MY EVERYDAY LIFE VISION BOARD

A place to imagine what I want my everyday life to feel like, look like, and include.

HOW I WANT TO FEEL

Words that describe the kind of life I want each day:

MORNINGS & ROUTINES

What helps my day start well?

PEOPLE & CONNECTIONS

Who and what relationships matter most to my everyday life?

PLACES & SPACES

What environments help me feel safe, calm, motivated, or joyful?

MY EVERYDAY LIFE

What does a good everyday life look and feel like for me?

SELF-CARE & WELLNESS

What helps my mind, body, and heart feel cared for?

FUN, JOY & CREATIVITY

What do I want to make more time for?

RESPONSIBILITIES & BALANCE

What needs to fit into everyday life in a manageable way?

GOALS / SMALL STEPS

What small habits or actions move me toward the life I want?

MY EVERYDAY NON-NEGOTIABLES

A few things I want to protect, prioritize, or remember each day:

1. _____
2. _____
3. _____

ONE WORD / THEME

If I had to name the kind of everyday life I want, what would I call it?

My vision can grow and change — this is a starting place.