

YOUR WORKBOOK

VISION BOARD JOURNAL
A MINI WORKSHOP



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STEP BY STEP GUIDE

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LAYING THE FOUNDATION - INTENTION & THEMES

STEP 1 : SET YOUR INTENTIONS (The Why and What)

STEP 2 : CHOOSE YOUR CORE THEMES (Your Focus Areas)

02

BRINGING YOUR VISION TO LIFE - VISUALS & CREATIONS

STEP 3 : GATHER YOUR VISUALS (The Inspiration Hunt)

STEP 4 : CREATE YOUR FIRST VISION SPREAD (The Visual Blueprint)

03

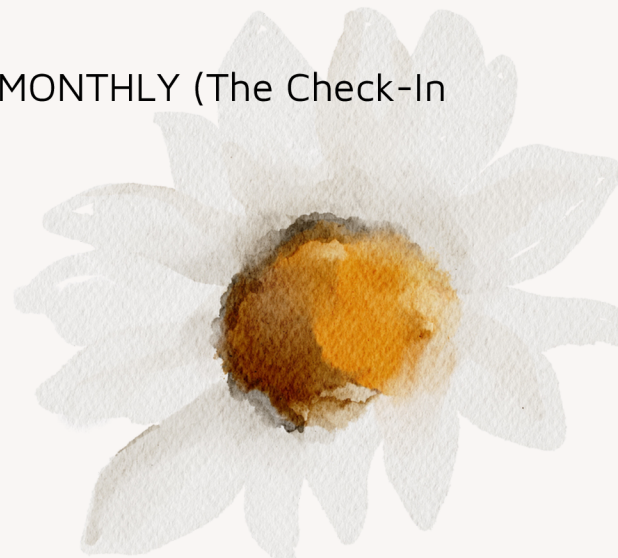
DEEPENING THE CONNECTION - JOURNALING AND ACTION

Step 5 : JOURNAL YOUR VISION (The Heart & Soul)

04

LIVING YOUR VISION - ONGOING PRACTICE

Step 6 - REVISIT AND REFLECT MONTHLY (The Check-In & Evaluation)



Welcome to the course

Create the Life You Envision

Have you ever felt like your dreams were just floating around in your head, waiting to be captured? A Vision Board Journal is a powerful, creative, and deeply personal way to bring those dreams to life. Unlike a traditional vision board, a journal allows you to reflect, evolve, and grow with your goals over time. In this mini-workshop, we will guide you through creating a powerful vision board and accompanying journal practice. It's more than pretty pictures; it's about setting your intentions, connecting with your desires, and actively co-creating the life you want. Let's dive in!

*journaling
notes*



WHAT IS A VISION BOARD JOURNAL

A Vision Board Journal combines the visual inspiration of a vision board with the reflective power of journaling. It's a space where you can:

- Visualize your goals with images, quotes, and drawings.
- Write about your dreams, progress, and mindset.
- Revisit and revise your vision as you grow.

*journaling
notes*



WHAT YOU WILL NEED

- A blank journal or notebook (preferably one you love!)
- A larger piece of poster board, or a dedicated section in your journal for the main vision board spread(s).
- Magazines, printed images, stickers, washi tape, old books.
- Pens, markers, glue, and scissors.
- Optional: Digital tools like Canva or Pinterest for inspiration.
- A quiet space and dedicated time (at least 1-2 hours to start).

*journaling
notes*



Roadmap of the Workbook

LAYING THE FOUNDATION -
INTENTION & THEMES

BRINGING YOUR VISION TO LIFE
- VISUALS & CREATIONS

DEEPENING THE CONNECTION -
JOURNALING AND ACTION

LIVING YOUR VISION - ONGOING
PRACTICE

FINAL THOUGHTS



LAYING THE FOUNDATION - INTENTION & THEMES

STEP 1 : SET UP YOUR INTENTIONS (The Why and What)

Before you start cutting and pasting, connect with your inner self. This is about reflecting on the "why" and "what" behind your dreams.

WORKSHOP ACTIVITY : INTENTION SETTING

Find a comfortable seat, take a few deep breaths, and quiet your mind. In your journal, answer these questions with honesty and openness:

1. What do I want to feel more of in my daily life this year?
(e.g., joy, peace, excitement, connection, calm, abundance, strength)
2. If I were living my most aligned life one year from now, what would be different?
3. What areas of my life (e.g., career, relationships, health, personal growth, finances, fun) are calling for a positive shift?
4. What dreams or desires have I been putting off, perhaps due to fear or self-doubt?
5. What limiting beliefs or patterns am I ready to release?



LAYING THE FOUNDATION – INTENTION & THEMES

STEP 2 : CHOOSE YOUR CORE THEMES (Your Focus Areas)

Distill your intentions into 3-5 core themes. This prevents overwhelm and gives your vision board focus.

