

# VISION BOOK Journal





This Book Belongs To

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# INSPIRATIONAL QUOTES

“

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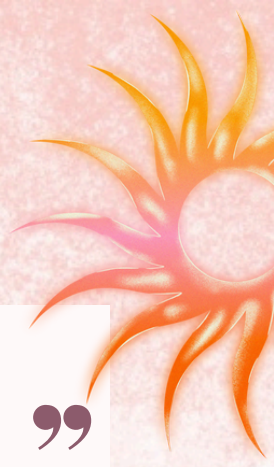
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# AFFIRMATIONS



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# 10 AFFIRMATIONS



**1**

**2**

**3**

**4**

**5**

**6**

**7**

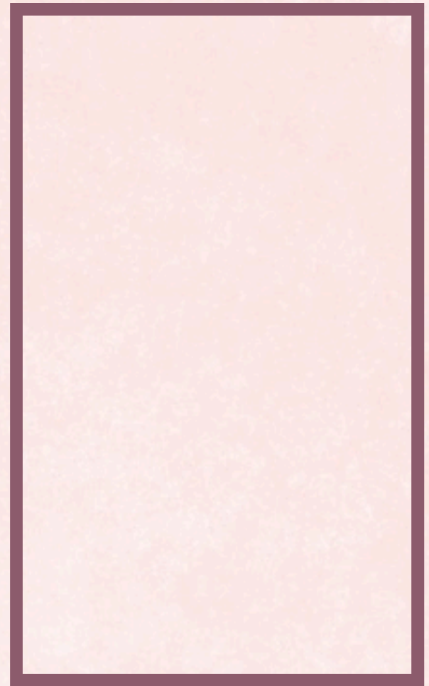
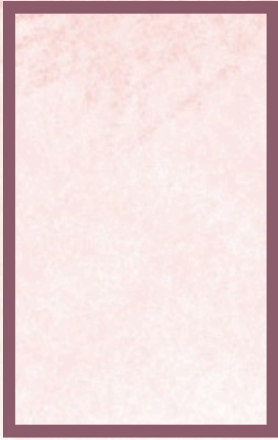
**8**

