

The Vision Board Template Example

A completed version of the template, filled in the way we recommend, so you can see what a vision board that leads somewhere looks like.

COMPLETED EXAMPLE

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.

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>Run a 10K by June</i>
I want to feel	<i>Strong, not sore</i>
Picture to find	<i>Runner on an open road</i>

ENERGY & SLEEP

A year from now...	<i>In bed by 10:30 on weeknights</i>
I want to feel	<i>Awake before the alarm</i>
Picture to find	<i>Made bed, soft morning light</i>

FOOD

A year from now...	<i>Cook at home 5 nights a week</i>
I want to feel	<i>Lunch I look forward to</i>
Picture to find	<i>Colourful vegetables on a board</i>

WORK

A year from now...	<i>Lead one project start to finish</i>
I want to feel	<i>Trusted with the big stuff</i>
Picture to find	<i>Clean desk, open notebook</i>

LEARNING

A year from now...	<i>Read 12 books this year</i>
I want to feel	<i>Curious again</i>
Picture to find	<i>Stack of books, reading chair</i>

HOME

A year from now...	<i>A calm, clear living room</i>
I want to feel	<i>Somewhere I want to be</i>
Picture to find	<i>Tidy room with plants</i>

PEOPLE

A year from now...	<i>Sunday dinner with family, twice a month</i>
I want to feel	<i>Close, not just busy</i>
Picture to find	<i>A full dinner table</i>

ADVENTURE

A year from now...	<i>Hike a real mountain trail</i>
I want to feel	<i>Proud of my legs</i>
Picture to find	<i>Trail up a mountain</i>

STEP 2

My vision board

HEALTH



My goal

Run a 10K by June

ENERGY & SLEEP



My goal

In bed by 10:30 on weeknights

FOOD



My goal

Cook at home 5 nights a week

WORK



My goal

Lead one project start to finish

MY WORD FOR THE YEAR

Steady

BY DECEMBER I WANT TO
FEEL

Rested, strong, and less rushed

LEARNING



My goal

Read 12 books this year

HOME



My goal

A calm, clear living room

PEOPLE



My goal

Sunday dinner with family, twice a month

ADVENTURE



My goal

Hike a real mountain trail

STEP 2, ALTERNATE

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.

HEALTH



My goal
Run a 10K by June

WORK



My goal
Lead one project start to finish

PEOPLE



My goal
Sunday dinner with family, twice a month

ADVENTURE



My goal
Hike a real mountain trail

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	<i>Runner on the road</i>	<i>Run a 10K by June 14</i>	<i>Sign up for the race, pay the fee</i>	<i>Run Tue / Thu / Sat, any distance</i>
02	<i>Dinner table</i>	<i>Family dinner 2 Sundays a month</i>	<i>Text Mum and book the first two dates</i>	<i>Shop for it on Saturday</i>
03	<i>Mountain trail</i>	<i>Hike a 12-mile trail by September</i>	<i>Pick the trail, put a weekend on the calendar</i>	<i>One long walk every weekend</i>
04				
Date I start		<i>Monday, January 6</i>		
Where my board lives		<i>Inside the wardrobe door + phone lock screen</i>		
Who I will tell		<i>Sam (running buddy)</i>		

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.

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
01	10K by June	Yes	Up to 6K, 3 runs a week	Keep
02	Family Sundays	Yes	4 of 6 done	Keep
03	Mountain hike	Yes, later	Nothing yet, fine	Keep for Q3
04	Read 12 books	Not really	2 books	Swap: 1 course
Biggest surprise				
Sleep fixed half my other goals				
Picture to add				
A finish line photo, after June				

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.