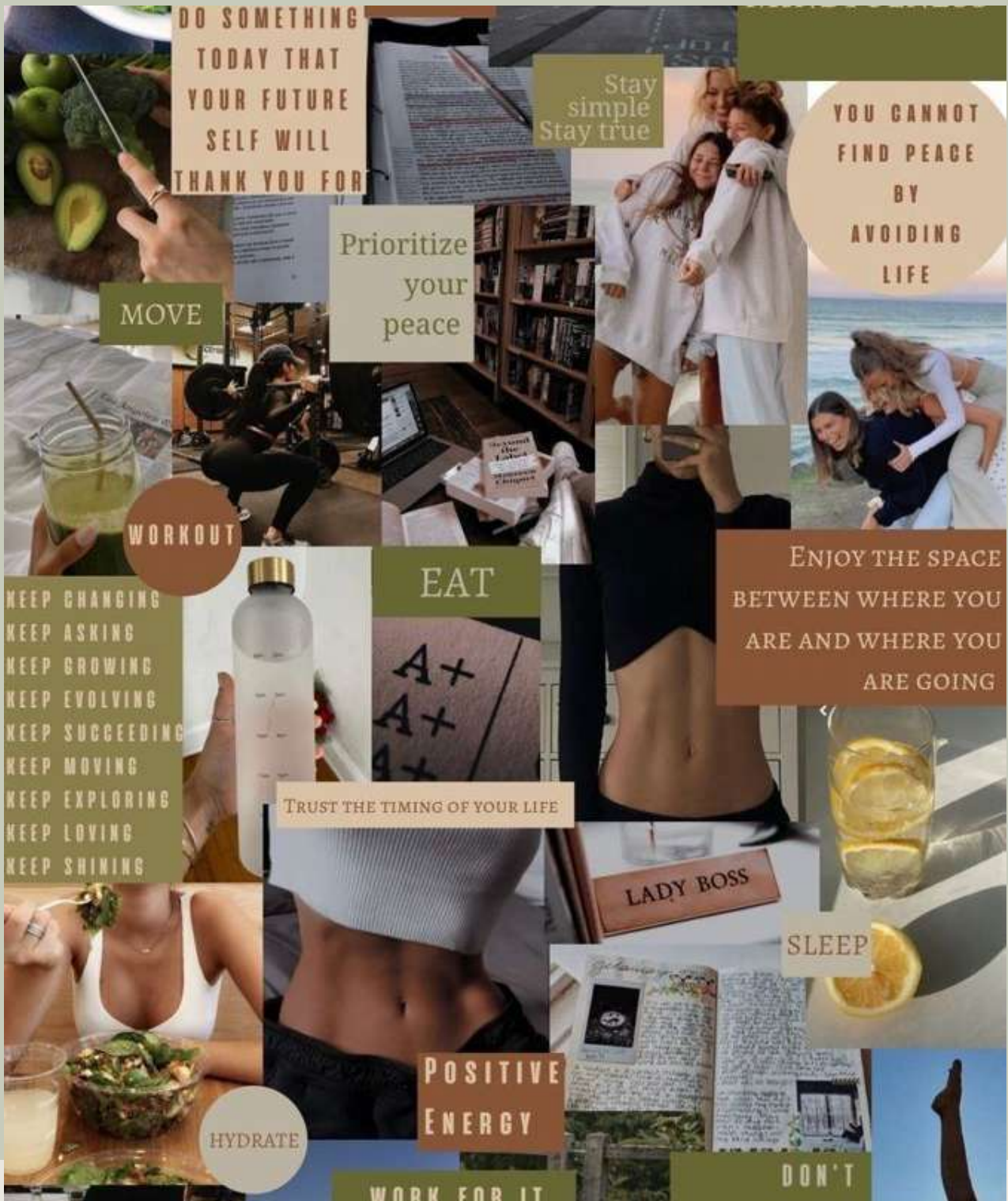


WORKBOOK

CREATE A VISION BOARD TO MANIFEST YOUR DREAMS AND GOALS



THE ART AND BEYOND



TABLE OF CONTENTS

Activity 1 - wheel of life

04

Activity 2 - topics of interest

07

Activity 3 - List of words

08

Activity 4 - Core visions

10

Activity 5 - Choosing elements

12

Activity 6 - Choosing template

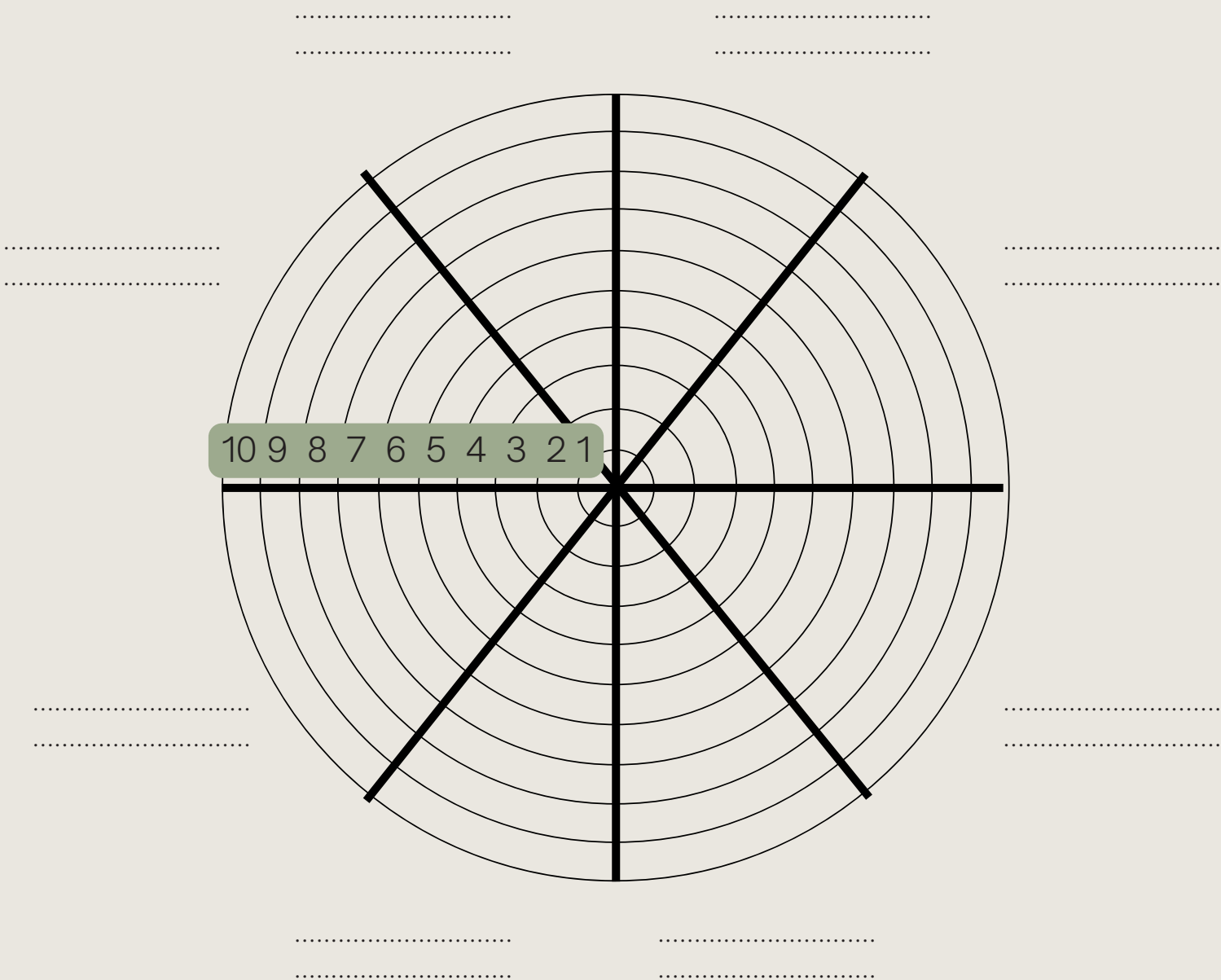
13



VISION BOARD

"MANIFEST YOUR DREAMS."

THE ART AND BEYOND



If you were driving a car with these wheels....how smooth is your ride?
What areas of your life that you been under-focusing or over-focusing on?

THE ART AND BEYOND

I'm over-focusing on

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I'm under-focusing on

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ACTIVITY 2 MAIN TOPICS OF INTEREST



Precise 3 to 7 main topics of interest to you.

Suggestions: Financial, Spiritual, Mental, Relational, Physical body, Physical environment, Career,.

Your topics should include the aspects that you genuinely love and care about:

- 1-.....
- 2-.....
- 3-.....
- 4-.....
- 5-.....
- 6-.....
- 7-.....

ACTIVITY 3 LIST OF WORDS

Next to each topic you chose in activity 1, write the words that come to mind.

Suggestion: Let's say you chose 'Love' as your main interest, and 'Food' was the word that came to your mind when thinking of love, write that down and don't judge it.