**9**

**10**



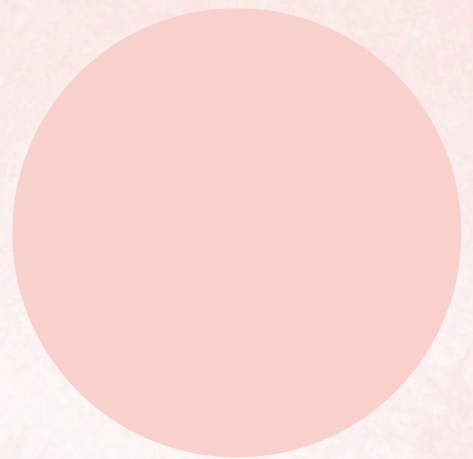
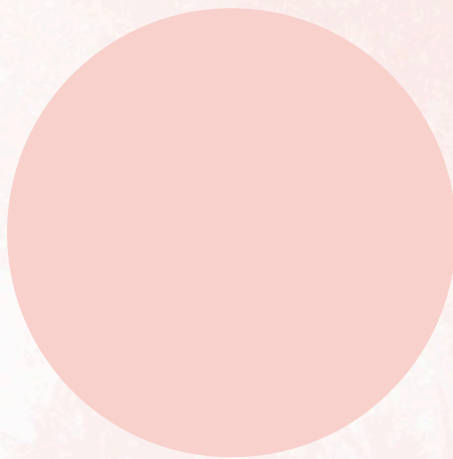
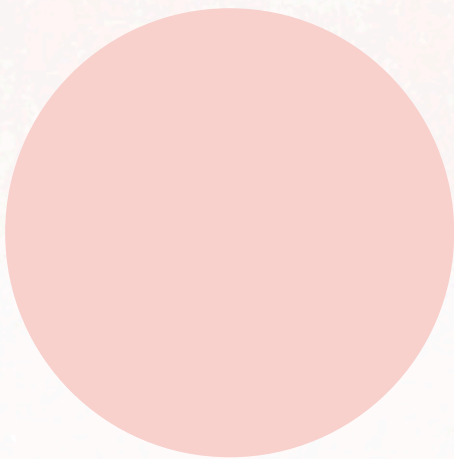
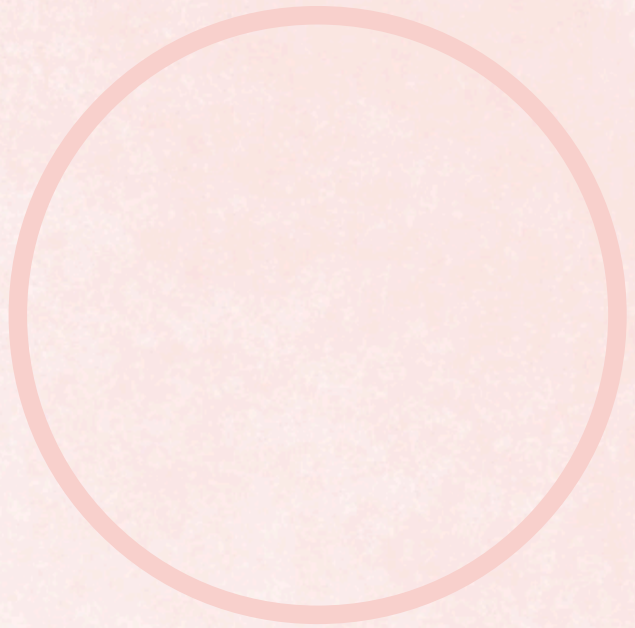
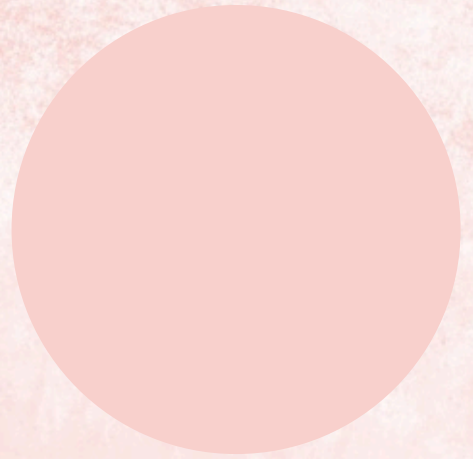
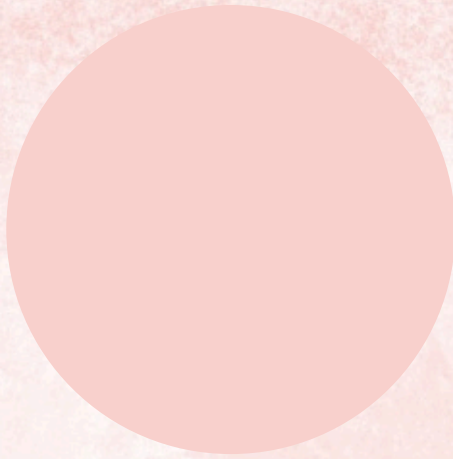
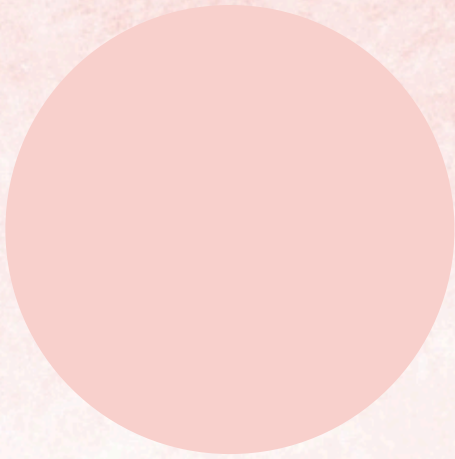
# MIND MAP





