

Vision Board Template

Autonomy - How can you express your right to make choices for yourself and to be free?

Celebrate - How can you enjoy more play, pleasure, delight, and aliveness?

Interdependence - How can you love and contribute even more to those in your family? Your friends? Others in your community?

Spiritual - How can you bring more beauty, peace, and mindfulness into your life?

Health & Your Body - How can you better care for your physical and mental well-being?

Purpose - How can you find meaning, and work towards fulfilling your dreams?

Physical surroundings - How can you enhance your physical and financial security and safety?

Self-Expression - How can you use your unique gifts and creativity to share something with others?

Nurturance - How can you experience more bonding, touch, and comfort with others?

Mental stimulation - What do you want to learn and experience this year? How can you challenge yourself to grow?