



How to Create a

DIGITAL

*Vision Board*

*Workshop  
Workbook*

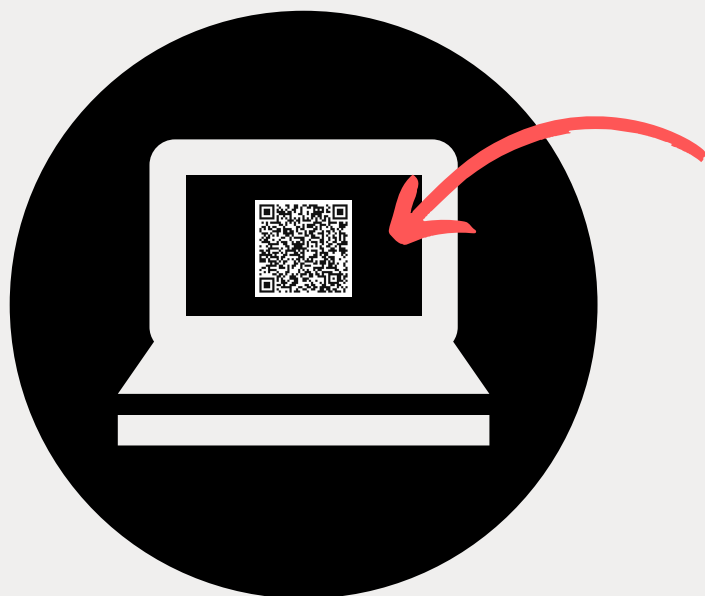




*Ready? Here's how to access the workshop ...*



*Join the workshop on 6:00 pm PST/  
9:00 pm EST, 01/23/25!*



Get access to the **LIVE Digital Vision Board Party** online course. Click the link below or scan the QR Code to start the course -

[CLICK HERE](#)

1. Mark your calendar
2. On the day of the workshop, click the link to **START THE WORKSHOP**
3. Join **Digital Vision Board Party Workshop**

*Can't wait to see you there.*

*Adrienne*

# Hey there! I'M ADRIENNE

A childcare business owner/provider, entrepreneur, writer, & your personal cheerleader dedicated to helping you become the business owner you most want to be.



I started my home childcare in 2001. This was a new career path for me as a former medical administrator. Drawing from my child development education I built a successful family childcare business.

But before any of that, I was a wife and mother of 3 who needed to navigate daycare for my own family. And long before that, I was a child in childcare myself. Childcare has been and remains a big part of my whole life.

I currently own and operate my childcare. My business has a reputation for being a quality program and to date has cared for several families and over 150 children.

Now I write to thousands of childcare professionals and am the founder of Thriving Childcare, as well as the author of The Provider Planner & Organizer. My passion is helping fellow providers build and grow sustainable, quality thriving childcare businesses.

I would love it if you would join our community of childcare providers and visit me at [thrivingchildcare.com](https://thrivingchildcare.com)

*adrienne*

## HOW TO CREATE A DIGITAL VISION BOARD

### LESSON 1: Why Resolutions Don't Work

Do you make New Year's resolutions? YES or NO

Do they work for you? YES or NO

What is a Vision Board?

