

The Vision BOARD

Use this time to reflect on the past **12 months** and the life you have lived, and then ask yourself the following questions...

How did I grow in the past year?

What was the single biggest challenge I overcame?

What were my most memorable, stand-out moments?

What held me back?

What experiences changed you?

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Now think about the **next year ahead** and for each of the below categories consider your goals and how you imagine each of the categories to look in 12 months. Think about the why behind your goals and ensure they are driven by genuine intentions

PERSONAL LIFE	BUSINESS
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EXPERIENCES	RELATIONSHIPS
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FITNESS	HEALTH
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