

VISION BOARD

WORKBOOK

DARE TO DREAM

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First Edition: 2026

Printed and published digitally

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Country of Origin: Philippines



WHAT IS A VISION BOARD?

A vision board is a visual representation of your dreams and desires laid out with images and text. Its purpose is to create a tangible reminder of what it is you want from your life so that it is always in the front of your mind.

Creating your image board is a powerful process that helps you nail down exactly what it is that you want. When you surround yourself with visual reminders of whom you want to become, where you want to be and what you want, your life will change to match those dreams and desires.

WRITE YOUR THOUGHTS

To connect with your deep desires and dreams, try creating a ritual before you start working on your vision board. Go to a quiet place alone. It can be your room, the balcony, the roofdeck, or even at the coffeeshop. But alone. You should be alone to have freedom to think, reflect, and plan.

We start with an honest appraisal of where you are now - in your finances, health, relationships. With kindness, ask yourself what you want. Try to be as open as possible. The answer might come to you immediately, or it might take some time. However it works for you, just take time to let images come and go so that you can clearly create your vision.

Use this space to write some of the thoughts that come into your head. At this stage be open and think freely - any thought is valuable and can be added without judgement.



MY PERSONALITY

The Big Five Model of personality traits is the most widely accepted personality theory held by psychologists today. The theory states that personality can be attributed to five core factors

1. openness to experience (inventive/curious vs. consistent/cautious)
2. conscientiousness (efficient/organized vs. extravagant/careless)
3. extraversion (outgoing/energetic vs. solitary/reserved)
4. agreeableness (friendly/compassionate vs. critical/rational)
5. neuroticism (sensitive/nervous vs. resilient/confident)

Look at the 5 traits below and mark a cross on the line where you feel your own personality lies.

	OPENNESS	
closed	◦—————◦	open
	CONSCIENTIOUSNESS	
careless	◦—————◦	efficient
	EXTRAVERSION	
introverted	◦—————◦	outgoing
	AGREEABLENESS	
hostile	◦—————◦	friendly
	NEUROTICISM	
confident	◦—————◦	nervous

What did you learn from this exercise?

ABOUT ME

My personality traits

My strengths

My strongly-held beliefs

My accomplishments

My health and wellness

My relationships

live
your
dream.

JOURNAL PROMPTS

When you've spent some time reflecting and you're ready, take a moment to write about what you want using these journal prompts.

What really matters to me?

If money were no object what would I want to do, be or have?

If I wasn't worried about people's opinions what would I want to do, be or have?

What strong beliefs do I have?

WHAT I WANT TO BE

Write about how you want to feel each day, what you think your mission is, your talents and strengths, and the kind of person you want to be.

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your
dream.



WHAT I WANT TO HAVE

If you do not have an emergency fund yet,
you can definitely include setting it up here.

Short - Term [within 12 months]

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WHAT I WANT TO HAVE

Here you can think of the car you may have always wanted. Or perhaps the house you wanted to start building.

Medium - Term [within 3 - 5 years]

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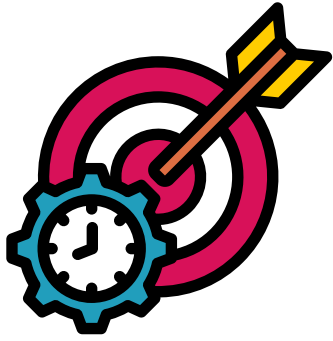


WHAT I WANT TO HAVE

This can have your dream trip. Or college tuition for your children. You may be young, but this should definitely include your retirement plan.

Long - Term [Beyond 5 years]

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your
dream.



WHAT I WANT TO DO

Write about what you want to do. Explore your options and include anything even if it seems impossible. This is your chance to let your imagination run free. Perhaps this should include skills you need to ensure you have better income opportunities. Or perhaps the business you want to have someday.

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your
dream.

MY GOALS FOR 2026

Family goals

Relationship goals

Health and wellness goals

Personal development goals

Business and career goals

Social goals

Financial goals

Spiritual goals

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MY GOALS FOR 2027

Family goals

Relationship goals

Health and wellness goals

Personal development goals

Business and career goals

Social goals

Financial goals

Spiritual goals

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MY VISION BOARD

Personal

Relationships

Health and Wellness

Business / Career

My Bucket List

1

2

3

4

5

6

7

8

9

10

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MY VISION BOARD

Personal

Health and Wellness

Family

Friends

Relationships

Business / Career

Environment

Financial

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your
dream.

MY RELATIONSHIPS

Relationship with	
Rating	    

Relationship with	
Rating	    

Relationship with	
Rating	    

Relationship with	
Rating	    

Relationship with	
Rating	    

Relationship with	
Rating	    

TURNING VISIONS INTO GOALS

I am going to

Why I want this

Limiting beliefs that I need to overcome

The resources and tools I'll need

First steps to get started

1

2

3

ACTION BRAINSTORM

Start Do more	
Keep doing	live your dream.
Do less Stop	

VISIONS AND AFFIRMATIONS

The vision of what I want to be/do/have	Affirmations/quotes I can use to help me

MY LIFE ASSESSMENT

Use this scale to assess how satisfied you are with each life area. Use a scoring system where 10 is very satisfied and 1 is not satisfied.

Family	1	2	3	4	5	6	7	8	9	10
Friends	1	2	3	4	5	6	7	8	9	10
Relationships	1	2	3	4	5	6	7	8	9	10
Health & Wellness	1	2	3	4	5	6	7	8	9	10
Spirituality	1	2	3	4	5	6	7	8	9	10
Business / Career	1	2	3	4	5	6	7	8	9	10
Personal development	1	2	3	4	5	6	7	8	9	10
Environment	1	2	3	4	5	6	7	8	9	10
Finance	1	2	3	4	5	6	7	8	9	10
Recreation	1	2	3	4	5	6	7	8	9	10

REFRAMING LIMITING BELIEFS

LIMITING BELIEFS

NEW REFRAMED BELIEFS



live
your
dream.



DAILY PLAN

Date

Today's priorities

6 am	
7 am	
8 am	
9 am	
10 am	
11 am	
12 am	
1 pm	
2 pm	
3 pm	
4 pm	
5 pm	
6 pm	
7 pm	
8 pm	
9 pm	
10 pm	

To do

☐☐☐☐☐

Notes

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