

## VISION BOARD CHECKLIST

# 1

### SET YOURSELF UP FOR SUCCESS:

MAKE SURE YOU HAVE **ALL THE SUPPLIES YOU NEED**, SUCH AS:

Poster board

Magazines

Scissors

Glue or tape

Snacks or a drink

Find a quiet spot where you can spread out

Play some music if you find it helps you get inspired

# 2

ORGANIZE YOUR GOALS SO YOU HAVE AN IDEA OF LONG-TERM VS. SHORT-TERM PRIORITIES. **THESE MIGHT LOOK LIKE:**

**PERSONAL GROWTH**

**CAREER GROWTH**

## FINANCIAL GOALS

## TRAVEL GOALS

## HEALTH AND FITNESS GOALS

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meet the expert



**Kate Lombardo** is yoga teacher + trainer, wellness educator and mindset coach. **She is fiercely passionate about teaching people how to live happier, more balanced lives filled with abundance and ease.** Learn more about Kate and check out her programs at [www.yogarenewteachertraining.com](http://www.yogarenewteachertraining.com). Plus, **get 50% off a Vision Board course with Kate! (Yes, you read that right, 50%!)** Just use code **VALLEYBANK** at checkout or scan the QR code to purchase!

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