

Vision Board Self-Reflection Checklist

A Guided Prompt Journal to Help You Create with Clarity and Purpose

Section 1: Know Yourself Deeply (add your's)

1. What are my core values in life? (e.g., *freedom, love, growth, peace*)
 2. What brings me joy on a soul level?
 3. When do I most like myself?
 4. What are 3 things I want to stop doing because they no longer serve me?
 5. What parts of my current lifestyle feel aligned?
 6. What habits or routines are draining me?
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Section 2: Reflect on the Past

Looking back helps us recognize patterns, wins, and lessons.

7. What were my biggest wins or proud moments in the past year?
 8. What challenges taught me the most?
 9. What goals did I set but not follow through with—and why?
 10. What made me feel stuck, small, or unhappy?
 11. If I could relive one day from last year, what would it be—and why?
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Section 3: Get Clear on Your Desires

This section uncovers true desires—not what you *should* want, but what you *really* want.

12. What areas of my life do I want to improve? *(Rate each from 1–10: Health, Relationships, Career, Finance, Home, Self-love, Personal Growth, Fun & Leisure)*

13. What kind of person do I want to become?

14. How do I want to feel most days?

15. What is one word or mantra that I want to guide me this year?

16. What do I need more of in my life right now?

17. What do I need to let go of to move forward freely?

Section 4: Visualize the Future

18. What would my ideal day look like from morning to night?

19. Where do I want to live, and how does my space feel?

20. What does my dream job/career look like?

21. What kind of relationships do I want to build or improve?

22. How do I want to take care of my body, mind, and soul?

23. What experiences do I want to have this year? *(Travel, learn, create, etc.)*

24. What does success look and feel like for me?

Section 5: Manifestation Alignment

Tie it all together with intention.

25. What do I want to manifest this year? *(Be specific—list 5–7 main goals or dreams)*

26. What affirmations can support my vision?

27. What inspired action steps can I take in the next 30 days?

28. What limiting beliefs might block me, and what new beliefs can I adopt?

29. What symbols, images, or words best represent my dreams?

30. What will remind me to stay connected to this vision daily?

“If everything on my vision board came true... how would I feel?”

Write a few sentences in that emotion, like it's already real.