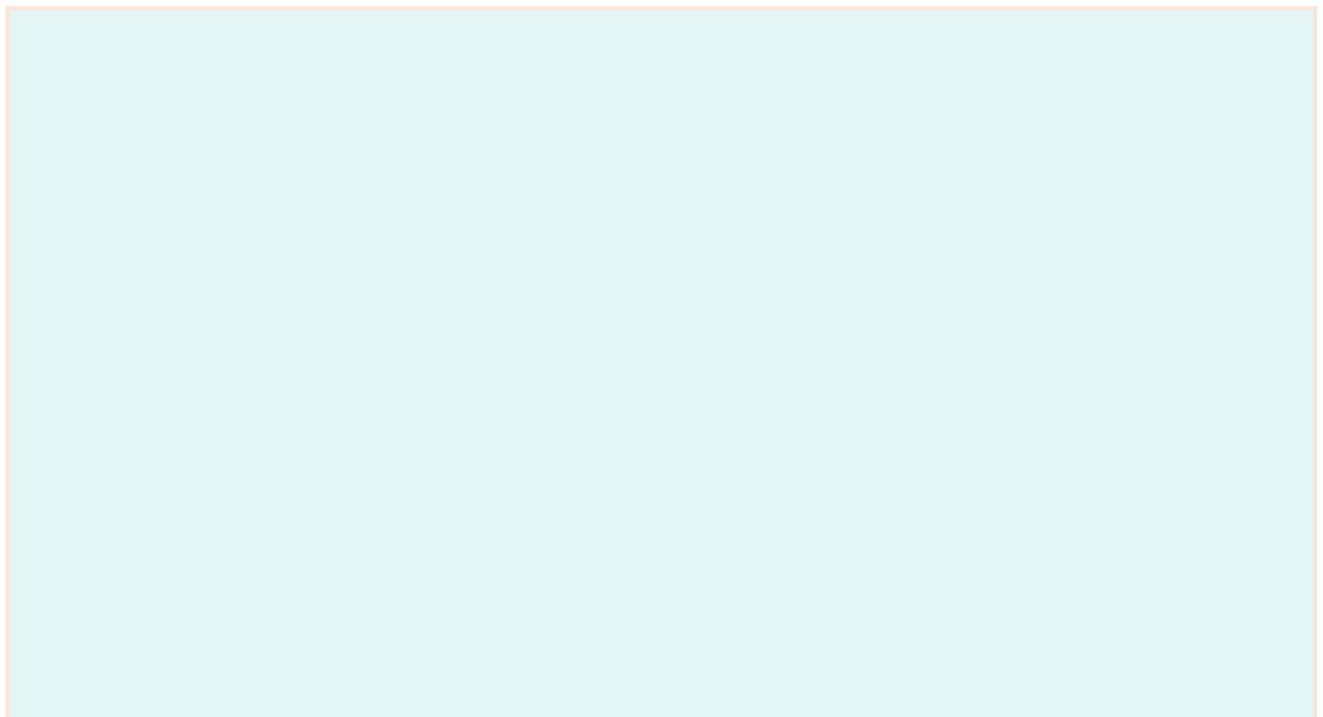
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Have you ever heard of a Vision Board? YES or NO

What questions do you have about using a Vision Board?





## HOW TO CREATE A DIGITAL VISION BOARD

### LESSON 2: Will A Vision Board Work For You?

Why do you think a Vision Board might work?

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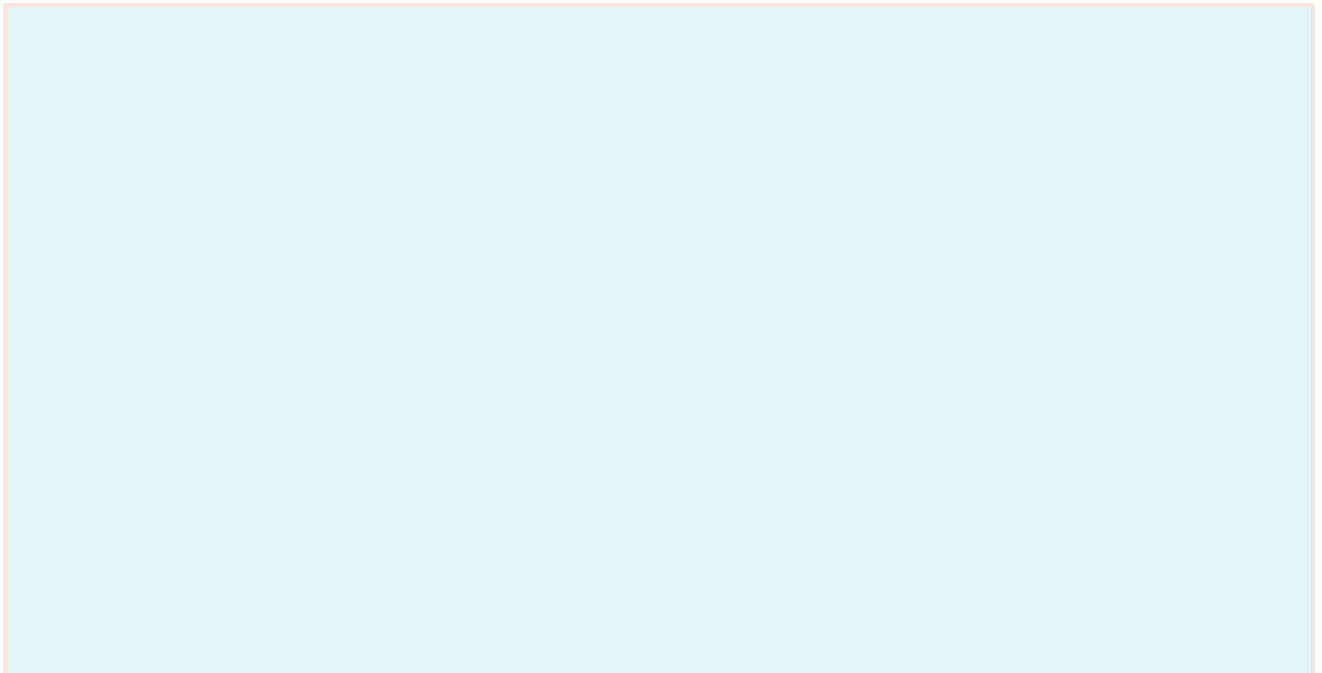
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Do you think a Vision Board might work for you? YES or NO