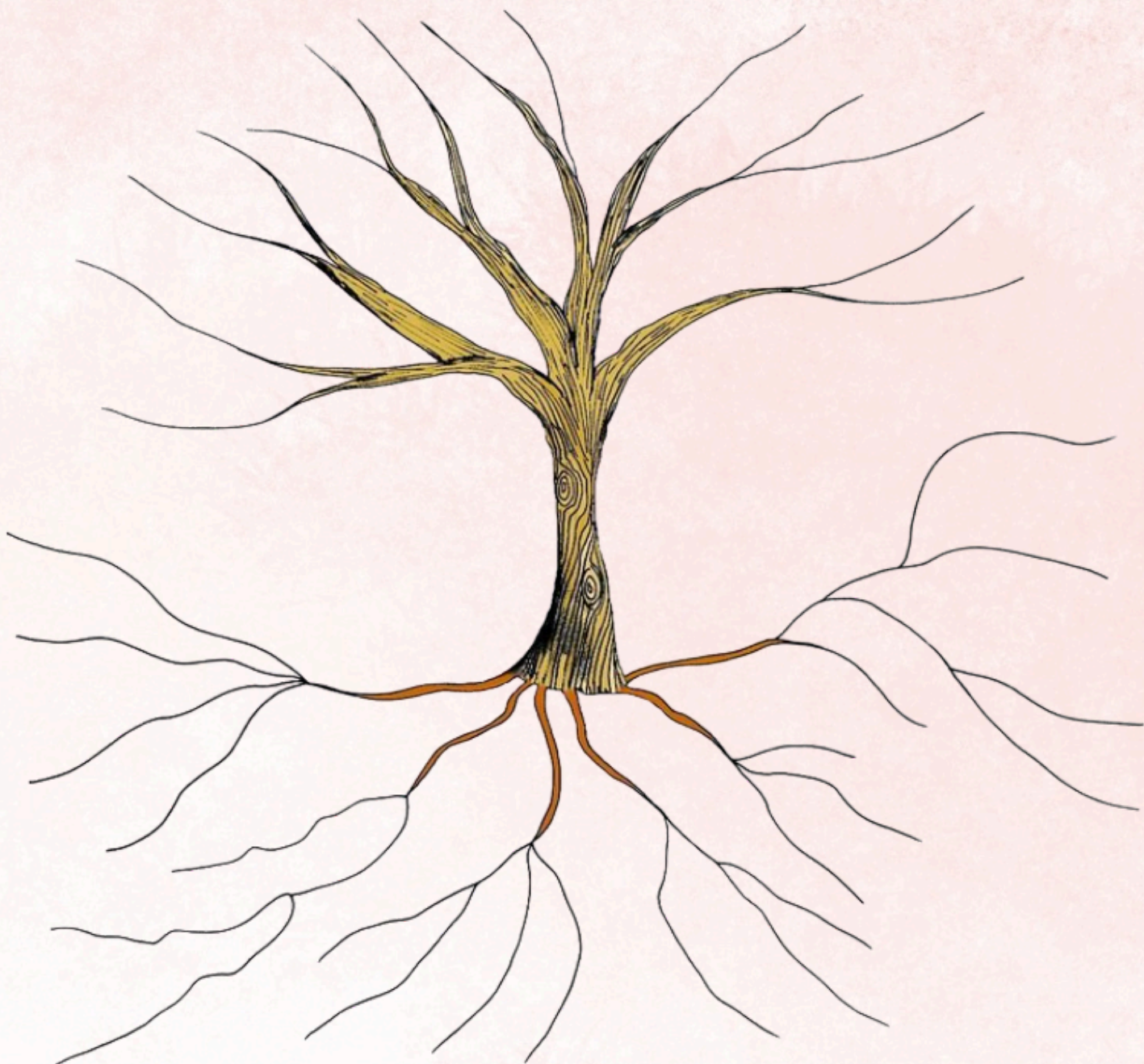


# MIND MAP





# TREE OF THOUGHTS





# EXPRESSING GRATITUDE



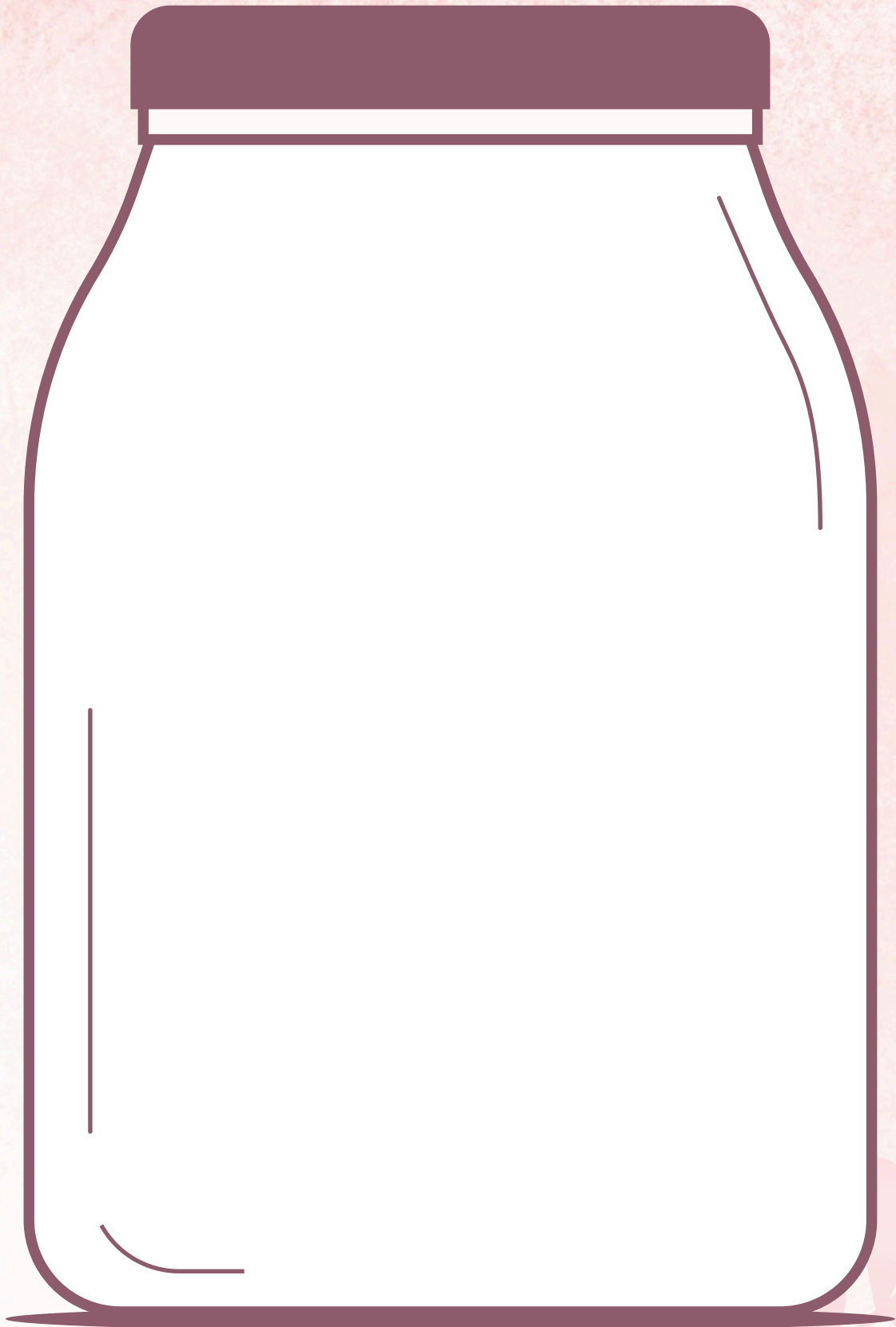








# GRATITUDE JAR



# KINDNESS TRACKER

MONTH \_\_\_\_\_



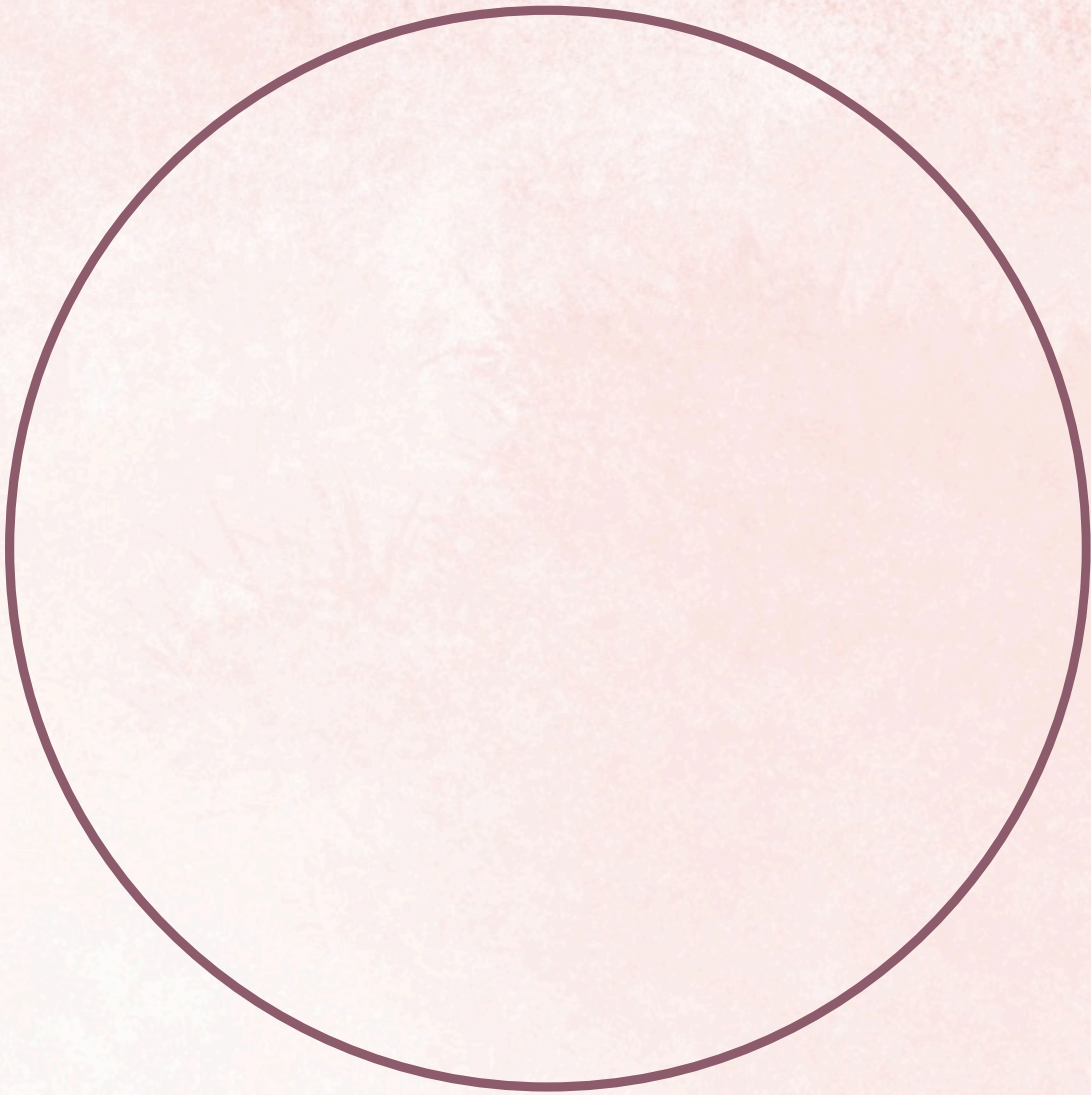




# I AM THANKFUL FOR

Think about everything that you have and what you have to be thankful for.

Draw a picture in the circle of something you are thankful for and write a sentence about it.



I am thankful for:

One sentence:



# MY BEST SELF

Habits to Change



Skills to Learn



Values to Enhance



Qualities to Adopt





# MOOD TRACKER

MONTH \_\_\_\_\_

