



Vision Board

Put any pictures or words below of what you envision your healthy and happy lifestyle to look like. (Ex: Your goals, food you eat, places you shop, activities you do, ideal body, type of friends, relationship with a significant other, etc.), then post your vision board somewhere where you see it often to remind yourself of the goals you have. Constantly envision yourself already having met your goals. (This can also be done on a cork board too).