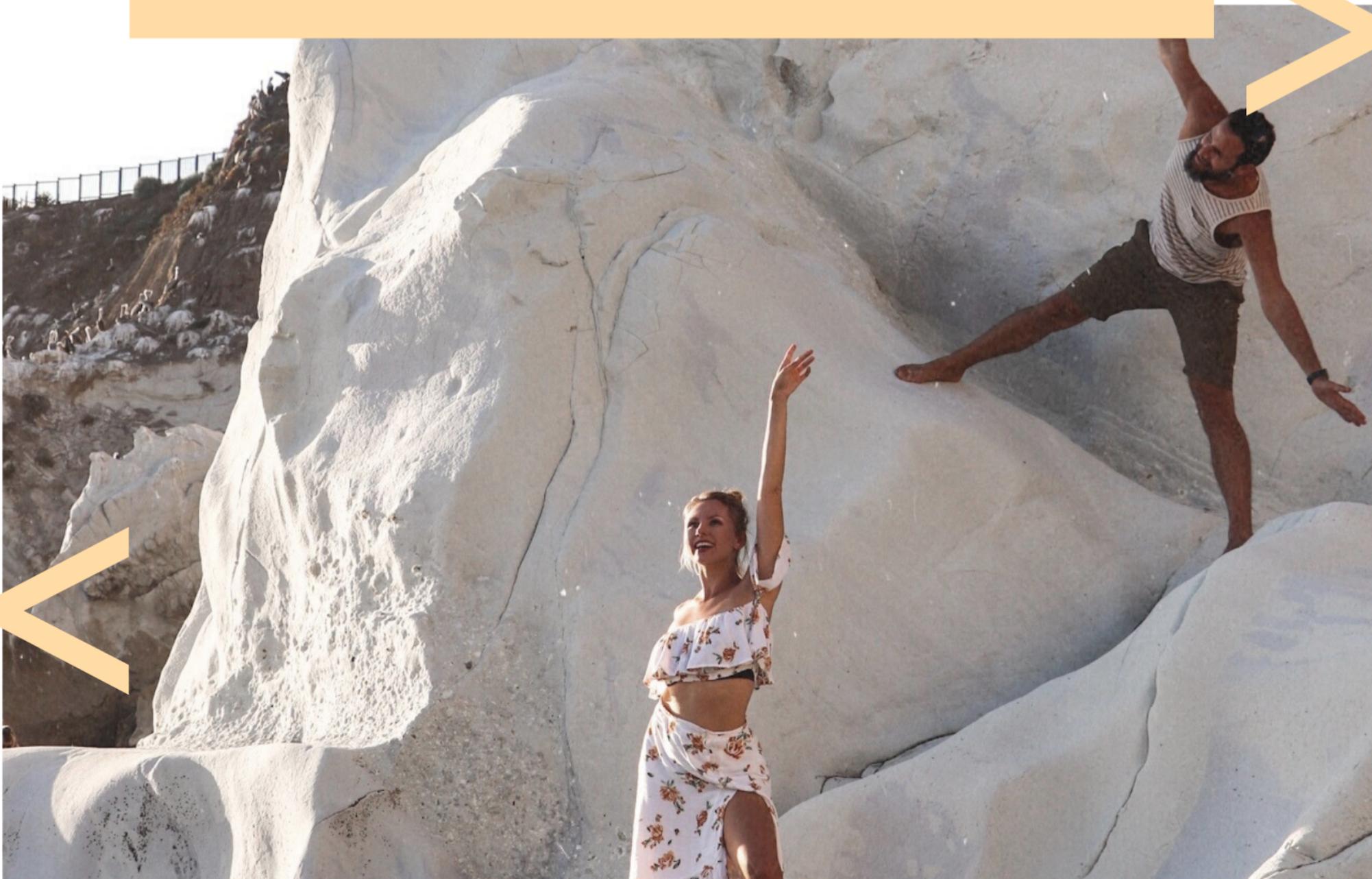


# CREATING A VISION BOARD

+ 3  
PRINTABLE  
TEMPLATES!

4 Guided Exercises for creating a strong vision board. Things to consider. Mistakes to avoid.



# HEY DREAMER!

... believe us, we mean it as a compliment!

Only those who dare to dream big, end up going further than they would have ever thought possible!

