

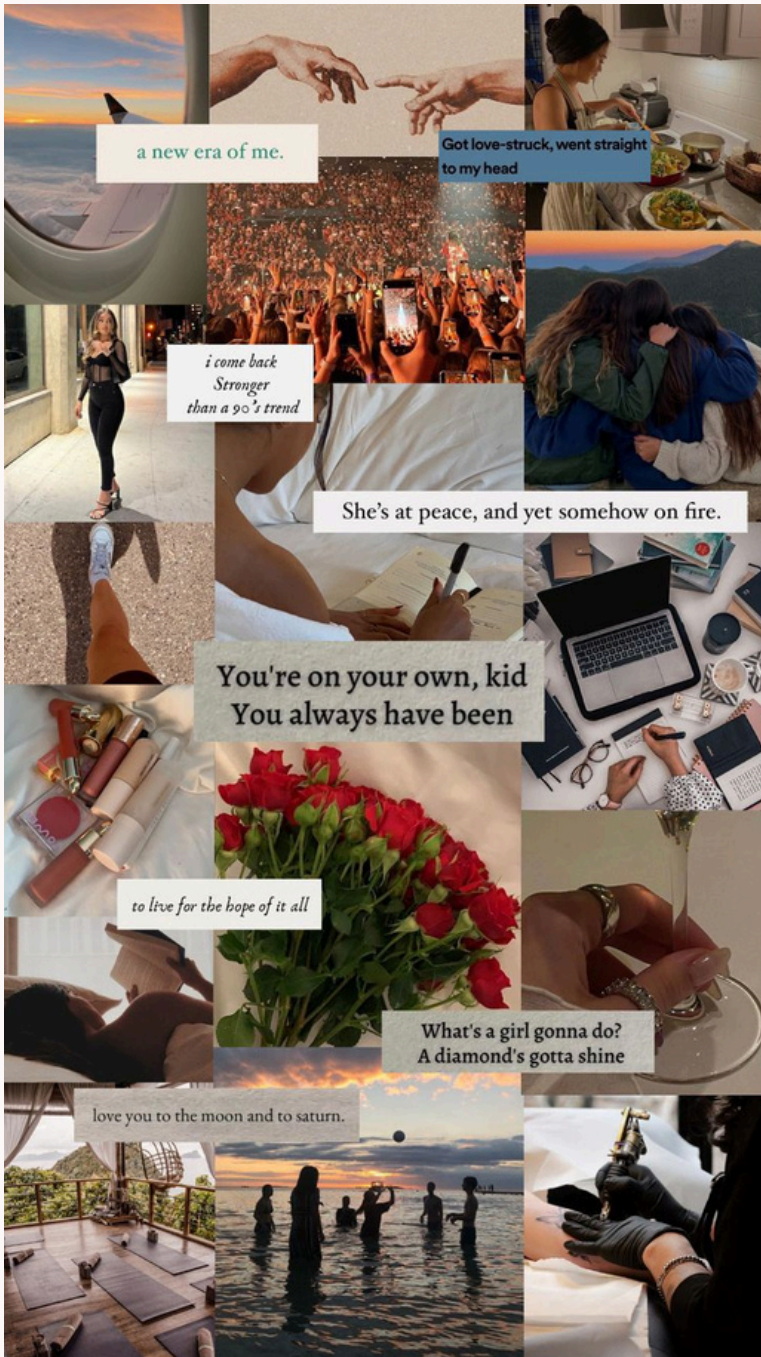


# ***Vision Board Guide***

**A Blueprint for Your Dream Life**

**By: Chelsea Shafer, RD, LD, RYT**

# Why create a vision board?



I remember the moment I decided to make this vision board very clearly. At that time in my life, I was going out with my friends almost every night.

One weekend I got some bad news and I was feeling very lost. I sat in my house alone all weekend, took a bath, and watched Young Sheldon for hours. I ordered Wing Stop, ate in bed, cried, spiraled, and journaled. Then I decided to make a vision board.