Do you think a Vision Board would help you manifest and/or help you to focus on your goals? How?

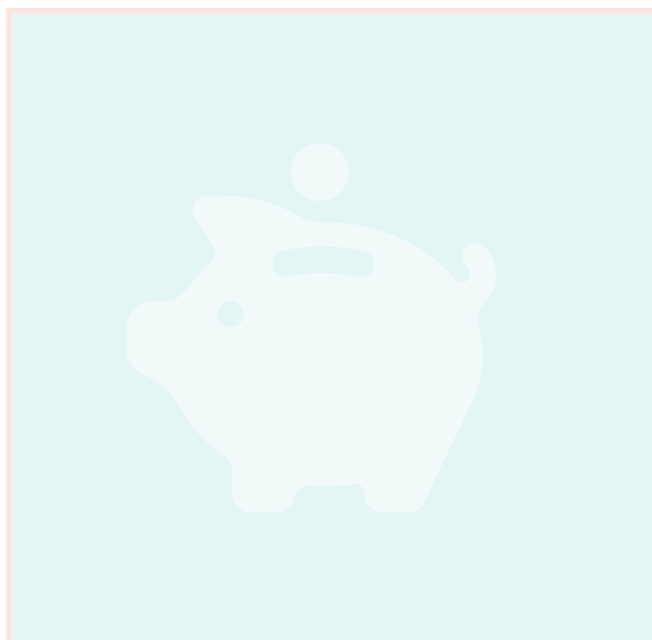


## HOW TO CREATE A DIGITAL VISION BOARD

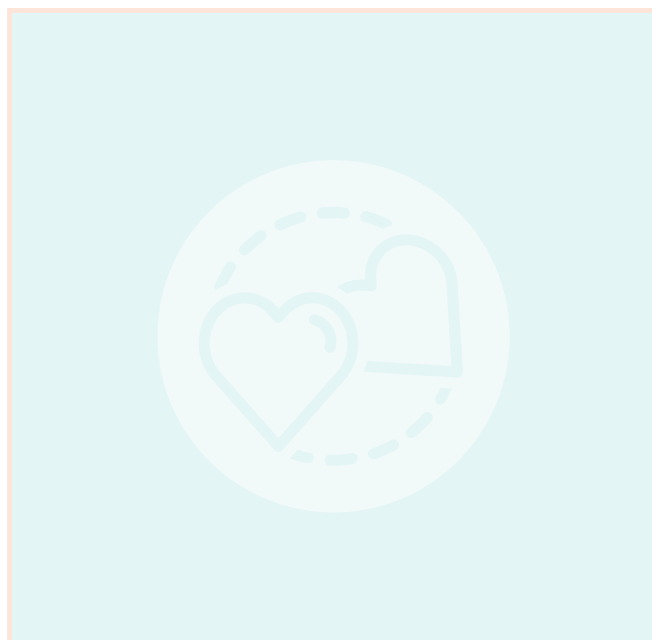
### LESSON 3: Getting Ready to Create a Digital Vision Board

What goals do you want to accomplish this year? Take 15-20 minutes and list them below.

