

Vision Board Check-Up

Ten minutes, ten questions about your board

Sit down with your board and check yes or no for each question. Every no shows you what to change.

#	Check	Yes	No	If no, here's the fix
1	I'd want every wish on it even if nobody ever saw my board.	☐	☐	Ask yourself about each picture: would I still want this if nobody ever found out? If not, take it down.
2	Each wish is concrete enough that you'd know when it came true (a number or date where it fits).	☐	☐	Write it next to the picture: "Run a 10K by the end of June" instead of "get in shape."
3	For each wish, at least one picture shows how I'll get there.	☐	☐	Add a picture of the work, like your running shoes on a Saturday morning.
4	Three areas, 9 to 15 pictures (or I can say why there are more).	☐	☐	Three to five pictures per area. The rest goes on a list or a second board.
5	I'm on my board, in the center.	☐	☐	Put a recent photo of yourself in the center, or your motto for the year.
6	Every picture still makes me feel something, and I can name it.	☐	☐	Swap it for a picture of how you want to feel.
7	At least one wish can come true in the next 30 days.	☐	☐	Add one small wish you can make happen this month.
8	Next to each wish, there's an "If..., then I..." line.	☐	☐	Write one, for example: "If it's Sunday at 9 a.m., then I..."
9	I see my board every day without opening anything.	☐	☐	Hang it where you really look, or make it the wallpaper on your phone.
10	My next look at the board is on my calendar, and I check off what came true.	☐	☐	Put a standing date on your calendar, about once a month, and check off what came true.

Yes: _____ of 10 Three or more no's? Fix one a week, not all of them at once.

For the big year-end review: the scorecard at visiya.app/post/do-vision-boards-work

All ten mistakes in detail: visiya.app/post/frequent-mistakes-when-making-a-vision-boards · VISIYA