A circular mood tracker chart with 31 numbered segments (1-31) arranged in a ring. Each segment is divided into three sub-segments for mood tracking. The chart is set against a background of soft pink watercolor flowers in the top right corner.

NEUTRAL

TIRED

STRESSED

GRUMPY

SICK

SAD

RELAXED

HAPPY

ANGRY



# VISION BOARD

Career

Finance

Friends

Love

Personal Growth

Health

Leisure

Home





# VISION BOARD

## WHAT I'D LIKE TO ATTRACT

A large rectangular area that has been redacted with a solid light red color, intended for a user to write or paste content related to what they want to attract.

## SPIRITUALITY

A large rectangular area that has been redacted with a solid light red color, intended for a user to write or paste content related to spirituality.

## PHYSICAL HEALTH

A large rectangular area that has been redacted with a solid light red color, intended for a user to write or paste content related to physical health.

## SELF LOVE

A large rectangular area that has been redacted with a solid light red color, intended for a user to write or paste content related to self love.

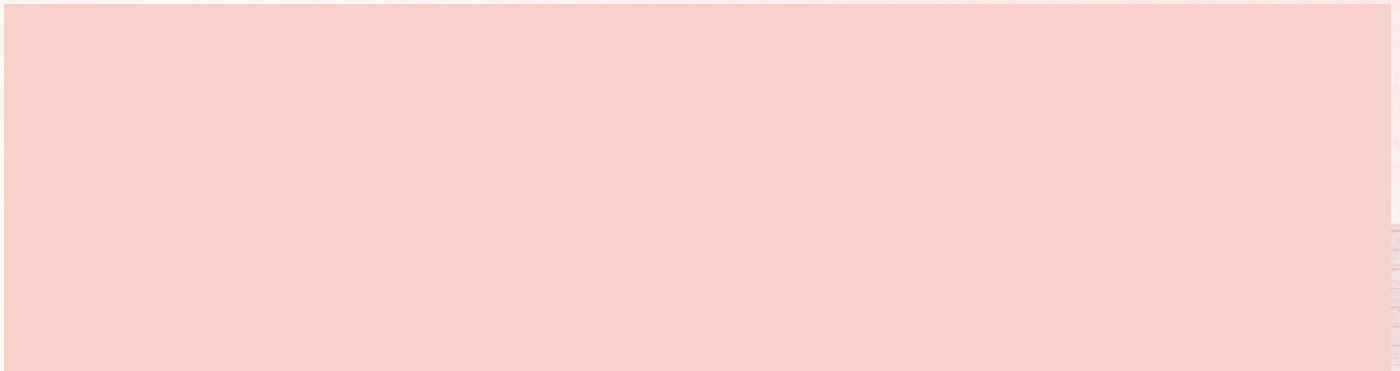
## MY FAMILY

A large rectangular area that has been redacted with a solid light red color, intended for a user to write or paste content related to their family.

## MONEY MINDSET

A large rectangular area that has been redacted with a solid light red color, intended for a user to write or paste content related to their money mindset.