#### Money/Finances



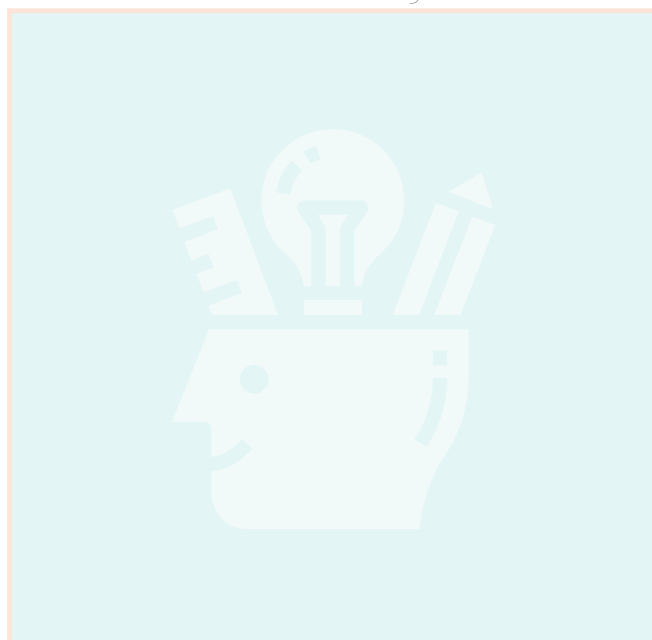
#### Love & Relationships



#### Health & Wellness



#### Creativity



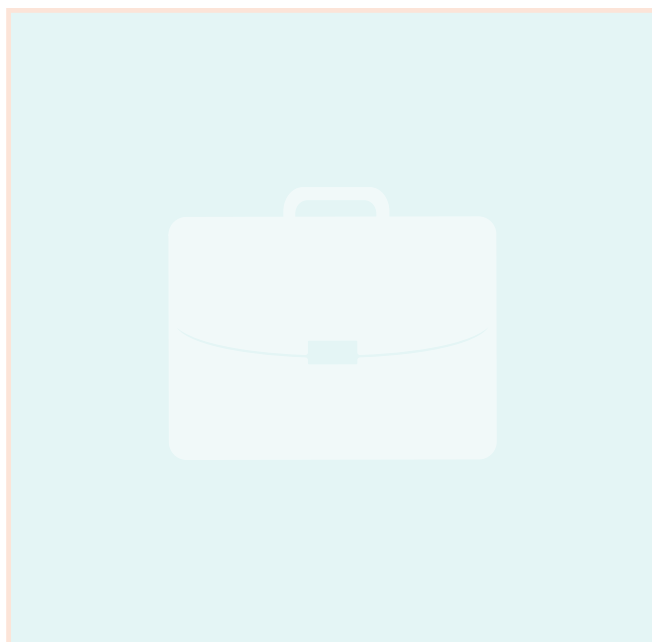


## HOW TO CREATE A DIGITAL VISION BOARD

### LESSON 3: Getting Ready to Create a Digital Vision Board

What goals do you want to accomplish this year? Take 15-20 minutes and list them below.

