



SEAN WILLARD

HAVE A LIFE ATTACK

CHECKLIST
VISION BOARD
WORKSHOP

Module 1

*Please note this is NOT for resale or giveaway.



Vision Board Workshop

- I understand that vision boards can be important tools and prompts in creating the reality I want
- I understand that vision boards need to be as specific as possible
- I understand that the best vision boards are “action” boards as well as “dream” boards
- My vision board contains items that are:
 - Specific
 - Not dependant on external forces or “luck”
 - Quantified with What, When, Why, How and How Much
- I have drilled down to make sure I represent each item as accurately and positively as possible
- While I am being specific, I have still left God / the Universe room to deliver what I want in original ways I might not have thought of
- I am avoiding common vision board mistakes—especially those ones that actually sabotage my goals
- My main goal or biggest dreams are in a prominent position on my vision board— or at the top



- The items on my vision boards provoke positive feelings such as:
 - Inspiration
 - Optimism
 - Excitement
 - Pleasure
 - Fun

- I have removed or changed any item on the vision board that gives me a negative or helpless feeling

- I have dialled back items that give me a hopeless or paralysed feeling, taking that as an indicator I need to change that item to a more realistic and achievable one

- I have removed or changed any item that is someone else's dream—not mine

- I understand my Lifestyle Vision Board can tip me off to mindset work I need to do in order to discard:
 - Outdated beliefs
 - Patterns that don't advance my goals
 - Self-limitations



Vision Board Workshop

- To literally replace the negative with the positive, I am stating as I let each thing that no longer serves me go: “: “I am letting go of _____ to make room for _____”.

- I have ensured that my Lifestyle Vision Board actually reminds me to do mindset work—including gratitude—daily

- I am creating the proper mindset for goal-setting by first clearing any blocks

- I am including daily rituals to reinforce the positives by:
 - Taking time to express gratitude for things, people and opportunities on my board and in my life (or future)

 - Repeating my affirmations (aloud)

 - Reading a chapter of my current mindset or self-improvement book

 - Checking in with my accountability group

 - Deciding what I will do that specific day to increase my mental well-being

 - Writing these resolutions as one of my priorities on each day's To Do list

 - Looking in the mirror and repeating positive self-messages

 - Practicing smiling at myself in the mirror

 - Saying aloud a resolution or mantra

 - Meditating on positive things

 - Other_____



Vision Board Workshop

- I am 'reading' my vision board daily, and repeating positive self-statements it displays or inspires
- I am ensuring my self-statements are immediate action statements for "today", rather than "someday" wishes
- I understand that:
 - I can make vision boards for almost every area of my life
 - Vision boards can be powerful action prompts and tools
- I am using my Lifestyle Vision Board to help keep me focused and moving towards my goals, eliminating overwhelm and distraction.

To find out more, connect with me on my private [Facebook](#) group and we can set up a free info call.

Sean Willard

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<https://www.facebook.com/groups/lifeattackguy/>