

VISION BOARD

Questionnaire

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ASKDRCRIS

Welcome to a transformative journey of self-discovery and goal setting!

This questionnaire is your first step towards creating a vision board that reflects not just your career aspirations, but also your health and relationship goals.

A vision board is a powerful tool that serves as a visual representation of your ideal life, encompassing all aspects that are important to you. It's about creating a balanced, fulfilling life where your professional achievements, personal well-being, and meaningful relationships harmonize.

As you answer these questions, think about what truly matters to you, what brings you joy, and what success looks like in all areas of your life.

Let's embark on this exciting journey to visualize and manifest your dreams into reality!

Questions:

Career:

What are your top three career goals for the next five years?

What skills or knowledge do you wish to acquire to advance in your career?

Health:

What are your key health goals (physical, mental, emotional)?

How do you envision your ideal daily health and wellness routine?

Relationships:

What qualities do you value and seek in your relationships (personal, professional, romantic)?

How do you want to improve your current relationships or build new meaningful ones?

Personal Growth:

What are your personal development goals related to career, health, and relationships?

How do you plan to achieve a balance between these areas?

Success Milestones:

What does success look like to you in terms of career, health, and relationships?

What are some specific achievements or milestones you wish to reach?

Inspiration:

Who are the people that inspire you in these areas, and why?

What quotes or mantras motivate you to achieve your goals?

Challenges:

What obstacles might you face in achieving these goals, and how do you plan to overcome them & How will you stay motivated during challenging times?

Support System:

Who is in your support network, and how can they help you achieve your goals?

How do you plan to build or strengthen this network?

Lifestyle:

What lifestyle changes are necessary to achieve your goals in these areas?

How do you envision your daily life once you achieve these goals?

Learning and Growth:

What new skills or knowledge do you need to acquire to support your vision?

How will you pursue learning and growth in these areas?

Work-Life Balance:

How do you plan to balance your career ambitions with personal health and relationships?

What does a well-balanced life look like to you?

Health Habits:

What healthy habits do you want to develop or maintain?

How will these habits support your overall vision?

Relationship Building:

What steps will you take to nurture and grow your relationships?

How do these relationships contribute to your overall happiness and success

Reflection and Adaptation:

How will you reflect on and measure your progress in these areas?

How open are you to adapting your goals as your life evolves?

Visualization:

How do you plan to visually represent these goals on your vision board?

What images, words, or symbols will you use to embody your aspirations?

Congratulations on taking this significant step towards creating a life that resonates with your true aspirations!

Your vision board is more than just a collection of images and words; it's a manifestation of your deepest desires and a roadmap to a fulfilling life.

Remember, the power of a vision board lies in its ability to remind you daily of your goals and the life you're striving to create.

Keep it in a place where you can see it every day, and let it inspire and motivate you to take action. Your dreams are valid, and with persistence, passion, and a clear vision, you can achieve anything you set your mind to.

Here's to a future filled with success, health, and happiness. Let your vision board be the catalyst that turns your dreams into reality!
