



INSPIRING JOY-FILLED LIVES

# *Vision Board Planner*

TRANSFORMATION HAPPENS WHEN YOU TAKE ACTION. THIS WORKBOOK WILL HELP YOU GET CLEAR ON WHAT MATTERS TO YOU. IT WILL HELP YOU TAKE INSPIRED ACTION.

THIS ISN'T JUST ABOUT MANIFESTING GREATNESS (YES, THOSE POSITIVE THOUGHTS MATTER!), IT'S ABOUT KNOWING WHAT WE WANT AND NEED AND GETTING IT DOWN ON PAPER.

IT'S TIME TO GET CREATIVE, OPEN YOUR HEART AND YOUR MIND TO THE GREATNESS THAT IS ALREADY INSIDE OF YOU. IT'S TIME FOR YOU TO SOAR.

*Your time is now.*

# Celebrate

WHAT WE APPRECIATE APPRECIATES.

REFLECT ON YOUR GREAT AND MEANINGFUL EXPERIENCES THAT LED YOU TO TODAY. WHAT STORY STANDS OUT THAT REMINDS YOU WHY THE WORK YOU DO MATTERS — TO YOUR COMPANY, COMMUNITY, CHURCH, FAMILY, WORLD, YOU?



**TASK >** Write below what gives you the greatest sense of fulfillment, meaning, or purpose. Think about your role if you work for a company, own your own company, or stay at home. Think about what you do for your community or church. Think about what you do for your family and for yourself. Why does the work you do in those areas matter?

# Unlock Your Greatness

## TASK >

Write a list of your best qualities, your superpowers. What compliment do you consistently get from others? What is something you are darned good at doing?

1

2

3

4

5

6

7

8

9

10



## REFLECT >

What have you accomplished in the last 1-2 years?

What lessons have you learned in the last 1-2 years?

What are you grateful for?

CELEBRATE YOU. CELEBRATE YOUR GIFTS, YOUR WINS, YOUR  
FAILURES. WHEN YOU FIND THE JOY IN JUNK AND PAUSE TO  
REFLECT THE GOOD, YOU ARE SETTING YOURSELF UP FOR  
LIVING YOUR BEST LIFE.



HOW TO MAKE A

# Vision Board

*Vision*

What does your best self look like?

*Goals*

What goals will help you become that person?

*Actions*

What actions will help you achieve those goals?

*Create*

Gather images that represent your vision, goals, and actions.

What do I need the most?

What scares me the most?

What inspires me?

What do I want to try?

Where do I want to go?

If I stopped pretending that I don't know what I want or that I don't know what to do next, what would I do?

Notes



Notes





# Goal Planner

What do I want to achieve?

Why do I want to achieve this?

What habits do I need to practice to achieve this?

What habits should I avoid to achieve this?



# *Life Areas*

CAREER

FINANCES

RELATIONSHIP

FAMILY

PERSONAL GROWTH

HEALTH

LEISURE

KNOWLEDGE

# Goal Setting Aid

What do you  
want to achieve  
financially?

How do you  
improve your  
physical health?

How do you  
improve your  
mental health?

How do you  
improve your  
emotions?

What do you  
want to be  
remembered  
for?



# Limiting Beliefs

Try to identify other beliefs that are holding you back and how you can reframe them to be more productive.

CURRENT BELIEF

BETTER ALTERNATIVES

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CURRENT BELIEF

BETTER ALTERNATIVES

# Notes



## LET'S CONNECT

THE VIVE UNLIMITED IS ABOUT INSPIRING JOY-FILLED LIVES. I BELIEVE MY PURPOSE IS TO SERVE AS YOUR EXPERIENCE CHAMPION. I LIVE THAT BY DELIVERING YOU AN EXPERIENCE THROUGH LEARNING, CONNECTION, AND FUN THAT WILL LEAVE YOU FEELING DIPPED IN GOLD AND READY TO FLY. YOU ARE WORTHY OF IT AND I AM HERE TO HELP YOU STEP INTO THAT WORTHINESS, UNCOVERING YOUR LIMITING BELIEFS AND BECOME THE MOST FULFILLED VERSION OF YOURSELF YOU CAN IMAGINE.

*Best,  
LeAnn Case*

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