



VISION BOARD

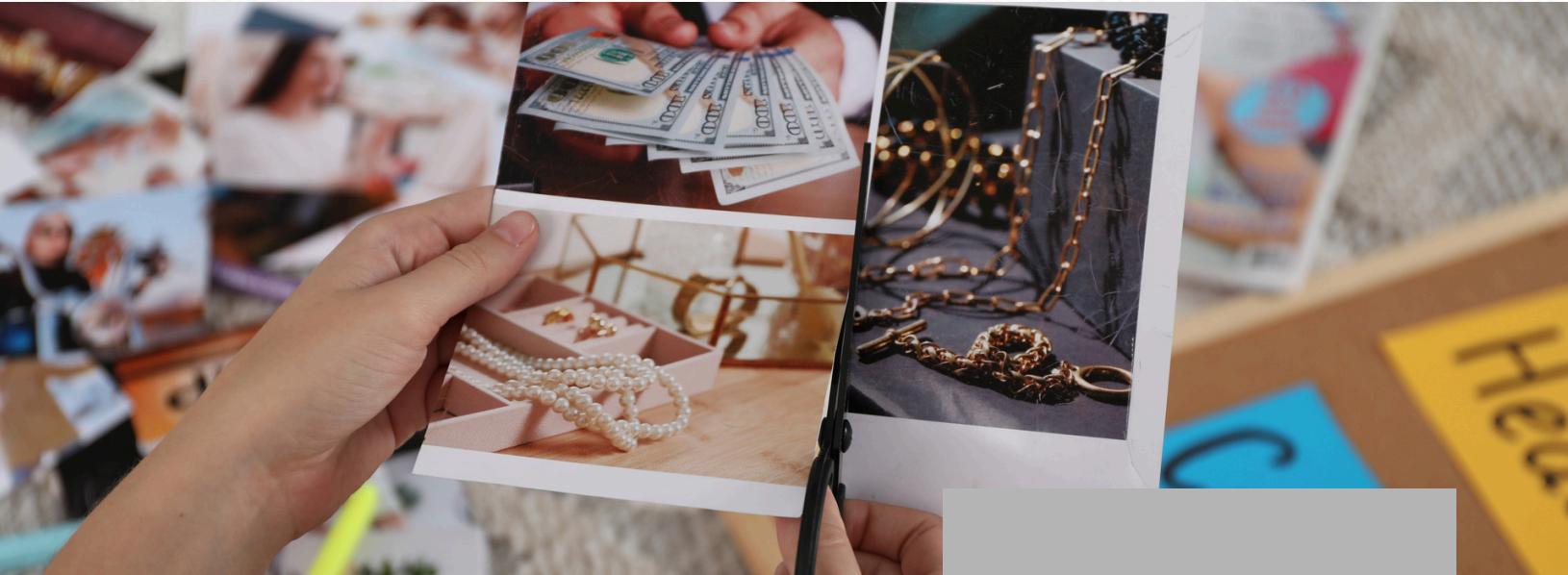
STARTER KIT

Create a God-Aligned Vision

Write the vision, and make it plain... — Habakkuk 2:2



Introduction WHY A VISION BOARD?



A vision board is more than just a collection of pretty pictures; it's a spiritual tool to help you clarify your dreams and align them with God's purpose for your life. It serves as a visual reminder of your goals, inspiring you to take action and stay focused on what truly matters. By consistently reviewing your vision board, you're reinforcing your intentions and inviting God to work in your life to bring them to fruition. It's a powerful way to make your dreams tangible and actively participate in co-creating your future with God.

Guided Prayer:

Heavenly Father, I come before you with an open heart, seeking your guidance and wisdom. Reveal to me the vision you have for my life. Help me to discern your calling and to align my desires with your perfect will. Grant me the courage and faith to pursue the dreams you have placed within my heart. In Jesus' name, Amen.



Section 1

REFLECTION

Take a moment to reflect on the following questions.