## MY BIG GOAL

A large rectangular area that has been redacted with a solid light red color, intended for a user to write or paste content related to their biggest goal.

# MY VISION BOARD



## MY FAVOURITE QUOTES

A rectangular box with rounded corners and a dark purple border, featuring quotation marks at the top left and bottom right corners.A rectangular box with rounded corners and a dark purple border, featuring quotation marks at the top left and bottom right corners.

## MY SAFE SPACE TO RELAX

A rectangular box with a dark purple border and a decorative zigzag cutout at the bottom center.A rectangular box with a dark purple border and a decorative zigzag cutout at the bottom center.A rectangular box with a dark purple border and a decorative zigzag cutout at the bottom center.

## MY GOALS

A simple rectangular box with a dark purple border.A simple rectangular box with a dark purple border.A simple rectangular box with a dark purple border.



# MONTHLY VISION



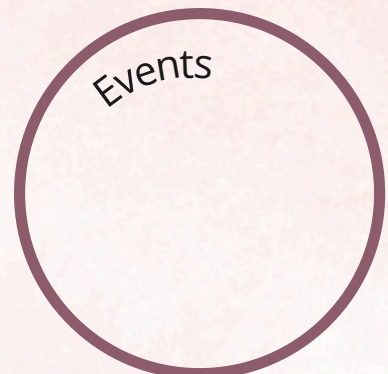
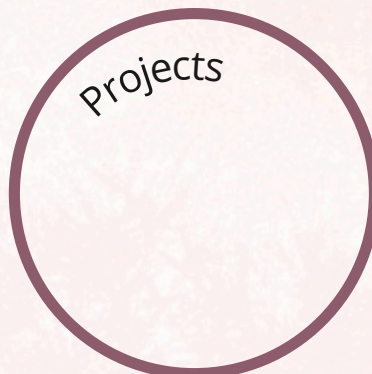
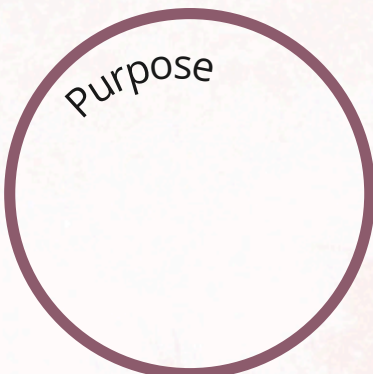
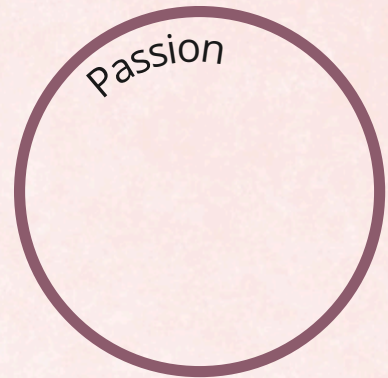
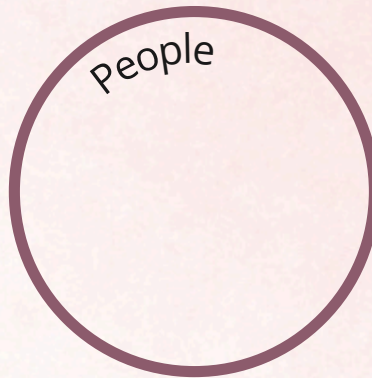
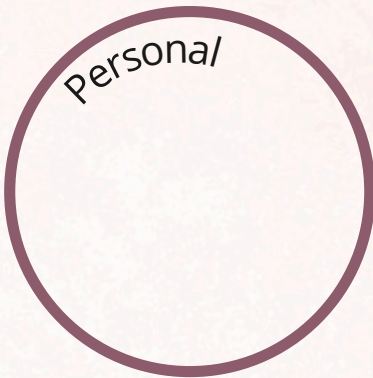
## Celebrate Last Month

Goals, accomplishments, blessings

## Envision

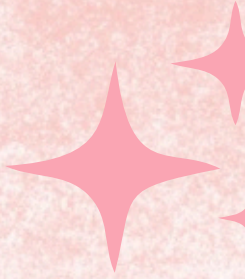
What do you want to happen this month?