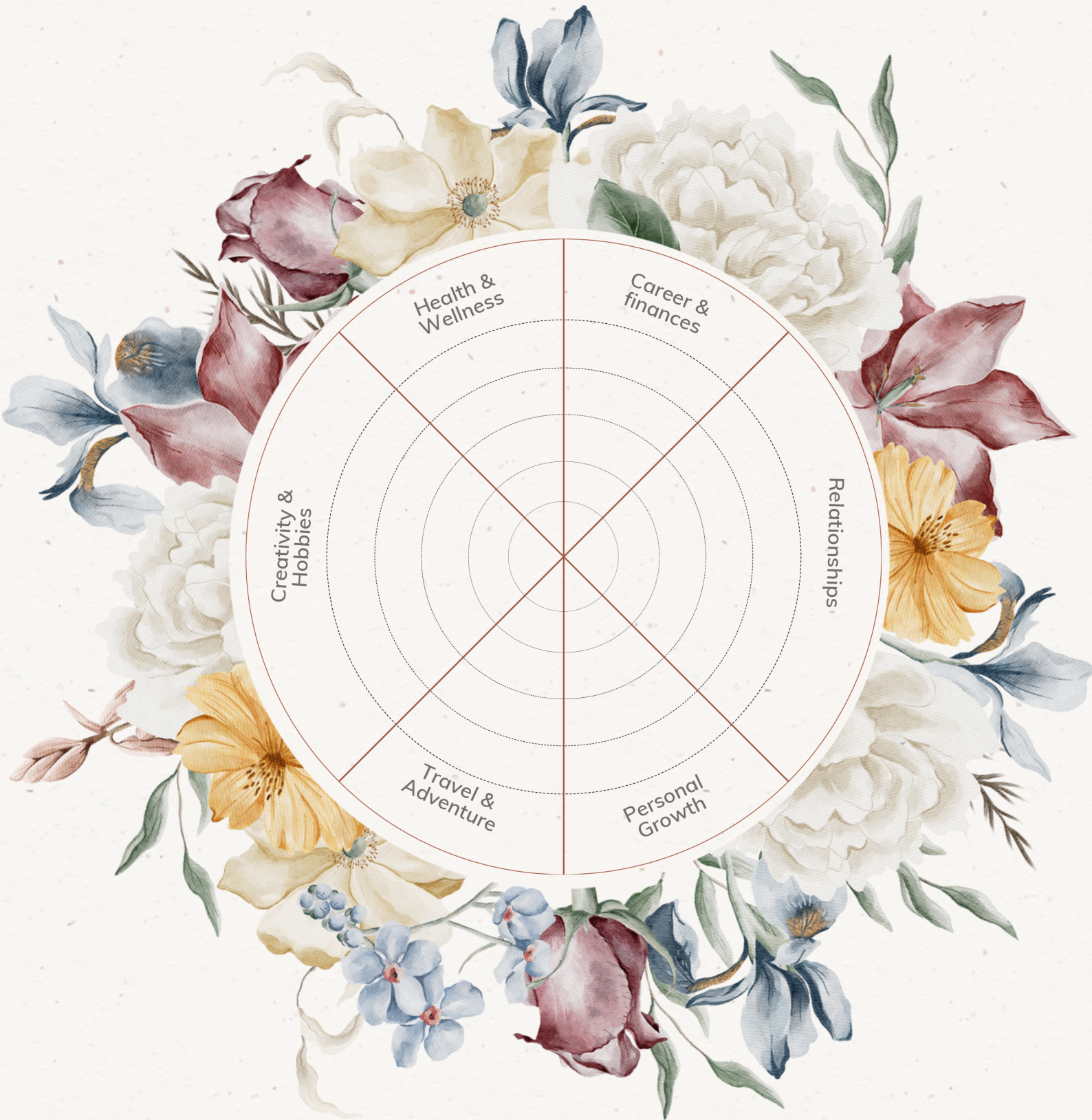
WORKSHOP ACTIVITY : INTENTION SETTING

1. Looking at your answers from Step 1, identify recurring ideas or the most potent desires.
2. Group them into broader categories if needed.
3. Select 3-5 themes that feel most important to you right now.
4. Write these themes boldly in your journal.

Tip: You can combine concepts like “Abundant Well-being” (Health & Finances) or “Creative Entrepreneurship” (Career & Creativity).

YOUR CORE THEMES

Now, let's distill those intentions into 3-5 core themes. This helps prevent overwhelm and gives your vision board focus. Pick 3-5 themes that matter most to you



JOURNALING NOTES





Module 2

BRINGING YOUR VISION TO LIFE – VISUALS AND CREATION

STEP 3 : GATHER YOUR VISUALS (The Inspiration Hunt)

Distill your intentions into 3-5 core themes. This prevents overwhelm and gives your vision board focus.

WORKSHOP ACTIVITY : INTENTION SETTING

1. Flip through magazines, browse Pinterest, Google Images, or look through your own photos.
2. Look for images, words, quotes, colors, and textures that resonate with your intentions and themes.
3. Don't overthink it! If something sparks joy or curiosity, cut it out or save it.
4. Aim for a variety of visuals – people, places, objects, abstract designs, and powerful words.