1

What areas of your life do you feel God is calling you to focus on?

.....

.....

.....

2

Where do you feel a lack of clarity or purpose?

.....

.....

.....

3

What dreams or aspirations have you placed on hold?

.....

.....

.....

Section 2

CHECKLIST

Gather your materials

- Poster board or Corkboard
- Magazines, printed images
- Scissors
- Glue or tape
- Markers, pens
- Inspirational quotes, scriptures
- Photos of yourself, loved ones, or places you aspire to visit



Section 3

SUGGESTED CATEGORIES

There are nine (9) dimensions or areas of our lives, which you should capture on your vision board.

9 Life Dimensions:

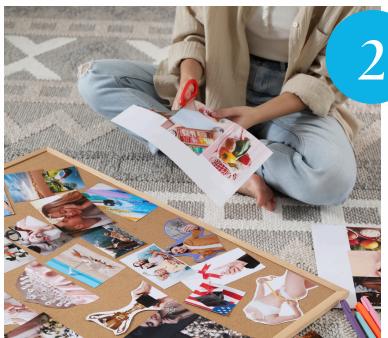
1. Spirituality
2. Relationship with our family and friends
3. Romantic relationship or singleness
4. Personal growth and development
5. Fun and leisure
6. Health and wellness
7. Money and finances
8. Career and/or business
9. Physical environment

Section 4

STEP-BY-STEP GUIDE



Prepare Your Board: Select your board and gather all your materials in a comfortable workspace.



Cut & Paste: Cut out images, words, and quotes that resonate with your vision and the answers to your reflection prompts.



Arrange & Attach: Arrange your chosen elements on the board, creating a visually appealing layout. Secure them with glue or tape.

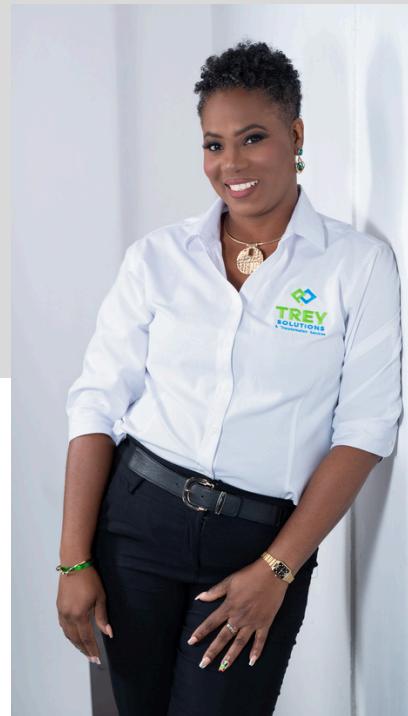


Add Personal Touches: Embellish your board with handwritten affirmations, prayers, or scriptures

notes

About THE AUTHOR

Talisha J. Reyes is the author of **Let's be Intentional: 4 Steps to getting and staying UNSTUCK and finding the Clarity, Confidence and Courage to live your life on purpose.** She is the founder of TREY Solutions & Transformation Services Ltd and is a woman on a mission to share the joys of living a full, balanced and intentional life. Talisha is fueled by her passion for continuous learning and self-development. It's a rewarding habit that has allowed her to hone her education and skills for the last 20 years.



As a personal development coach, mentor and workshop facilitator, she works with women who lack clarity with their goals, battle with their limiting beliefs and who do not take action because of habits of procrastination and lack of consistency. She helps them move from feeling frustrated and stuck to having the clarity, confidence and courage to live a fulfilling life.

Talisha focuses on building their self-awareness, understanding their "whys", clarifying their goals and assisting them in the building of better habits.

Clients also have the added benefit of having a tuned in and highly dedicated accountability partner.

READY TO TAKE YOUR
VISION TO THE NEXT
LEVEL?

[SCHEDULE A CALL](#)



talisha@treysolutions.com

www.treysolutions.com