We couldn't be happier that you downloaded this Vision Board workbook. We hope you're as excited as us to start visualising your greatest goals and manifesting your dream life.



# YOU GOT THIS!

"Life goals" ...wow that sounds big! (and maybe a little cheesy).

And yet, just take a look at the people that have achieved greatest success and happiness. They didn't get there by chance. They got there because they envisioned themselves there.

And most importantly, they turned their *goals* into *plans*.

This is what this workbook is about. It's to challenge you to dream big and then plan small.

We can't wait to applaud you for your board!

We hope you enjoy working with the templates!

Do you have questions or comments?

Get in touch on Instagram [@generationnomads!](https://www.instagram.com/generationnomads/)

# Before you start

## Content

This work book includes instructions and templates for creating your vision board. You will go through four exercises in total. Exercises 1-3 will challenge you to do valuable pre-work that will prepare you to create a strong vision board in the final Exercise 4.

Exercise 1: Dream without limitations

Exercise 2: Define your vision board categories

Exercise 3: Think of goals per vision board category

Exercise 4: Create your vision board

## Instructions for completing

We recommend to go through the exercises in chronological order. This way you will go from broad to specific and will be best prepared to create a vision board that will manifest your goals.

## Time

It is up to you how much time you would like to spend on completing exercises 1-4. You can complete the workbook in one afternoon, one day, or one week. This is a creative process, so please do what feels most comfortable to you. Don't force yourself to complete the exercises under time pressure. Be kind to yourself and grant yourself the time you deserve.

## Next steps

Consider downloading the work books Goal Getter and Fear Fighter to make your visions more concrete and to define action plans how you will turn your dreams into plans and battle obstacles on the way.

## Sharing is caring!

We would love to see your progress! Tag us [@generationnomads](https://www.instagram.com/generationnomads) on Instagram!

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# What is a vision board?

A vision board is a visualisation of your greatest dreams. You can see it as a bucket list of experiences, achievements, and gains that you strive for in life. This could be something as big as making millions and retiring on a yacht in the Caribbean, or small as re-organising your closet.

The most effective way is to make your vision board manageable by zooming in to a set time period. This means envision how your ideal new year will look like. What do you need to have or do to live your dreams?

## **The Law of Attraction**

The law of attraction says that we attract into our lives what we focus our energy on. What you focus your thoughts on, your subconscious mind will work to help you achieve it. The secret is to be specific about what you want to attract into your life.

The process of creating a vision board is to very concretely imagine your life dreams and goals and put them down on paper in the form of pictures, texts, or anything else visual. The outcome is to place your vision board where you can see it every day to have a constant reminder of your new year resolutions.

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# Is your vision board guaranteed to work?

To be brief, YES and no. It can and WILL work if you do it right. It won't work if you don't do it right, and actually it could do even more harm than good in that case.

We read an interesting case study of psychotherapist Amy Morin in which she saw the vision boards actually stunted the growth of her clients. Rather than getting out there and work toward achieving their goals, clients who created vision boards seemed to be waiting for the universe to do all the work.

So while this one man's vision board included an expensive sports car and a girlfriend, he didn't make any changes in his financial matters and haven't been out on a date in years. He was just firmly trusting that the universe will magically grant him his wishes.

In the terminology of the law of attraction, a vision board is a tool that helps you visualise what you want to focus your energy on. This includes not only the ultimate goals, but even more the process of how you get there.

- If your vision board shows you making an income from working from home, include next to it a picture of your CV that needs to be updated for applying for freelance jobs.
- Is the plan to finally tackle that bikini body, clip your favourite Youtube yoga channel to the board.
- Dreaming about a new partner? Include a picture of signing up to a new gym, book club, Tinder, etc.

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## Exercise 1

# Dream without limitations

The following 9 questions will help you to find out what you desire most in life and how you can tackle your goals.

Please try to answer every question in the template on the next page. Your answers will inspire you come up with more specific goals for your vision board later.

1. What would you do with your life if money was not a factor?
2. Imagine you were given 3 wishes free, what would they be?
3. If you had only one day to live, how would that day look like?
4. If you could write a book about your life, what would you like to read in it?
5. What would you do, if you had absolutely no fears?
6. You are 100 years old and look back at your life, what are you most happy about?
7. How does your ideal day look like?
8. Imagine you don't have any limitations, what would you stop doing immediately?
9. If you had more time in a day, what would you do more of?
10. If there is something that you are envious about other people, what is it?

