

KNOW YOUR LIMITS

De-Stress by Goal Setting

Coach's Corner

Do you ever store a list of goals you would like to achieve in the back of your mind? Do you have dreams that you would like to pursue? A Vision Book is a great tool to help you visually see your goals and your possible future realities. It may include images and words to represent your goals, dreams, and your ideal life. Looking at your Vision Book may evoke positive emotions and motivation to help your strive to achieve your goals.

Things to Put in your Vision Book

- picture of yourself
- meaningful people
- dreams you want to achieve
- tangible objects that you would like to have
- words that are empowering to you



Other Variations:

- Vision book
- Vision board
- Vision poster

How to Make Vision Book:

- Start by reflecting on your life and see what you would like to change
- Think of your life in categories like personal growth, work life, social life, material items, places you would like to visit and so on...
- Envision a future you want (can be broad or specific)
- Have certain themes such as your dream home, dream job, new relationships, and so on...
- List the feelings that are associated with your goals
- Reinforce things that you enjoy
- Search images from the internet or cut/paste pictures from magazines into your vision book
- Acknowledge and celebrate your achievements and goals
- There is no right or wrong way to make a Vision Book – let it speak to you
- You can always make changes, additions and subtractions to it!