



Avis Ward
From Coach to First-Class



Vision Board Fun

Manifest your Dream

Life and Business Checklist



Vision Board Fun: Life and Business

- I have spent time dreaming and brainstorming about my:
 - Ideal life
 - Perfect business
 - Health & wellness goals
 - Family and relationships
 - Dream client
 - My biggest goals
- I have chosen the format for my vision boards
 - Physical
 - Digital
 - App or Website based
- I have gathered the necessary materials
 - Magazines and books
 - Colored pens or pencils
 - Colored paper and ribbons
 - Glue and tape
 - Poster board or construction paper
 - Bulletin board
 - Other items
- I have cut out images that speak to me from magazines and books
- I have organized my materials into categories that match my vision boards
- I have created a beautiful vision board that inspires me
- I have posted my new vision boards in a prominent location so I can be inspired by it every day
- I am revisiting my vision board frequently to ensure it still motivates and makes me happy