Love life

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Respect

Travel

intimacy

opposite energy

understanding

shared plans and activities

peace

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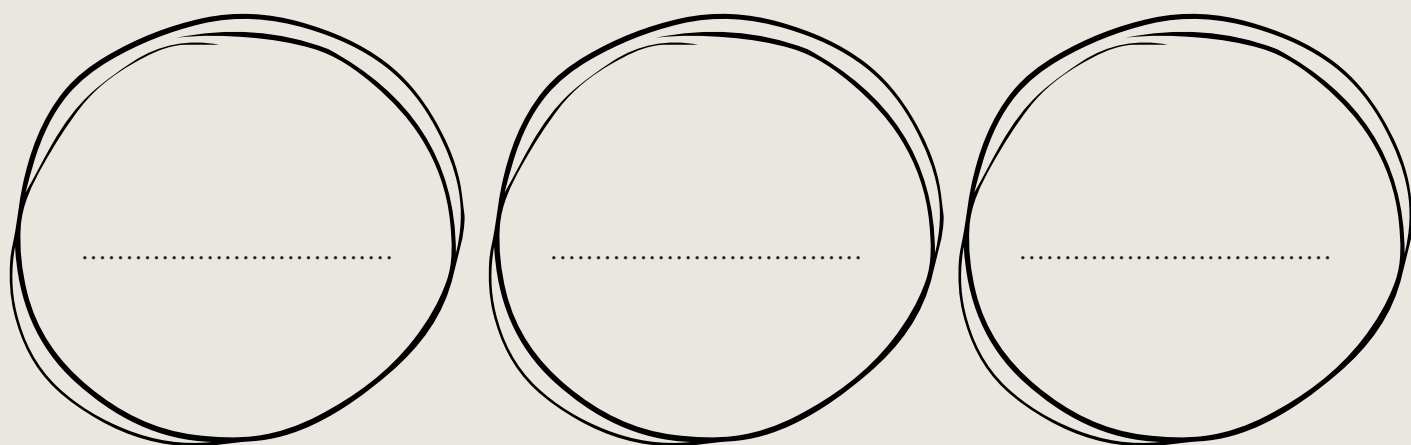
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ACTIVITY 4 CORE VISIONS & CONCEPTS

Reflect on the list from your previous activity. Go back to the elements, trust your intuition, and circle from 1 to 3 words that stand out to you. These will be your core visions and concepts and we will work on translating these to your vision board.

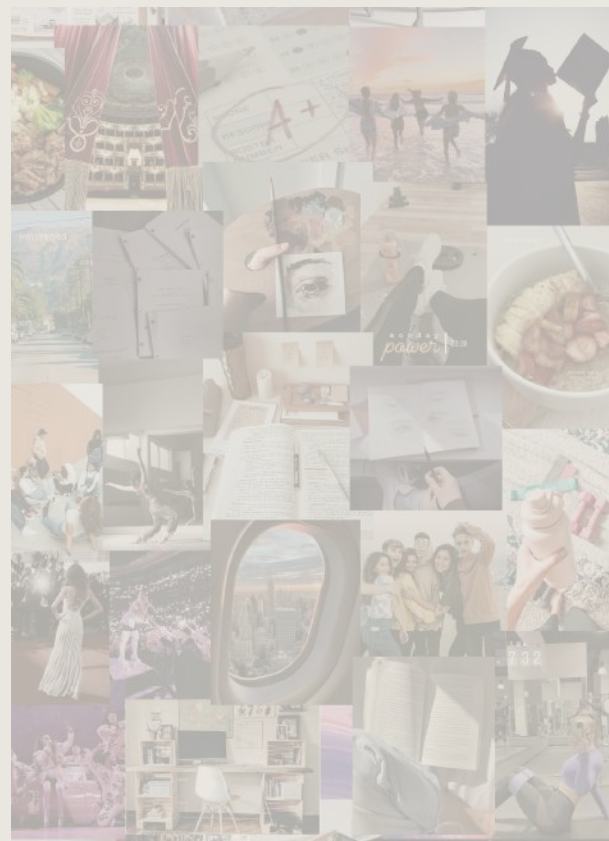


Reflect on the list from your previous activity. Go back to the elements, trust your intuition, and circle from 1 to 3 words that stand out to you. These will be your core visions and concepts and we will work on translating these to your vision board.



ACTIVITY 5 CHOOSING YOUR ELEMENTS

For this part, I do not like to be very specific with the elements I put.



