

# Achieving Your **2021** Goals

Vision Board Session

# My Intentions for You

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- 1 Understand why a vision board is necessary and what it is not
- 2 Find your vision board inspiration via Goal Setting
- 3 Design an attainable vision board
- 4 Put action behind your vision to achieve your 2019 goals
- 5 Sense of Personal Responsibility

A collage of various text and image scraps on a teal background, representing a vision board. The scraps include: "The quiet beauty of nature", "MyWorld", "Wild. Life. Art.", "I wait for that inspiration—... lighting, or color, or... is—and I know I can start until I see it.", "Enchanted Land", "Life IN City", "SUNSET", "SPAC", "... and Beyond™", "Autumn", "CHANGING LIGHT", "INSIGHT", and "Take a D".

# What is a Vision Board?

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## Dream Board

A tool used to help clarify, concentrate on and maintain focus on a specific life goal

## A Visual Display

A collage of images and words representing a person's wishes or goals, intended to serve as inspiration or motivation.

## Goals

A vision board is your goals laid out

# Why a Vision Board is Necessary?

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## Focus

A vision boards main objective is to keep you focused on where you see yourself by a given time.

## Reminder

Serves as a reminder of where you want to be and should prompt you to evaluate where you are currently

**You are where you  
are because you  
chose to be there**

Unknown

# Destiny Decisions

WHEN WILL YOU MAKE THE DECISION TO CHANGE YOUR LIFE

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# AUDACITY



**What a Vision  
Board is Not**



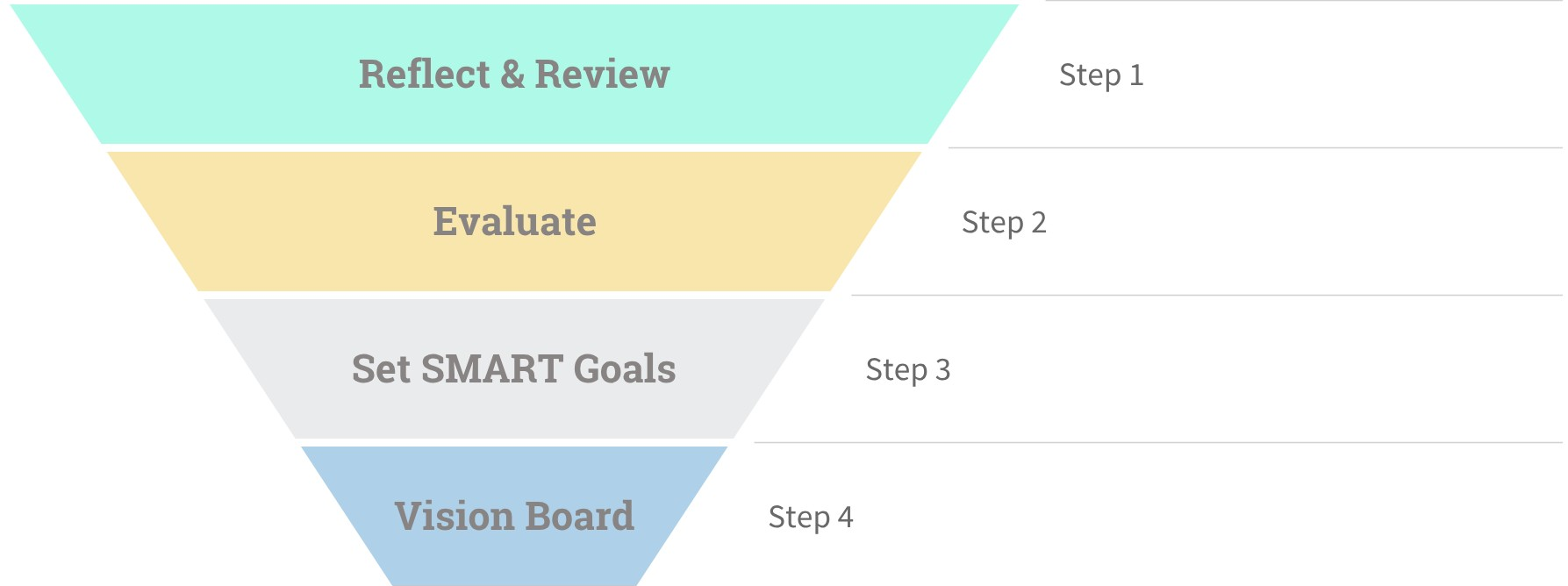


Not a Genie in a Bottle

**Let's Get SMART About  
Creating Our Vision**

# The Process

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# SMART GOALS

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**BE SPECIFIC**

# SMART GOALS

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**BE MEASURABLE**

# SMART GOALS

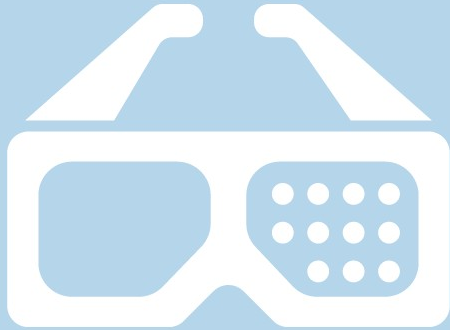
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**TAKE ACTION**

# SMART GOALS

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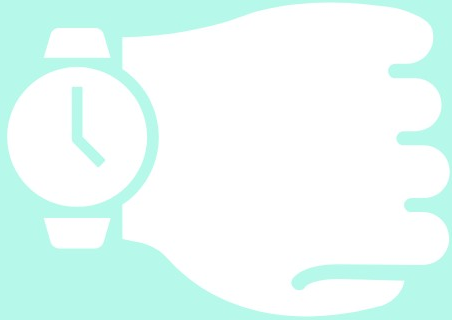


**KEEP IT REAL**



# SMART GOALS

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SET A **TIME**

# Let's Set Our Goals



# The Plan

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1

## **What is your goal?**

Here is where you state your ultimate goal that specifies exactly what you want in the fullest detail possible

2

## **How do you plan to achieve this goal?**

Breaking your goal into action steps, will set you on the path to achieving your goals. Use the action plan worksheet.

3

## **Why do you want to achieve this goal?**

Always keep in mind your honest reason for wanting to attain your goal. This is necessary because it is this reason that will keep you pushing

4

## **When would you like to accomplish this goal?**

Time Frame for goal and each action step.

5

## **Who do you need?**

Goals may require support, encouragement or skills of others.

# The Plan

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## 1 Is your goal realistic?

Do you have the skills, resources or the time to reach your goal?

## 2 Plan for a setback?

What's your contingency plan?

## 3 How will you measure your progress?

Measuring = Motivation

**VISION BOARD TIME**

# Include on Your Board

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- 1 Pictures for up to 3 goals(personal or business)
- 2 Pictures that represent action steps
- 3 Completion date

# What do I do now?

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- Post vision board where you will see it
- Get an accountability partner
- Work your plan
- Have the **AUDACITY** to accomplish your goals



# Dreams UnleaSHed Goal Setting and Vision Board Amplifier