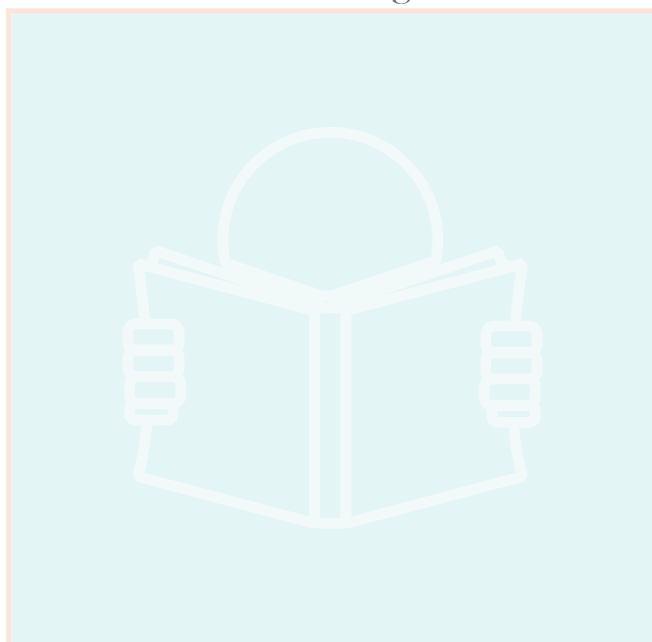
#### Career/Education



#### Education/Professional Development



#### Reading



#### People to Network



## HOW TO CREATE A DIGITAL VISION BOARD

## LESSON 3: Getting Ready to Create a Digital Vision Board

What goals do you want to accomplish this year? Take 15-20 minutes and list them below.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



## HOW TO CREATE A DIGITAL VISION BOARD

### LESSON 4: Creating Your Digital Vision Board

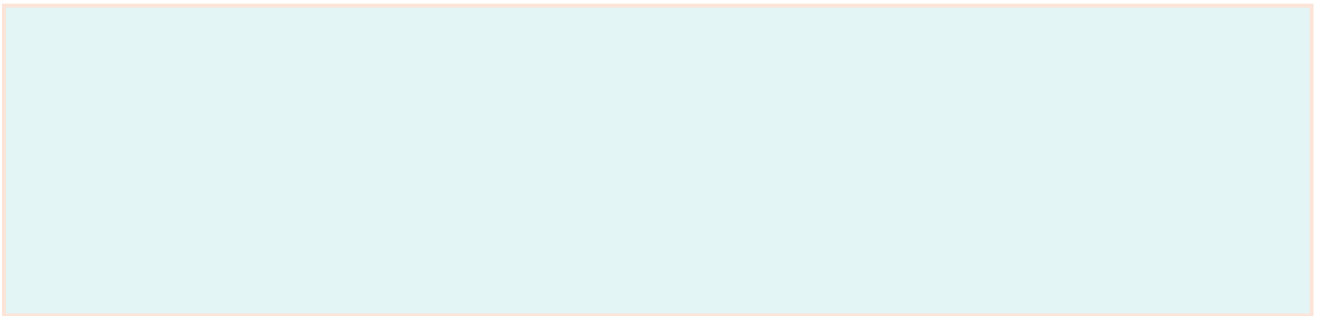
Where would be the best place to put your Digital Vision Board? Can you think of more than one place?

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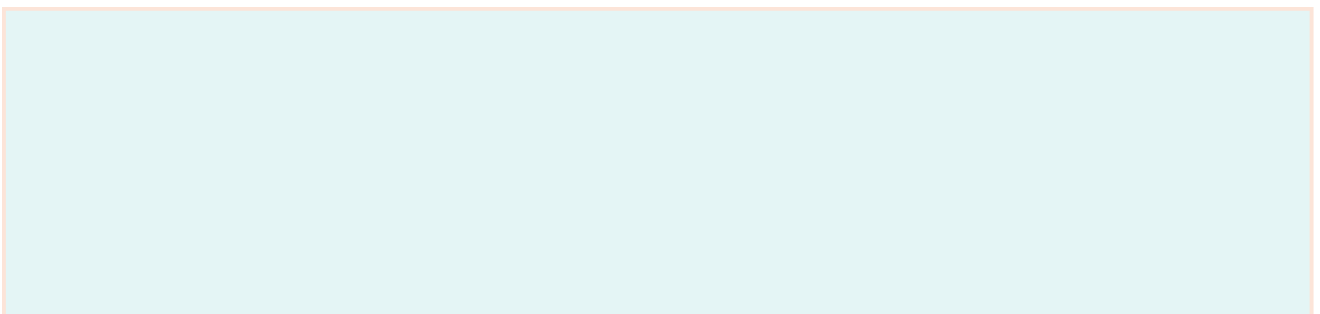
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What was your biggest aha moment learning about a Digital Vision Board?



What the one thing you are sure to put on your Digital Vision Board?



# How to Feng Shui a *Vision Board*

Wealth	Fame	Relationship
Family	Health	Creativity
Wisdom	Career	Helpful People

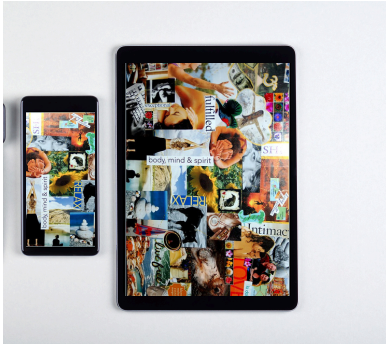
You can actually use the principles of **Feng Shui** to create your vision board using what is called a **Bagua Map**. It's also a great way to spark your thoughts and create goals for the year. [Click here for more info.](#)



## HOW TO CREATE A DIGITAL VISION BOARD

### BONUS: How To Make Your Digital Vision Board Wallpaper

**SOMEWHERE YOU  
CAN SEE IT!**



Here's how to use your Digital Vision Board as a background wallpaper for your desktop, laptop, cellphone, or tablet.

[CLICK HERE FOR INSTRUCTIONS](#)

## HOW TO CREATE A DIGITAL VISION BOARD

## Notes & Insights

[illegible]



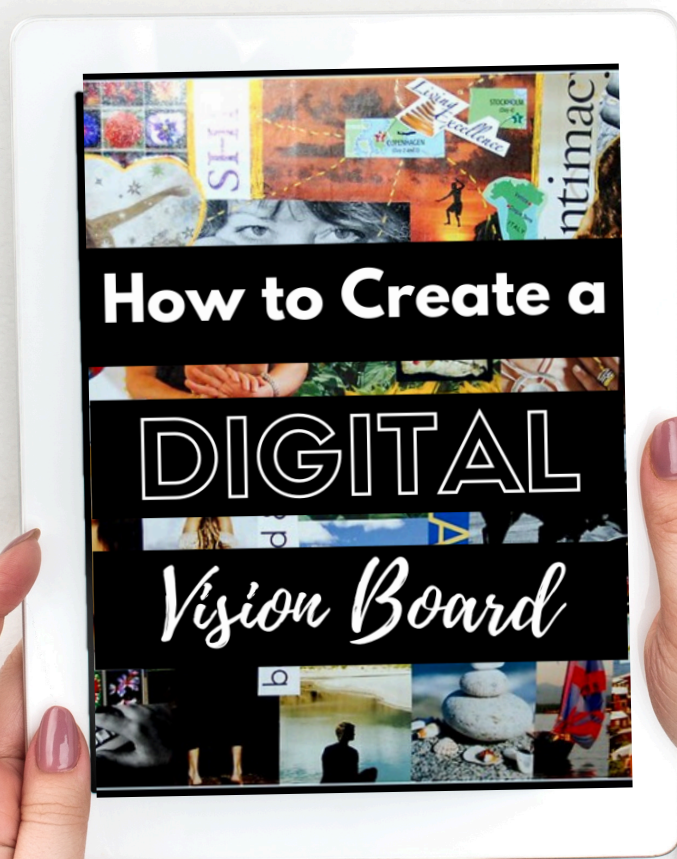
## Recommended Tools & Resources

### Resources for Graphics & Pictures

- [Canva](#)
- Google Images
- Personal pictures or graphics
- Other FREE internet sources of images or graphics

### Related Reading

- [How To Use Feng Shui Principles When Creating Your Vision Board](#)



## *Workshop Worksheets*



# SMART

## Goal Tracker

THE GOAL: \_\_\_\_\_

SPECIFIC: DESCRIBE YOUR GOAL IN DETAIL

MEASURABLE: LIST THE MEASURES YOU WILL USE TO TRACK YOUR GOAL

ATTAINABLE: LIST THE ACTIONS YOU NEED TO TAKE TO REACH YOUR GOAL

RELEVANT: DESCRIBE WHY THIS GOAL IS WORTH ACHIEVING FOR YOU

TIMED: WRITE THE DATE YOU WILL ACHIEVE THIS GOAL BY

# Vision Board

## Professional Goals

(Start Date):

(End Date):

- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

## Personal Goals

(Start Date):

(End Date):

- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

## Financial Goals

(Start Date):

(End Date):

- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

# Vision Board

## Health Goals

(Start Date):

(End Date):

- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

## Love Goals

(Start Date):

(End Date):

- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

## Family Goals

(Start Date):

(End Date):

- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

# Vision Board

## Health Goals

(Start Date):

(End Date):

- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

## Love Goals

(Start Date):

(End Date):

- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

## Family Goals

(Start Date):

(End Date):

- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_



# *Vision* Board

(Day):

(Month):

(Year):

---

*(Remember)*

CULTIVATING GRATITUDE IS A POWERFUL PRACTICE THAT CAN POSITIVELY IMPACT YOUR MINDSET AND OVERALL WELL-BEING. ENJOY THIS RITUAL, AND WATCH HOW IT CONTRIBUTES TO FULFILLED LIFE.

HEALTH

TRAVEL

CAREER

FINANCES

RELATIONSHIPS

SPIRITUALITY

# *Vision* Board

Where do I see myself at the end of 2025?

_____	_____
_____	_____
_____	_____
_____	_____

What are my top priorities for 2025?

_____	_____
_____	_____
_____	_____
_____	_____

What goals do I want to achieve this year?

_____	_____
_____	_____
_____	_____
_____	_____

How do I want to feel in 2025?

_____	_____
_____	_____
_____	_____
_____	_____

# 2025 Vision Board

TOP PRIORITY: \_\_\_\_\_

CAREER

HEALTH

FINANCES

TRAVEL

HABITS

FAMILY

RELATIONSHIPS

# 2025 *Vision Board*

**Purpose:**

Personal Goals

Action Plan

Work Goals

Action Plan

Health Goals

Action Plan

Financial Goals

Action Plan

**Learnings:**

# Vision Board

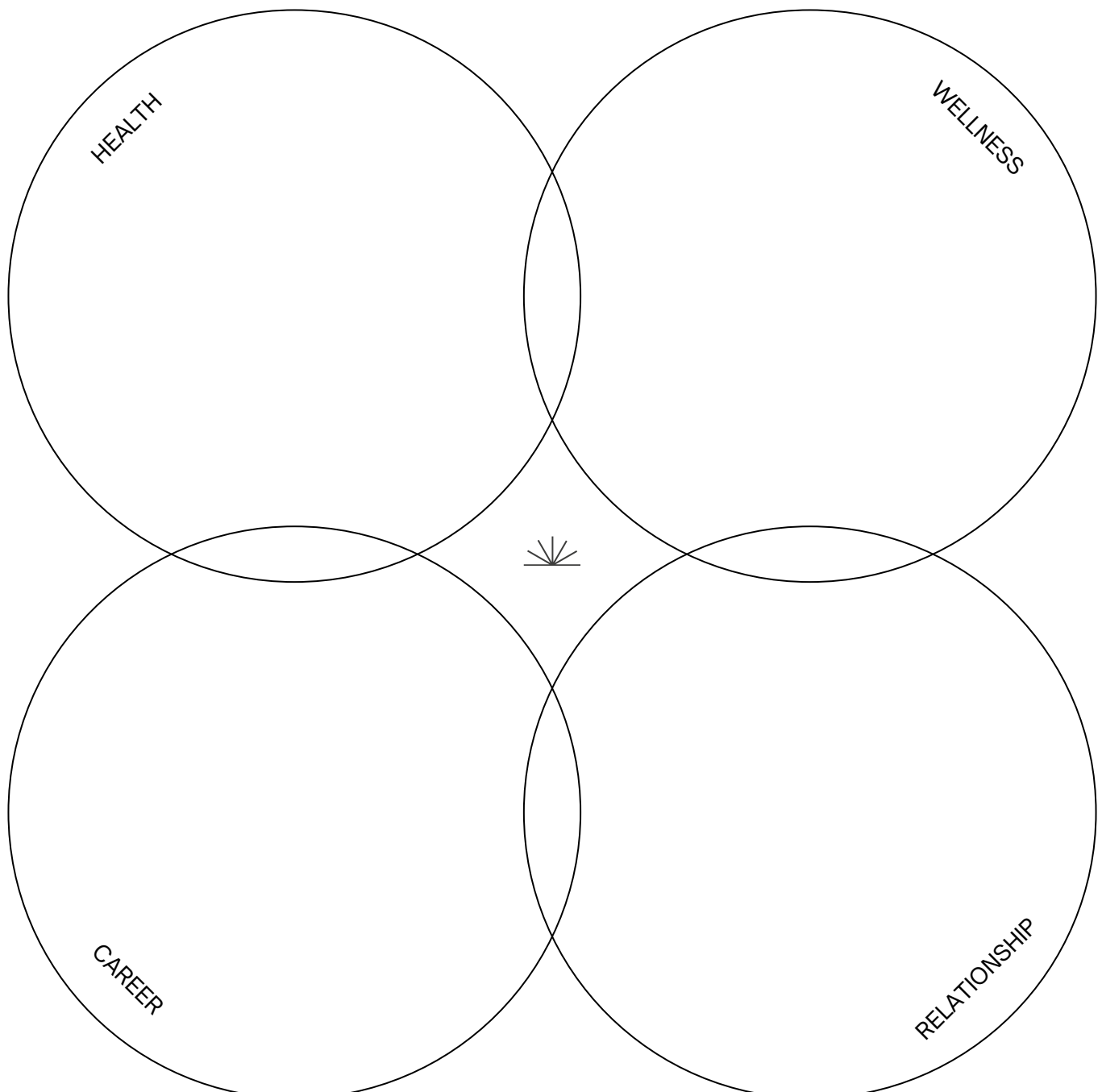
(Day): \_\_\_\_\_

(Month): \_\_\_\_\_

(Year): \_\_\_\_\_

(Note)

WRITE YOUR HEALTH, WELLNESS, CAREER, AND RELATIONSHIP GOALS FOR THIS YEAR. CREATE A MEANINGFUL YEAR AHEAD AND KEEP TRACK OF YOUR GOALS.