Must Do This Month





# MY AVERAGE DAY

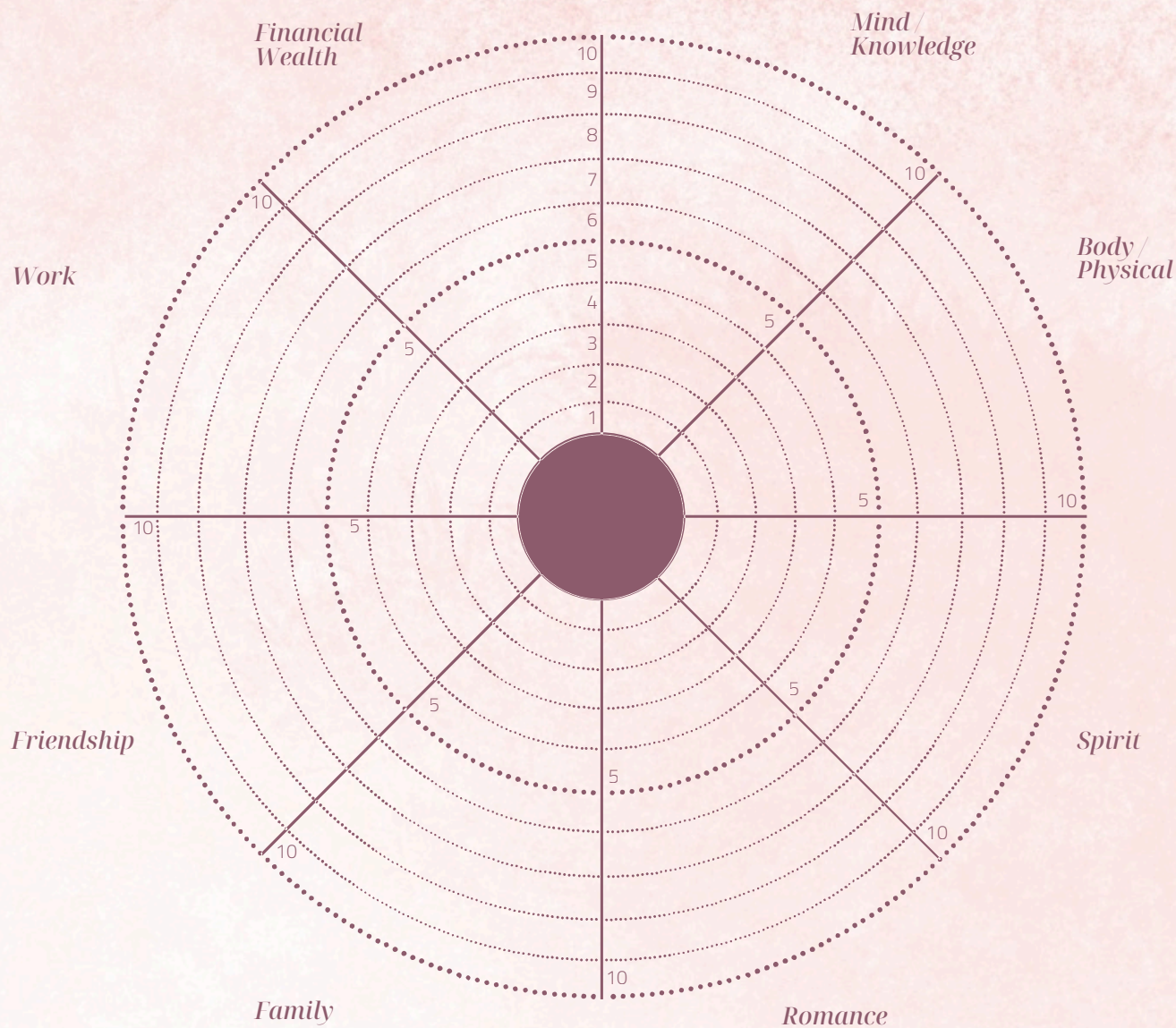





# LIFE WHEEL



MONTH \_\_\_\_\_



NOTES





# YOGA LOG

TODAY'S DATE

MUSIC

POSITION/S	TIME	DONE
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		<input type="checkbox"/>
		<input type="checkbox"/>
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GOAL/S FOR TODAY'S YOGA SESSION



# MEDITATION TRACKER



DAY	MEDITATION ACTIVITY	DURATION
MONDAY		
TUESDAY		
WEDNESDAY		
THURSDAY		
FRIDAY		
SATURDAY		
SUNDAY		
TOTAL MEDITATION TIME:		



# VISUALIZATION



**DURING MY VISUALIZATION I SAW:**

**DURING MY VISUALIZATION I FELT EMOTIONS:**

**USING MY 5 SENSES, I COULD SEE, HEAR, SMELL, TASTE, TOUCH:**



**WHAT I'D LIKE TO SEE MORE OF:**

**WHAT I'D LIKE TO SEE LESS OF:**



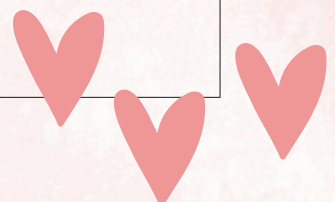
# BUCKET LIST

DATE:

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NOTES





[illegible]







This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins or other markings on the paper.