Module 2

BRINGING YOUR VISION TO LIFE – VISUALS AND CREATION

STEP 4 : CREATE YOUR FIRST VISION SPREAD (The Visual Blueprint)

Open to a fresh page and start crafting your first vision board spread. This is where your board takes shape!

WORKSHOP ACTIVITY : INTENTION SETTING

1. Take your main vision board surface (poster board or a dedicated journal spread).
2. Arrange your chosen visuals. Play with the layout before gluing anything down.
3. Once you're happy, glue everything in place.
4. Feel free to add doodles, hand-written affirmations, or inspiring quotes directly onto the board.

Tip: Start with one main spread. You can create focused spreads for each theme later.

JOURNALING NOTES



A large, empty rectangular box with a thin black border, intended for journaling notes.

YOUR INSPIRATION HUNT



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Module 3

DEEPENING THE CONNECTION – JOURNALING & ACTION

STEP 5 : JOURNAL YOUR VISION (The Heart & Soul)

Your vision board is the “what”; your journal is the “why” and “how.” Reflect on what achieving your goals would feel like and what small steps you can take.

WORKSHOP ACTIVITY : INTENTION SETTING

Turn to a new page in your journal. Use the following prompts to explore your vision more deeply:

1. “Looking at my vision board, what emotions come up for me? Describe them.”
2. “For each theme, why is this deeply important to me?”
3. “What does success look like for me in this area? (How will I feel? What will I be doing?)”
4. “What small, tangible steps can I take this week or this month to move closer to one of these visions?”
5. “What potential obstacles or fears might arise, and how can I prepare to navigate them?”

JOURNALING NOTES



04 Module 4

LIVING YOUR VISION – ONGOING PRACTICE

STEP 6 : REVISIT & REFLECT MONTHLY (The Check-In and Evolution)

Your vision board and journal are living documents. Set a reminder to revisit them each month to track progress and adjust your vision as needed.

WORKSHOP ACTIVITY : INTENTION SETTING

1. Spend a few minutes looking at your vision board. How does it make you feel now?
2. In your journal, reflect on the past month:
 - What progress (big or small) did I make towards any of my visions?
 - What am I most proud of?
 - What challenges did I encounter, and what did I learn?
 - Are my themes still resonating? Is there anything I want to add, change, or let go of?
 - What are my key intentions for the upcoming month?

JOURNALING NOTES



JOURNALING INSPIRATION

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

TIPS FOR STAYING INSPIRED

- Keep your journal visible—on your nightstand or desk.
- Use color and texture to make it fun and engaging.
- Pair it with a morning or evening routine.
- Share your journey with a friend or accountability partner.

*journaling
notes*



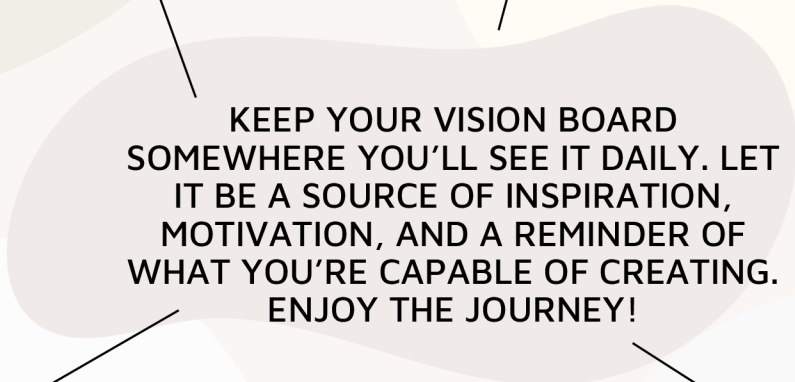
FINAL THOUGHTS

Congratulations on taking this powerful step! Remember:



THIS IS YOUR
PERSONAL
JOURNEY.
THERE'S NO
RIGHT OR WRONG
WAY.

BE PATIENT AND
COMPASSIONATE
WITH YOURSELF.
PROGRESS ISN'T
ALWAYS LINEAR.



KEEP YOUR VISION BOARD
SOMEWHERE YOU'LL SEE IT DAILY. LET
IT BE A SOURCE OF INSPIRATION,
MOTIVATION, AND A REMINDER OF
WHAT YOU'RE CAPABLE OF CREATING.
ENJOY THE JOURNEY!

TRUST THE
PROCESS. THE
ACT OF FOCUSING
YOUR ATTENTION
AND ENERGY IS
POWERFUL.

CELEBRATE YOUR
WINS, NO
MATTER HOW
SMALL.

YOUR JOURNALING COACH

meet debbera



Hi, I'm Debbera and because I know you loved these prompts, I would love you to join us as we explore, through newsletters, blog posts, journal prompts about defining your passions and moving into your next iterations.

YOU CAN CONNECT WITH ME



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