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1. What would you do with your life if money was not a factor?

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2. Imagine you were given 3 wishes free, what would they be?

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3. If you had only one day to live, how would that day look like?

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4. If you could write a book about your life, what would you like to read in it?

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*This is a creative exercise. Don't shame yourself for whatever comes into your mind, nobody's looking! Write down your initial raw thoughts. The more authentic your answers are, the better.*

5. What would you do, if you had absolutely no fears?

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6. You are 100 years old and look back at your life, what are you most happy about?

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9. If you had more time in a day, what would you do more of?

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10. If there is something that you are envious about other people, what is it?

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*This is a creative exercise. Don't shame yourself for whatever comes into your mind, nobody's looking! Write down your initial raw thoughts. The more authentic your answers are, the better.*

## Exercise 2

# Define your vision board categories

Your vision board is the representation of your dreams and goals. It is also a visualisation of how you envision happiness to look like.

And as you know yourself, there are various facets to happiness. To get to a holistic view, it's important to consider all factors.

Think of the major aspects of your life. In the vision board template you will find space reserved for each of these categories, plus additional space to add any other categories that you find missing.

Typical vision board categories:

- *Health*
- *Wealth*
- *Love*
- *Career*
- *Spirituality*
- *Family*
- *Knowledge*
- *Travel*

Do you find categories missing? Take a moment to write down any category that you would like to add to your vision board.

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## Exercise 3

# Think of goals per vision board category

Now that you have confirmed which categories you would like to include on your vision board, you're ready to think about goals.

Remember, you're already one step ahead because you have answered the questions in Exercise 1. Those answers are your leading north stars. They are truly your vision and these could go as ultimate life goals onto your vision board. However, you're not finished there. Sorry!

**It's important to make your visions more concrete!** The next challenge is to break down your visions and think about steps you can take today, tomorrow, next month, etc. to get closer to your visions. Capture these milestones onto in the template on the next page.

**Important:** This is not a rat race! The idea is not to come up with as many goals and sub-goals as possible for your vision board. Think of the ones that truly drive you and give you energy and start working on reaching them. Think of 1 to maximum 10 goals per category.

The template on the following pages includes space for each category to write down goals that come to your mind.

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## Health

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## Wealth

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## Love

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## Career

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Write down 1-10 goals per category. Add categories that you miss and leave out categories if they are not important to you. Remember: add goals that are meaningful to you, quality over quantity!

## Spirituality

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## Family

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## Knowledge

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## Travel

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Write down 1-10 goals per category. Add categories that you miss and leave out categories if they are not important to you. Remember: add goals that are meaningful to you, quality over quantity!



## Exercise 4

# Create your vision board

Now we have arrived at the final part of your vision board exercise, yay! It's time to create your board! You will find your printable template on the next page.

Important! You remember, if not done properly, instead of making you live your dreams, a vision board might do exactly the opposite. To make sure you can confidently add the goals you defined before to your vision board, please review your goals critically, keeping the following things in mind:

- **Dream big but plan small!** Don't only think about the ultimate goal. Envision *how* you will reach your goal and include the journey towards that goal into your vision board.
- **Quality over quantity!** Your job is not to come up with a long list of new years resolutions. Your job is to listen to your inner voice and visualise your true goals and dreams.
- **Don't praise the day before evening time.** Only because you put up your goals, doesn't mean that the universe will magically do its work. Define subgoals and action plans on how to truly reach your goals and live your dreams.
- **Don't brag!** Only because you sprinkled some glitter on your vision board it doesn't make it a painting for others to admire. This is your intimate reminder of your goals, not a museum for others to look into your soul. There's actually a study that shows that talking about your goals lowers your chances of reaching them.
- **This is not a rat race against others.** Focus on what makes you fulfilled and happy instead of satisfying somebody else's expectations of you.

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Do you have **more questions** about creating a lifestyle you love?

We would love to help!

The fastest way is to shoot us a DM on Instagram [@generationnomads](https://www.instagram.com/generationnomads).

No Instagram? No problem!  
You can also contact us by [email](#).

Talk to you soon!

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