

# The Vision BOARD ASSIST

Use this time to reflect on the past **12 months** and the life you have lived, and then ask yourself the following questions...

**How did I grow in the past year?**

**What was the single biggest challenge I overcame?**

**What were my most memorable, stand-out moments?**

**What held me back?**

**What experiences changed you?**

# The Vision BOARD ASSIST

Now think about the **next year ahead** and for each of the below categories consider your goals and how you imagine each of the categories to look in 12 months. Think about the why behind your goals and ensure they are driven by genuine intentions

<b>PERSONAL LIFE</b>	<b>BUSINESS</b>
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<b>EXPERIENCES</b>	<b>RELATIONSHIPS</b>
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<b>FITNESS</b>	<b>HEALTH</b>
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Bryony Wilken

# This Year I WILL

Thinking about the next twelve months, consider how you would like these areas of your life to look & decide on your ACTIONS

Progress my  
career by...

Work on my health  
and fitness by...

Remove these  
bad influences...

Add these good  
habits...

Make more time  
for...