

Nurse YOUR Life

Vision Board Activity

You will need: Two hours • Willingness • Poster Board • Magazines • Glue Stick • Scissors • Colored Pencils



Nurse YOUR life with clear intentions and dedicated work to manifest your dreams and achieve your aspirations. This exercise will support your intuition and tap into your creativity to explore your best life intentions. Below is my Nurse YOUR Life vision board guide that is divided into 8 categories. Take a few minutes to relax and quiet your thoughts. Perhaps try my Mountain Moment meditation found on my website. When you are relaxed, list people, places, events and things that you feel strongly about manifesting in your life. Make sure you enter at least 3 items under each of the 8 headings. Once you have finished listing the items, start exploring for visual support for the life you want to live. Flip through the pages of magazines, tear out pictures that resonate with you and make you FEEL INSPIRED AND ENERGIZED. Important: TRUST your INTUITION. Let go of “should”. Don’t question why you are attracted to a particular

picture. When you’ve chosen your pictures/words/colors, start assembling your board. There is no right way to complete this exercise. Refer to your vision board weekly to see how you are progressing.

Work

- 1.
- 2.
- 3.
- 4.

Sleep

- 1.
- 2.
- 3.
- 4.

Nutrition

- 1.
- 2.
- 3.
- 4.

Movement

- 1.
- 2.
- 3.
- 4.

Play

- 1.
- 2.
- 3.
- 4.

Stress Mastery

- 1.
- 2.
- 3.
- 4.

Meaning & Purpose

- 1.
- 2.
- 3.
- 4.

Relationships

- 1.
- 2.
- 3.
- 4.