

VISION BOARD TEMPLATE

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HOW TO USE

This template is designed to spark creativity and focus while helping you align your daily actions with your long-term vision.

VISION BOARD TEMPLATE

#1: CLEAR YOUR MIND

Set Your Intention:

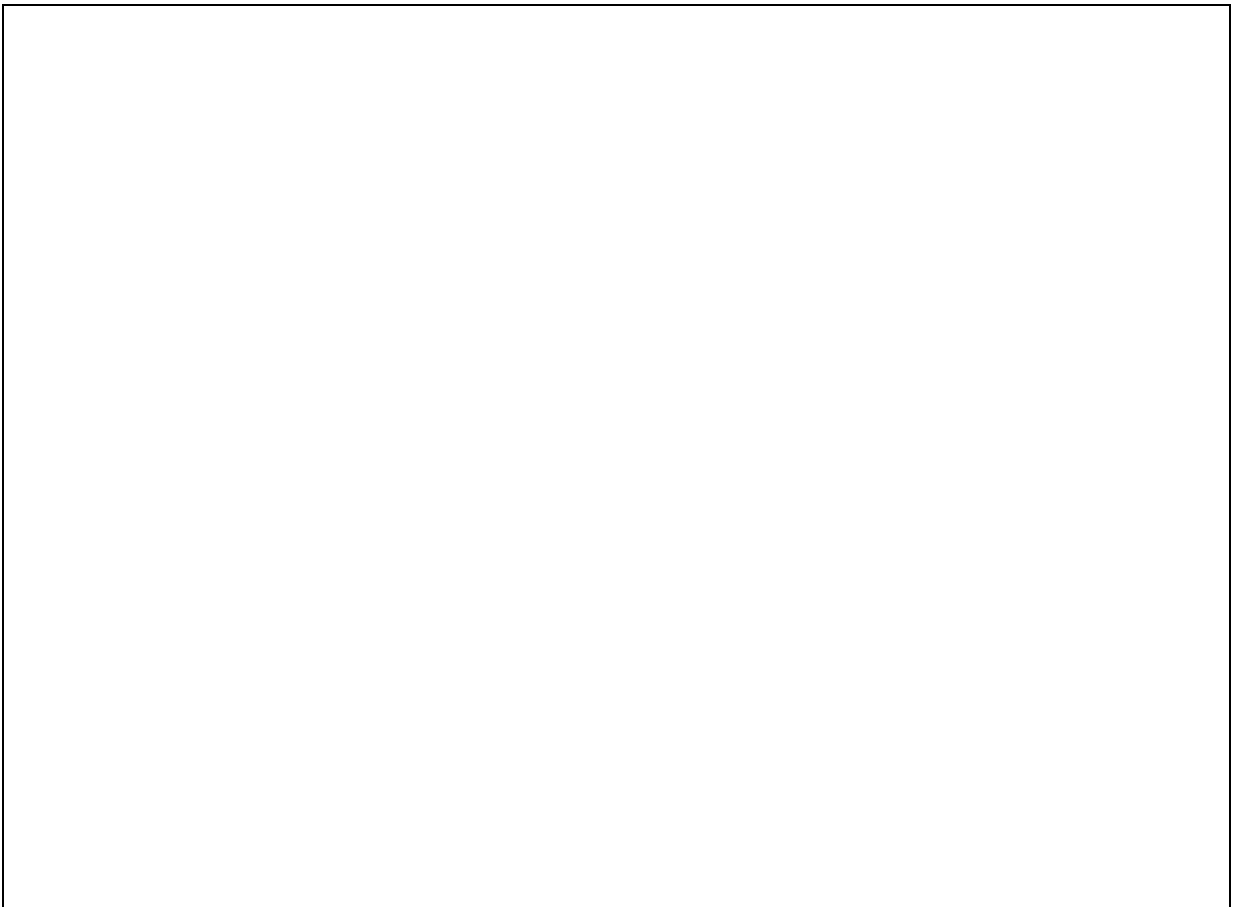
Take a moment to reflect. What do you truly want to manifest in your life? Write it down here.