With new years coming up, it was the right time of year to reflect and I knew that 2024 had to be better than 2023 (this was really not negotiable). I went to Pinterest and started searching, added pictures to Canva, and fit the pieces together.

When I was done I could see everything that was important to me in one picture. It gave me the hope I desperately needed.

## For Your Dream Life

**Before we jump into planning your dream life for the new year, let's reflect on what happened this year.**

**Write about this year. What went well? What didn't go well? What would you change? How did the year feel overall? Is there one word you would use to describe this year?**

[illegible]

# Vision Board Guide

## For Your Dream Life

Now that you've reflected on your past year, let's dream up your dream life!

### STEP 2: DREAM

I think about it this way:

***I can't live my dream life if I don't take good, loving care of myself.***

So when creating a vision board, consider the different parts of your life that come together to keep you happy, healthy, safe, secure, and fulfilled. Close your eyes and imagine what that would look and feel like.

#### Emotional Health

- romantic relationships
- friendships
- family
- creative outlets
- hobbies
- relationship with self
- body image

#### Physical Health

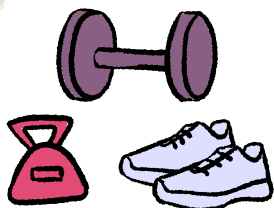
- nutrition
- hydration
- movement
- consistency of behaviors
- medical check ups

#### Financial Health

- career
- retirement
- savings
- budgeting

#### Mental Health

- boundaries
- coping with stress
- management of mental health diagnoses



## For Your Dream Life

## STEP 3: MAKE IT REAL

**THEME:** \_\_\_\_\_

[illegible]

# Vision Board Guide

## For Your Dream Life

## CONT. STEP 3: MAKE IT REAL

**THEME:** \_\_\_\_\_

[illegible]

# Vision Board Guide

## For Your Dream Life

Now for the fun (and sometimes tedious) part! This is your opportunity to bring your vision to life. When choosing your format, I recommend putting it in a place that's easily accessible and viewable.

### STEP 4: BRING YOUR VISION BOARD TO LIFE

**There are 3 ways to bring your vision board to life:**

1. Use magazine cutouts and/or printed pictures and glue them on poster board, canvas, paper, or notebook cover.
2. Keep it virtual! Use [Pinterest](#) and your photo album to gather photos. Upload them to [Canva](#) (it's free!) and put them together on a blank IG story template to use as your phone lock screen. You could also create a laptop screensaver.
3. Start virtual, then print a physical copy! Use Pinterest and your photo album to gather photos. Upload them to [Canva](#) (it's free!) and put them together on a blank poster template. Select "Print with Canva" in the upper right corner. Select the pages to print, the size, no frame, and I recommend "gloss" instead of "fine art" as the Poster Type. It's much cheaper this way! Do your final check and checkout. Then buy your frame! I think [this one](#) from Amazon is so cute and they have many size options!

*That's it! Sit back and admire your work.*



# The Flexible RD

**Use this vision board as a guiding light for your year. Remember to take good loving care of yourself and follow your intuition.**

**Read “Self Care is Self Love: A Guide to Create a Self Care Vision Board” on the blog!**

**Find more blog posts about body image, trending wellness topics, gentle nutrition, yoga, and recipes at [www.theflexiblerd.com](http://www.theflexiblerd.com).**



**Chelsea Shafer, RD, LD, RYT** graduated from Purdue University in 2020 and completed the Wellness Workdays Dietetic Internship in 2022 where she specialized in sports nutrition and entrepreneurship.

Chelsea is a proud Registered Dietitian who has helped over 300 clients live healthier, happier lives and accept their bodies.

Currently, Chelsea is pursuing blogging, working as a registered dietitian at Happy Strong Healthy and teaching yoga at a local studio in Atlantic Beach, Florida.

