

My Vision Board That Actually Work Checklist

CLARITY BEFORE AESTHETIC

- I know why each image matters to me
- My board reflects my values, not trends
- I've chosen 5–10 goals max (not 50)

Tiny reminder: A clear board beats a cluttered board.

IDENTITY OVER OUTCOME

- I included at least 3 identity statements

Examples:

- "I am someone who chooses calm."
- "I protect my energy."
- "I show up gently, consistently."

- My goals feel emotionally true (not like pressure)

ACTION ANCHORS (SCIENCE-BACKED)

For each category, write one tiny action. For example:

Vision

I want a deep relationship
I want a longer life
I want to be my own boss

Tiny Action

one intentional date idea per month
walk 10 minutes after lunch
20 minutes of learning daily

- My board includes at least 5 tiny actions

BRAIN FRIENDLY FOCUS (RAS EFFECT)

- I placed my board somewhere visible
- I'll see it daily (desk, mirror, planner, phone wallpaper)

Why this matters: Your brain notices what you repeatedly show it.

A RITUAL TO MAKE IT STICK

- I have a weekly check-in ritual (10 minutes)
- I choose one focus for the week
- I reflect: "What tiny step will I take next?"

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| **What would my future self
do today?** |
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