
VISION CREATION



MASTERCLASS
of WELLNESS
THE BOARDROOM RETREAT

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Three years is 156 weeks.....1095 days.....1, 576, 800 minutes.

What could you do in this time?

EXERCISE

AGES: MY AGE IN _____ IS: _____
(year)

MY 3 YEAR VISION IS

Write down whatever comes to mind. Unedited by fears. Unlimited by lack of money, skills or time. All the hopes and dreams you're carrying for the next three years of your life.

Thought starters:

1. If you truly lived your purpose each day what would you be doing that gave your life meaning?
2. If you were at your best more frequently how would life be feeling?
3. If you acted only on your values what would others say about the way you were living?
4. If your definition of success was being fully realised what would you be proudest of accomplishing?
5. If you were mindful of the golden moments in your life what would you be seeing?

1. What kind of work will you be doing? How do you feel about this work?
.....

2. How much money will you be earning? What are you doing with it?
.....

3. What's your health like? How are you getting these outcomes?
.....

4. Who brings you joy in your life? How do you spend your time together?
.....

5. What are you learning? What difference is this making in your life?
.....

6. What do you do for fun? Do you have a hobby or a passion project? Are you travelling to places?
.....

7. Where are you living? What makes this feel like a haven?
.....

8. What have you conquered emotionally?
.....

9. Who are your role models and mentors?
.....

10. How are you moving through the world?
.....

TOP TIPS FOR VISION CREATION

Create this into a vision board in your own time.

Creativity and visualisation is a life skill, that can be practiced. Remember 'like attracts like'. Whatever we focus on we give energy to. If we focus on stress, we get stress. If we want joy, we need to feel and acknowledge when there is joy, if we want wellbeing we need to feel and focus on space for wellbeing. What are you envisioning for the next year of your life? Our unconscious minds work in pictures so it is time to get creative and own the story with which you want to move forward. Do a vision board in your own time.