thicker paper or card if you plan to glue photos on. Magazine cut-outs, printed photos, sketches, or a single written word all work. Nothing here needs colour ink.

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### WHAT IS INSIDE

## Five tools, one job each

**Vision prompts (page 3).** Eight life areas, three lines each. What you want, how you want to feel, and the picture that would remind you.

**Nine-panel board (page 4).** Eight life areas around your word for the year. The classic layout, with a goal line under every picture.

**Four-panel board (page 5).** For a focused year. Four areas, bigger pictures, fewer distractions.

**Vision to action planner (page 6).** Three pictures become goals with a date, a first step, and a weekly habit.

**Quarterly check-in (page 7).** Every three months: still want it, what moved, what to swap out.

## STEP 1

# Vision prompts

Ten minutes, no pictures yet. Skip any area you do not care about this year. Blank is a decision too.

### HEALTH

A year from now...

I want to feel

Picture to find

### ENERGY & SLEEP

A year from now...

I want to feel

Picture to find

### FOOD

A year from now...

I want to feel

Picture to find

### WORK

A year from now...

I want to feel

Picture to find

### LEARNING

A year from now...

I want to feel

Picture to find

### HOME

A year from now...

I want to feel

Picture to find

### PEOPLE

A year from now...

I want to feel

Picture to find

### ADVENTURE

A year from now...

I want to feel

Picture to find

## My vision board

|                                          |                                                                         |                                             |
|------------------------------------------|-------------------------------------------------------------------------|---------------------------------------------|
| <p>HEALTH</p> <div></div> <p>My goal</p> | <p>ENERGY &amp; SLEEP</p> <div></div> <p>My goal</p>                    | <p>FOOD</p> <div></div> <p>My goal</p>      |
| <p>WORK</p> <div></div> <p>My goal</p>   | <p>MY WORD FOR THE YEAR</p> <hr/> <p>BY DECEMBER I WANT TO<br/>FEEL</p> | <p>LEARNING</p> <div></div> <p>My goal</p>  |
| <p>HOME</p> <div></div> <p>My goal</p>   | <p>PEOPLE</p> <div></div> <p>My goal</p>                                | <p>ADVENTURE</p> <div></div> <p>My goal</p> |

## Focused four-panel board

Use this instead of the nine-panel board if you want a year about fewer things. Relabel the panels to suit you.

|                                          |                                             |
|------------------------------------------|---------------------------------------------|
| <p>HEALTH</p> <div></div> <p>My goal</p> | <p>WORK</p> <div></div> <p>My goal</p>      |
| <p>PEOPLE</p> <div></div> <p>My goal</p> | <p>ADVENTURE</p> <div></div> <p>My goal</p> |

## STEP 3

# Vision to action planner

Choose the three pictures that matter most right now. Each one gets a goal you could check off, a first step small enough to do this week, and a habit that keeps it moving.

| THE PICTURE          | THE GOAL (SPECIFIC + DATE) | FIRST STEP THIS WEEK | WEEKLY HABIT |
|----------------------|----------------------------|----------------------|--------------|
| 01                   |                            |                      |              |
| 02                   |                            |                      |              |
| 03                   |                            |                      |              |
| 04                   |                            |                      |              |
| Date I start         |                            |                      |              |
| Where my board lives |                            |                      |              |
| Who I will tell      |                            |                      |              |

### WHY ONLY THREE

Every goal competes for the same evenings and weekends. Three you actually start beat eight you admire. The rest of the board is still there next quarter.

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STEP 4

## Quarterly check-in

Every three months, 15 minutes. Look at the board and be honest.

PICTURE / GOAL

STILL WANT IT? WHAT MOVED

KEEP / CHANGE /  
SWAP

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01

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02

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03

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04

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**Biggest surprise**

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**Picture to add**

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### SWAPPING IS ALLOWED

A vision board is not a contract. If a picture no longer pulls at you, replace it. Keeping a goal you have stopped wanting just teaches you to ignore the board.