



Welcome to your vision board

The concept of this simple exercise is to give yourself time and space to think about the areas of your life and visualise where you'd like to be in each one. The questions on page 2 will help you focus on the key priorities for you and how you will take your next step.

How to complete your vision board:

1. Clear 20-30 minutes in your day, print off the vision board and questions, find yourself a quiet space and a pen.
2. Taking each heading in turn, visualise your ideal life for that heading. Don't overthink, just write down whatever springs into your head. e.g. Where are you? Who are you with? What are you doing?

Bring those thoughts to life by writing- or drawing- them. Fill each section with as much detail as you can. Allow a good 10 minutes for this.
3. Once you've finished, answer the questions on page 2, referring back to your vision board and work out which your priority areas are- you could give each section a mark out of 10 to help with this.
4. Once you've finished you may have a clear idea of your next step or you may need more thinking time.

If you do need further support why not join my *Empower* coaching programme or attend a workshop?

Get in touch for a free 30 minute call to discuss the options-
hello@helenlangdon.com or 07950 557627.



Now answer these questions:

What do you notice from your vision board?

Which area(s) would you like to prioritise?

What five steps do you need to take to move your vision forward?

What one thing can you do *today* to start moving closer to your vision?

What obstacles can you envisage?

Where can you find support?

My Vision Board

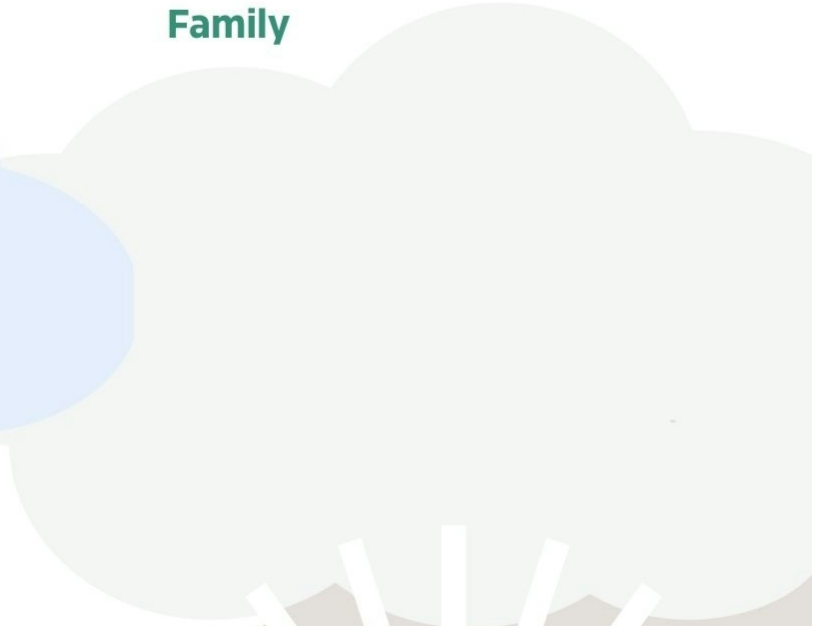


Helen Langdon
COACHING

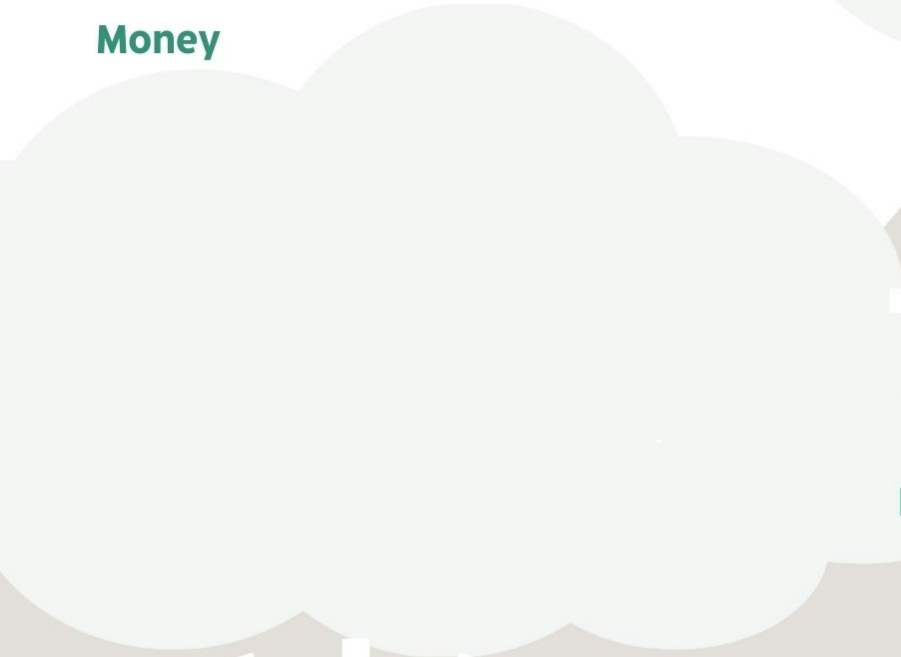
Health



Family



Money



Relationships

Personal
Development



Environment &
Community

