



Mogressive Coaching | Vision Board | Cheat Sheet | 2022

Where do I start my Vision Board?

- Be very very specific when breaking down your goals
- Cross off, do not erase your goals once you achieve them, same goes for week, short/long term goals
- Make sure to customize and personalize your vision board.
- Surround your home/work/personal with all of your goals, ambitions, inspirations, quotes, mantras, affirmations.
- Replace bad habits with investable habits
- If you get bored, knock out something on your vision board
- Reward yourself after every goal achieved, start conditioning your mind that way.
- Color code your goals
 - Green = money goals
 - Purple = entrepreneur goals
 - Yellow = community goals
 - Red = Priority goals
 - They don't have to be the same
- Affirmations/Quotes/Mantras/Reassurances
 - Write what are true to you, and reflect your values, morals, and ethics in life.
 - Leave a section on your vision board for this
- Short/Long Term Goals -
 - Long term is the end of the year goals or beyond
 - Short term is monthly goals
 - Long Term example
 - Increase credit score by 50pts = 720 fico - Write 1-2 physical actions that you will do with this goal as well.
 - Lose 25 lbs, weekly goal- sign up for the gym or research workout plans (tabata, Hiit, etc..) Be very very specific when breaking down your goals
 - Short term examples
 - Cook at home 3x a week
 - Go grocery shopping 1x a week
 - Save 100\$ a month for 4 months, so I can....
 - Take a road trip - start looking at places to travel in my weekly goals.
 - 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?
- Finance Goals
 - I want to make 10k a month
 - I want to have passive income in one year
 - I want people giving me cash weekly
- Personal Goals
 - I will have confidence in myself, don't forget to tie one physical action (sign up for a Udemy.com class on confidence) or talk to more people who are confident.
 - I want love, companionship
 - I want to find my special person
 - I want to be stress free, worry free, and financially free!
 - I will take the trash out as soon as its full, no more procrastinating
 - I will tell myself every morning, I am great, successful, and happy!
- Career/Job Goals
 - I want to be promoted in 7 months
 - I want to move departments
 - I want my co workers to give me more respect
 - I want a job that pays \$60/hr
 - I want to work only 5 hrs a day
 - Get specific.
- 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.



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