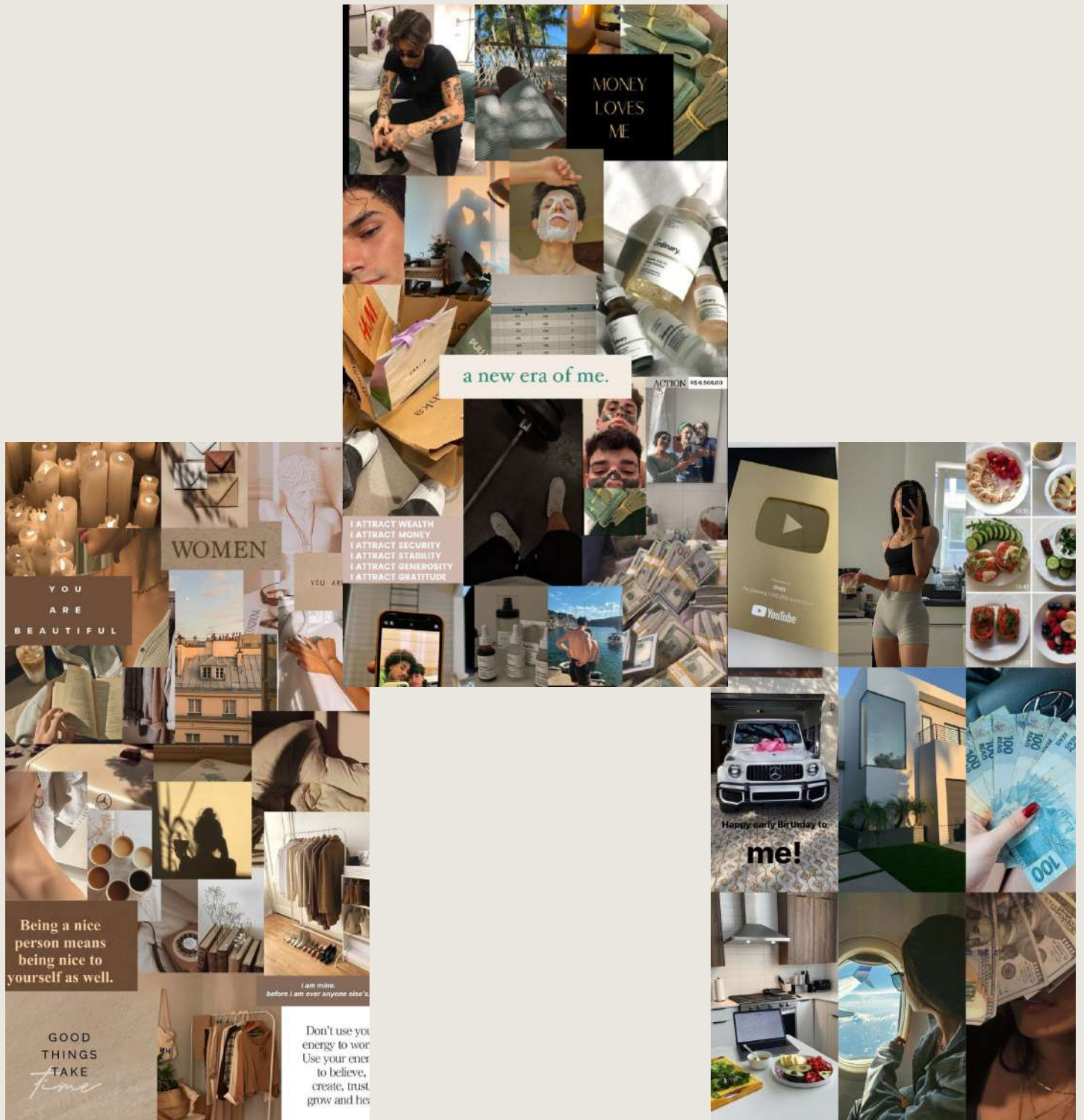
Suggestion: I like to keep my options open because I do believe in God, so I believe that the things I manifest, directly come from him and he always has something better for me than what I would specify. So I keep my manifestation or resolution about something I deeply desire not very specific.

Find pictures that you look at and feel the desire to make that specific goal happen.

ACTIVITY 5

CHOOSING YOUR ELEMENTS

Some models to inspire your vision boards



ACTIVITY 6 CHOOSING YOUR TEMPLATE

You don't have to choose a template, you can get creative with it!



Suggestion: I love making physical boards where I get to print images and cut them and hand-make the vision board. It gives me a lot of room to add and take off elements as time goes by. However, if you prefer to make the board digitally, you can download your favorite Canva template.

Template 1

Template 2

Template 2



About me

Hello! My name is Khaoula Chatt, I'm an artist and an entrepreneur. Author of the blog The Art and Beyond <3

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