

Vision Board Starter Kit

A gentle guide to help you map your dreams and reconnect with your inner compass.

Step 1: Setting Your Intention

Take a few minutes to reflect on how you want to feel over the next few months. Write down words that describe the emotions, energy, or values you want to invite into your life (e.g., calm, joy, creativity, balance).

Intention Words / Feelings:

Step 2: Dream Categories

Use these categories as inspiration. Write down what comes to mind for each area of life. Be playful and open — nothing is too small or too big.

Category	Dreams / Ideas
Personal Growth	
Relationships	
Body & Mind Wellness	
Career or Purpose	
Creativity & Joy	
Rest & Renewal	
New Adventures	

Step 3: Gather Visuals

List images, quotes, or symbols you'd like to include. These can come from magazines, photos, online printouts, or even your own drawings.

Image / Quote Ideas:

