



Mogressive Coaching | Vision Board | Cheat Sheet | 2022

What do I put on my Vision Board?

- All your classes
 - place one section in each corner of your VB
 - Write - (Course/dates/time/zoom/in person/the grade you want)
- Hard dates: exams, quizzes, hw, assignments, etc
 - Examples:
 - Math5a - feb22 Exam on “xyz” put reminder in phone 3 days prior
 - Engl1A - No hw, just quizzes (5 total, dates x,y,z), Final on “x”
 - 15 assignments all on canvas - copy my canvas calendar and upload to my ical so I can have two alerts/reminders.
- What GPA do you want at the end of the semester?
 - Write down on your VB what GPA you currently have, and next to that put the GPA you want by the end of this semester.
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- The grade you want from each class you are taking this semester
 - This is part of the visualization.
 - Important to focus on where you want to be/go simply by visualizing and using your imagination.
 - “Math152 - I want a B+ Because i know myself and I feel a B+ is possible for my life right now. I’m pretty busy and I feel comfortable if I get a B+”
- Affirmations/Quotes/Mantras/Reassurances
 - Write what are true to you, and reflect your values, morals, and ethics in life.
- Short/Long Term Goals - Long term is the end of the semester
 - Short term - You should put quizzes, monthly due dates here, and then put the grade you got on it afterwards, as a reminder of how focused/unfocused you were or are. (Use the output of your grades as a checkpoint-adjust/pivot if necessary)
 - Short term - Go visit the STEM center, Email my teacher about future assignments, get involved with a school program or club,
 - Long term - Get a 3.0 or higher GPA by the end of this semester
 - Long term - Schedule an appointment with my Academic Advisor.
 - Pass my classes, plan next semester goals
- Daily/Weekly Goals
 - Habits and Routine

- Journaling
- Staring at your vision board every morning at least for 5 minutes.
- Writing down tasks everyday in the morning and checking them off as you go.
- Plan on Sunday or Friday for the week ahead. School/Personal/Everything else
- Everyday visualize on your future you, In your home/work/personal life environments
- Your future Career Goals
 - What kind of job do you want
 - Where do you want to work
 - Self employed? Corporation? Non profit?
 - How much do you want to make?
 - Location
 - What kind of work community do you want?
- Aspirations/Goals - Realistic and Unrealistic
 - Be a kid!
 - Think of goals that you THINK are unattainable or unachievable
 - I want a million dollars in five years
 - I want to speak in front of 10k people
 - I want to make 10k per month
 - etc..
- Future Ideas/Solutions
 - I have panic attacks, How can I control that?
 - I have exam anxiety, How can I fix that
 - I hate taking tests, How can I overcome this
 - Where do i want to work after college
- Questions to ask myself
 - Who am I
 - Where do I want to be/go
 - What are my true passions and values
 - Why me
 - What is important to me
 - Where do i want to spend my time
 - Who decides my life
 - Am I in charge of my life
 - Am i a yes person
 - Do I lie to myself



- Do I lie to others
- Why do I lie
- What are my insecurities
- Do I want a family
- What makes me happy/sad/upset/confident
- Motivational/Inspirational/Emotional Quotes that reflect your life
 - I'll leave this open for your imagination
 - These should be real/truthful to you
 - You should have one per goal
 - One for confidence, habits, routines, inspiration, reminders, etc..
- Empowering words
 - What words, when you say them out loud, bring goosebumps or make you feel powerful. Say these words with your head held high, arm on your hips, shoulder broad, and repeat your Power Words, in your head, on paper, and aloud.