



SEAN WILLARD

HAVE A LIFE ATTACK

CHECKLIST
VISION BOARD
WORKSHOP

Module 3

*Please note this is NOT for resale or giveaway.



Vision Board Workshop

- I am using my vision board as a Lifestyle Planner
- I am including:
 - My ultimate dream for that goal
 - Achievable steps and milestones that lead directly toward it
- I understand that “achievable” doesn’t necessarily mean “safe”
- I have started brainstorming ideas and items for my Lifestyle Planner vision board
- I have decided which categories I need on my Lifestyle Planner vision board
 - Home and Location
 - Community
 - Health
 - Family and Relationships
 - Spiritual Life
 - Money
 - Occupation
 - Life Purpose



- I understand the five levels of Maslow’s Hierarchy and I am making sure I include categories for all its five levels:
 - Survival
 - Safety and security
 - Love and belonging
 - Self-esteem
 - Self-actualization

- I have determined which levels on Maslow’s pyramid that:
 - I have reached
 - I am currently on
 - I still have to work toward

- When it comes to my body image, I know exactly which of the following applies to me:
 - I hate myself
 - I love myself

- If I am not happy with my body image, my Lifestyle Planner shows clearly:
 - What I want for my body that I can change
 - Why I am “enough” right now



- I am taking steps to:
 - Clear mindset blocks
 - Create the healthiest body I can create
 - Accept what I can't change and even appreciate it
 - Own myself—body and soul—with confidence

- I am using the most inspiring and energizing images possible in my Lifestyle Planner

- I am including in the “Body” area:
 - Healthy eating
 - Exercise
 - Other _____

- The Money area on my Lifestyle Planner reflects a specific monetary goal, plus specific markers for where I want to be toward that goal:
 - Immediately (a change I can make today)
 - Six months from now
 - A year from now
 - Five years from now
 - Other _____



Vision Board Workshop

■ I am using my Lifestyle Planner to hold myself to specific timelines and deadlines

■ My dream home goal is specific, including:

■ Country

■ Area

■ Location

■ City (if applicable)

■ What type of house

■ Space and size

■ Number and style of rooms

■ Outbuildings and amenities

■ Colors, construction materials and other specifications

■ Other _____

■ I am checking to ensure that each item I include is my dream: Not someone else's.



Vision Board Workshop

- I am including some or all of the following people in my “community”:
 - Love of your life
 - Family
 - Friends
 - Groups
 - Organizations
 - Neighbors
 - Clients and subscribers
 - Mentors and coaches
 - Other _____

- I am giving people more or less priority using placement and photo size, if I include them on my Lifestyle Planner board

- I am including volunteer work I do on my Lifestyle Planner board and using photos that capture, for me, why I do it; why it makes me happy

- I am not including people on my Lifestyle Planner board that I “ought” to have on there, if they bring me down or cause negative feelings

- I am using symbols to express clearly the type of soulmate-relationship I want to have in my life

- I am focusing on qualities and elements of my perfect life with my soulmate, rather than on physical qualities alone



Vision Board Workshop

- I have included items and symbols to nourish and remind me of my spiritual side / faith
- I am including photos of activities I do (or want to do) that stimulate alpha and theta brain waves
- I have considered combining a piece of positive, energizing-or-relaxing music with my daily check-in with my Lifestyle Planner, to subconsciously reinforce the Planner board's messages
- I am using symbols on my Lifestyle Planner board that are meaningful to me to help create my new reality