



SEAN WILLARD

HAVE A LIFE ATTACK

ACTION PLAN
VISION BOARD
WORKSHOP

Module 1: Vision Board Power

*Please note this is NOT for resale or giveaway.



Complete this action plan and the accompanying exercises to identify and quantify your biggest goal or dream—and decide what to remove from your life.

ACTION PLAN: ANALYZE WHERE YOU ARE NOW AND WHERE YOU WANT TO BE

What I need to declutter	What I want to bring in	MY DREAM GOAL
"I am letting go of _____ to make room for _____"	What When Why How How much	Specific goal Flexibility in how to get there Action steps for how to get there



DO IT RIGHT

Get ready to make your first Vision Board

YOUR DREAM: _____

YOUR BIG GOAL: _____

What I want to lose:	I will replace it with...	What I need and want more of, in each area...
Relationships:		
Limiting beliefs:		
Fears:		
Toxic people:		
My own bad habits:		



1. Write or paste specific, positive symbols, affirmations or conditions you want to include in your Dream or Big Goal in the blank area of this page

Be sure to replace any negative statements or images with positive ones

Example: "I am courageous" (Replaces: "I will not be fearful")



2. Paste each of the items you previously copy-pasted or wrote on the previous page to this page, below.

Alter each one, be even...

- More positive
- More specific
- More immediate (in the “now”)



3. Replace the following text with your Big Goal/Ultimate Dream. (Include or substitute an image if you prefer).

My dream is to

In _____ [time frame]

By _____ [specific date]



EXERCISES: ANALYSIS AND PREPARATION

1. Find and choose five of your heroes, from any area of society or your life, who have used visualization aids or vision boards.

Write down what strikes you most about their boards—and why.

Name	What I noticed



2. Continue to work on “decluttering”.

I am letting go of...	To make room for...



3. Brainstorm action steps you need to take in order to reach your big goal—as well as what you’ll need to achieve that step.

Action step	How this will move me forward