

INDOINDIANS VISION BOARD PLANNER

Find a quiet place to sit and reflect to get clarity on what you desire, before you begin your vision board. Take some time to answer these questions before the workshop. This will help you become really clear on your goals and desired emotions. Don't try to rush the process! Take all the time you need to become really clear on how you want your life to look and how you want to feel.

1. What does your dream life look like?

2. What kind of person do you want to be?

3. What have you always wanted to do but you've been afraid to try?

4. What do you wish you had more time to do?

5. What emotions do you want to feel?

6. Describe what your typical day would look like in your dream life. What time will you wake up? Where will you live? What will you do? Write down how each part of your day would make you feel.

7. List between 5-10 Wildly Improbable Goals for the upcoming year. These are goals that you would love to achieve but just seem a little unrealistic.

8. Write down everything that you can think of that brings joy (as many things as possible).

Circle the values that are most important to you:

Acceptance	Fun	Openness
Achievement	Generosity	Peace
Adventure	Grace	Philanthropy
Altruism/Helping	Gratitude	Play/ Playfulness
Others	Honesty	Positivity
Attentiveness	Hopefulness	Reason/Logic
Balance	Humor	Reliability
Beauty	Independence	Respect
Caring	Integrity	Responsibility
Charity	Introspection	Self-control
Compassion	Joy	Spirituality/Faith
Connection	Justice	Selflessness
(Connecting	Kindness	Stability/Security
w/others)	Knowledge	Support
Competence	Leadership	Teamwork
Courage	Learning and	Thoughtfulness
Creativity	Growth	Transparency
Curiosity	Love	Trustworthiness
Determination	Loyalty	Wisdom
Discipline	Modesty	Wonder
Empathy	Nature	Work
Friendliness	(Appreciation of)	
Friendship	Open-Mindedness	