FolarraStudio

Vision Board Workbook

dream · see · become

PRINTABLE · LIFE AREAS, GOALS & BOARD

This Workbook Belongs To

for anyone planning the year ahead

NAME _____

STARTED ON _____

PHONE / EMAIL _____

FAVORITE QUOTE _____

YEAR _____

How to use this workbook

- Print the whole planner once, then print extra copies of the pages you use most, such as the Life areas and Dream big pages.
- Print at 100% / Actual size on A4 or US Letter paper. The printable pages have a white background to save ink.
- Hole-punch the pages and keep them in a binder, so you can add pages any time.
- Every page is undated, so you can start in any month of any year.
- Reflect on each life area, choose words and images, then build your board on the layout pages.
- Digital planner: open the hyperlinked PDF in any PDF annotation app and tap the tabs to jump between sections.

My word for this year

What I dream about

Contents

Life areas 4

Dream big 5

Words 6

Board 7

Full page 8

Goals 9

Check in 10

Notes 11

Thank you & terms of use 12

Life Areas Check-In

where am I now?

Health & energy

Work & money

Love & family

Growth & fun

Dream Big

no limits

AREA	I WANT TO FEEL	I WANT TO HAVE / DO
Health		
Career		
Money		
Relationships		
Home		
Travel		
Learning		
Fun		

Words of the Year

choose your words

1

Main word

2

Feeling

3

Action

4

Value

5

Reminder

6

Mantra

Vision Board Layout

cut, stick or draw

1 ☐

2 ☐

3 ☐

4 ☐

5 ☐

6 ☐

7 ☐

8 ☐

9 ☐

Vision Board

your whole year on one page

YEAR _____ WORD _____

Board

Goals From My Board

turn dreams into steps

GOAL	FIRST STEP	BY WHEN

Quarterly Check-In

stay on track

QUARTER	PROGRESS	ADJUST
Q1		
Q2		
Q3		
Q4		

Notes

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Thank you!

Thank you for choosing FolarraStudio. I hope this workbook makes everyday life a little calmer and more organized. If you enjoy it, tell a friend about folarrastudio.com.

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