## This image shows a full page of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

This image shows a vertical sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. In the bottom right corner, there is a decorative illustration of pink and red flowers with green leaves. The overall appearance is that of a clean, unused notebook or journal page.



This image shows a full page of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



A full-page sheet of graph paper. The background is a solid light blue color. Overlaid on this background is a uniform grid of thin, dark gray lines. The grid consists of small squares that cover the entire area of the page, leaving no margins or unlined spaces.



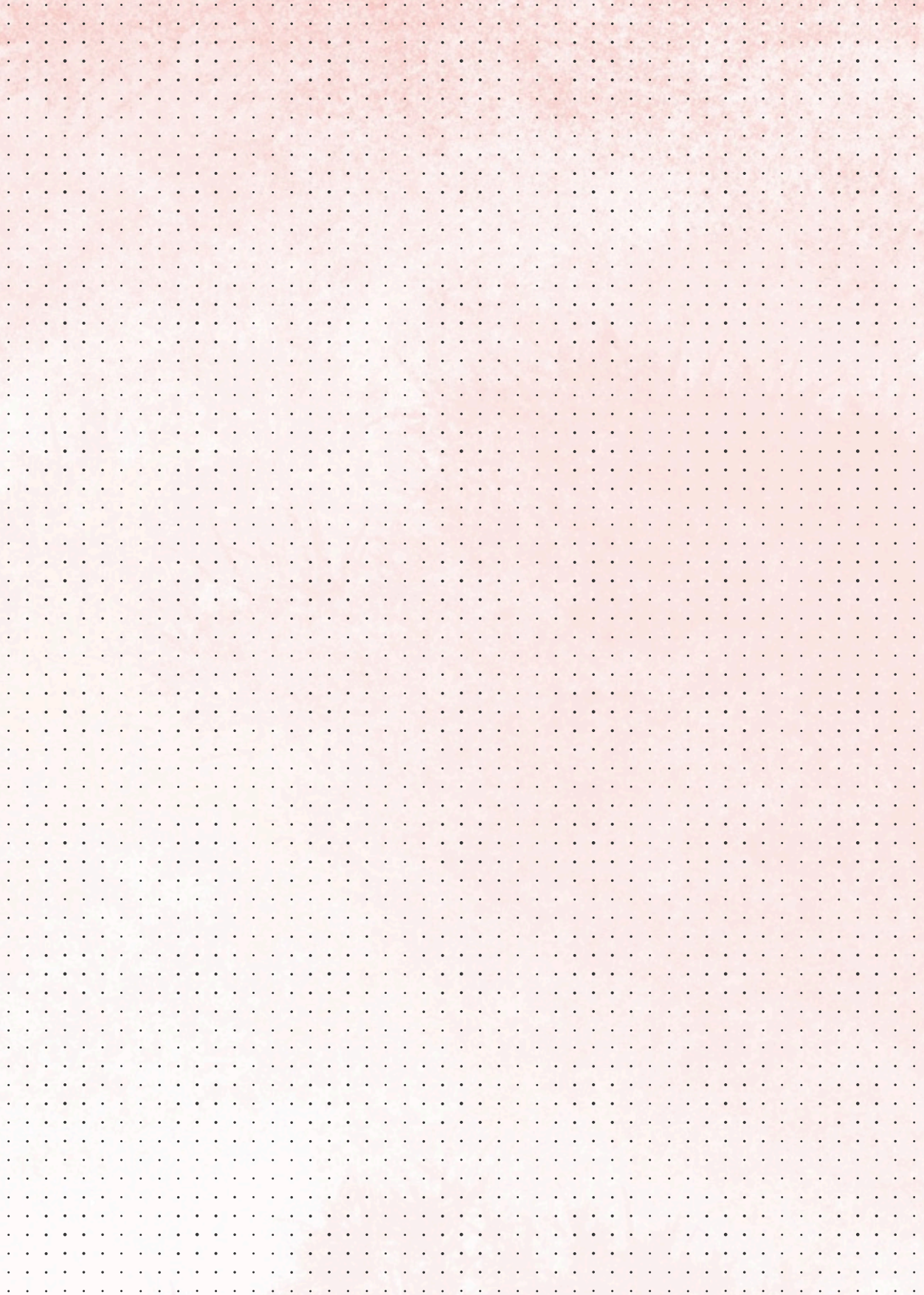
# JOURNALING PAGES



Journaling page with 15 horizontal lines for writing.



# JOURNALING PAGES









# MY NEW REALITY