Themes of Your Vision:

Here are your 7 Life Segments in which you can visualise who you want to be and what you want to do.

- Family & Relationships
- Career & Work
- Money & Finances
- Health & Wellbeing
- Learning & Education
- Fun & Adventure
- Spirituality & Ethics

"The best way to predict the future is to create it."
- Abraham Lincoln



#2 VISUALISING YOUR FUTURE

Images & Words:

Collect or create images, quotes, and words that represent the life you envision.

Cut them out, print them, or draw them here. Think about what ignites excitement and clarity for you.



#3: CREATE YOUR VISION BOARD

Your Dream Collage:

On a blank space (digital or physical), place or draw your visuals that symbolise your goals, dreams, and desires. Don't hold back—fill your board with what makes your heart sing.

#4: AFFIRMATIONS & GOALS

Positive Affirmations:

Write three affirmations that align with your vision (e.g., "I am worthy of love," "I attract abundance effortlessly," "I am healthy, vibrant, and strong").

Set Specific Goals:

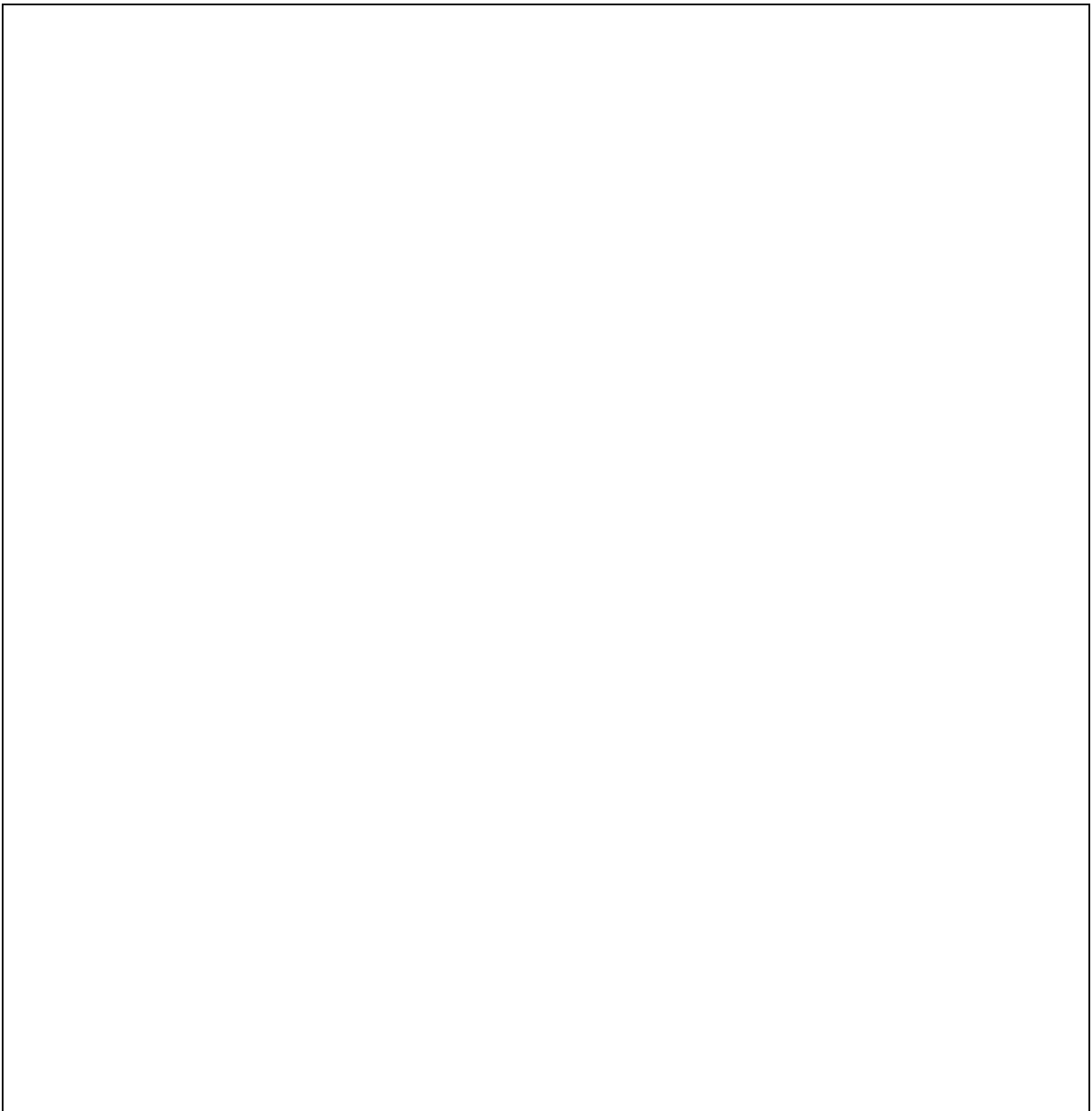
Break down your vision into actionable steps. What are the first 3 steps you can take to bring this vision to life in the next 30 days?