# Vision Board

Day: \_\_\_\_\_ Month: \_\_\_\_\_ Year: \_\_\_\_\_

(Remember) EMBRACING GRATITUDE IS A TRANSFORMATIVE JOURNEY THAT ENHANCES YOUR MINDSET AND WELL-BEING. INCORPORATE THIS POWERFUL PRACTICE INTO YOUR DAILY RITUALS, AND WATCH AS IT PAVES THE WAY FOR A MORE FULFILLING LIFE.

HEALTH

TRAVEL

FINANCES

CAREER

RELATIONSHIPS

SPIRITUALITY



# *Vision* Board

**WEALTH GOAL**

**HEALTH GOAL**

**LOVE**

**FAMILY**

**CAREER**

**SPIRITUALITY**

**KNOWLEDGE**

**NOTES**

# Follow these simple steps to set your virtual vision board as your computer or cellphone wallpaper:

## For Your Computer (Windows or Mac)

1. Download Your Vision Board Image: Save the vision board image to your computer. Make sure you know where it's saved (e.g., Downloads folder).
2. Right-Click the Image:
3. On Windows: Right-click the image file and select Set as Desktop Background.
4. On Mac: Right-click the image, then select Set Desktop Picture.
5. Adjust the Fit (if needed):
6. Windows: Right-click on your desktop and choose Display Settings. Under Background, choose "Fill" or "Fit" to make it look perfect.
7. Mac: Go to System Preferences > Desktop & Screen Saver and adjust the image positioning.

## For Your Cellphone (iPhone or Android)

1. Save the Vision Board: Download the image to your phone's photo gallery.
2. Open Your Wallpaper Settings:
3. iPhone: Go to Settings > Wallpaper > Choose a New Wallpaper.
4. Android: Long-press on your home screen and select Wallpapers or go to Settings > Display > Wallpaper.
5. Select the Vision Board Image: Find the saved vision board image in your gallery or photo library.
6. Adjust and Set:
7. Zoom in/out or move the image to fit your screen as desired.
8. Tap Set and choose whether you want it for the Home Screen, Lock Screen, or both.

**That's it! Now you can stay inspired every time you look at your screen. 🎯🌟**

# Here's Another Great Tool Just For Providers

...

**CLICK**  
**HERE**  
**for more**  
**info**



