



SEAN WILLARD

HAVE A LIFE ATTACK

CHECKLIST
VISION BOARD
WORKSHOP

Module 2

*Please note this is NOT for resale or giveaway.



- I understand that I can create both virtual, digital vision boards and physical paper-and-glue ones
- I understand I can be creative with what I mount my vision board items upon
- I am ensuring my vision board item placement catches my eye and continually re-inspires me
- My vision board items will help keep me targeted
- I have decided to create:
 - A physical vision board
 - A digital vision board
- I am:
 - Finding image quotes I like; ones that resonate with me
 - Creating my own image quotes; ones that resonate with me
- I understand I can include cues on my board such as mission statements for my business or role in life
- I have checked out many tools and resources that are available to speed up and aid in vision board creation:
 - Online
 - In the real world around me



- I am looking for inspiration among items in my everyday life—including:
 - Mementoes (theatre tickets; photographs; event calendars etc.)
 - Pamphlets
 - Magazines
 - Photos I have taken
 - Fabric
 - Ads
 - Wrappers
 - Receipts
 - Scrapbooking or craft shops
 - Wallpaper
 - Paint chips / sample cards

- I have made sure each item holds personal meaning and is as real to me as I can possibly make it

- I have helped myself to the tips on how to make vision board creation easier, more fun (and less messy!)

- With my physical board, I have cut out all the items before gluing any

- I have tried alternate arrangements before gluing, to find the most powerful arrangement for my board



Vision Board Workshop

- I have photographed each arrangement I try, so I can return to a previous arrangement, should I decide it's the one for me
- I have considered framing or sealing / laminating my vision board
- I am not automatically making every vision board the same way. I am considering alternate arrangements, shapes, backgrounds and materials to suit each vision board's purpose
- I am including items outside my comfort zone on my vision board
- I am paying attention to making sure I find and use the most accurate symbols, metaphors and deeper meanings in my images and text
- I am paying attention to, and acting upon, my feelings as I work
- I am using my vision board as an action planner, as well as a "dream board."
- I am displaying my vision board where I will best see it and notice it. I am taking steps to ensure I don't go "vision board blind"
- I am using my vision board items to create prioritizing exercises (or aid in prioritizing what I am going to do each day)
- I am using my vision boards as checklists for my life
- I have ensured my vision boards include reminders on the most important thing for each board
- I understand that even a small step can take my vision goals from dreams closer to reality