#5: FEELING THE ENERGY

Embody Your Vision:

Close your eyes and visualise yourself living the life you've created on your vision board. What do you feel? How do you carry yourself?

Write those feelings here and commit to embracing that energy every day.

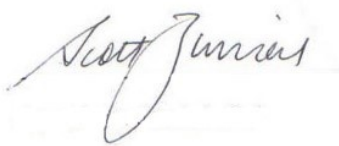
A large, empty rectangular box with a thin black border, intended for the user to write their feelings and commitments.

CONNECT

Have fun with this strategy and let me know how it goes!

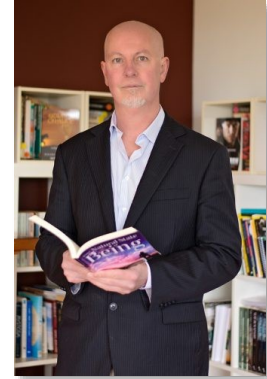
Connect with me on [LinkedIn](#) or reach out at scott.zarcinas@doctorzed.com

Yours Truly,

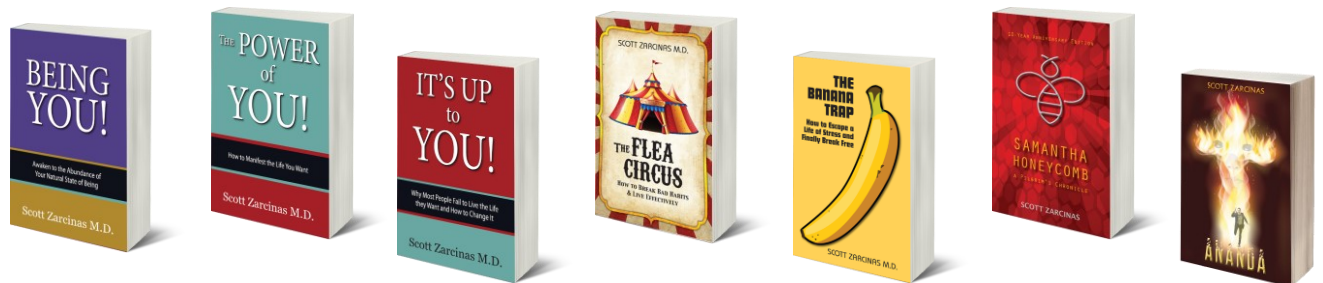


Dr. Scott Zarcinas

Founder, 818: Unlocking Your Life



Books by Dr. Scott Zarcinas



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