

The background of the entire page is a teal color with a dense pattern of small, gold-colored polka dots. The dots are scattered across the entire surface, creating a festive and celebratory feel. The title text is centered in the middle of the page.

The Vision Board Planner

THE STEP-BY-STEP WORKBOOK
FOR CREATING A LIFE-CHANGING
VISION BOARD

CHANTL MARTIN
THRIVE LOUNGE

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Live Your Life on Purpose

THIS VISION BOARD
PLANNER BELONGS TO:

the brilliant + focused boss ready to live out my miraculous
future with intention, purpose, clarity and integrity.

#CHALLENGEACCEPTED



Hey!

Congratulations on taking the first step in creating a vision board! You're about to embark on a journey that will bring your biggest dreams to life.

Before you jump into this book (and devour it like the boss you are) do me one favor, mmm-kay?

SHARE IT!

I released this book as a printable so you can share with your friends and family. (Because there's enough room for success to go around.)

See you at the top!

xoxo,

Chanté Martin

HOW TO USE THIS BOOK

In short, however you want.

This book was created to help you gain clarity in the next step of your journey.

WHAT DOES THAT EVEN MEAN?

That means by the end of this book, you're going to:

- » Have a legit plan to say "buh-bye" to that awful rut + complacency you're struggling with
- » Define a BIG GOAL you are incredibly excited about
- » Envision the future YOU that you want to become..

Oh, and if you've been stuck in zombie mode (you know, that all-too-familiar cycle of work to couch to TV remote to bed), you'll be ready to wake up from your slumber and take the world by storm—and you will. #TrustMe

You're ready to use your unlimited skills and talents to create the lifestyle you want on your terms. Tell the Joneses (aka. The Kardashians) to move out of the way because it's totally your time to shine.

Even if you feel like you have no idea where your life is going, the important thing is that you're taking charge of your future—and taking responsibility for it.

That means...

YOU'RE IN CONTROL.

Better yet... it means you have unlimited options.

This moment (aka. the moment you decided to go for it) is the start of an amazing journey where you choose yourself every single day. This is the moment where you become relentlessly loyal to the amazing person you are becoming.

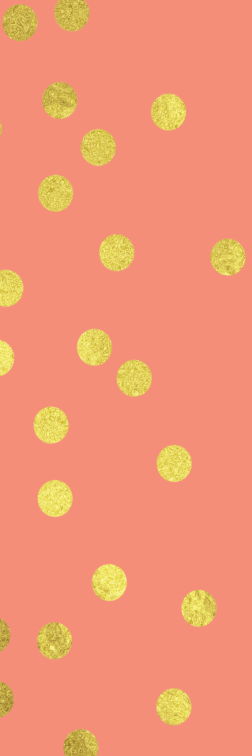
In this workbook, we're going to walk through the steps I use to create my vision board each year. Please remember, while these prompts work for me to get my juices flowing and help my inner shero come out to play, they may not work for you—and that's okay. This is your starting point. Feel free to say that didn't work. Feel free to put your own twist and pizzaz on it. Feel free to set this guide down and go have a dance party in the rain.

Where was I going with that?

DO WHAT FEELS GOOD.

If you stay true to what feels good in your soul, you'll create the life you want to live by default.

Oh, and if you end up doing something different that you found more transformative, send me an email at hello@thriveloungedc.com and let me know what tactics you like to use so I can share it with the whole #ThriveSquad.



**BELIEF IN ONESELF AND
KNOWING WHO YOU ARE, I
MEAN, THAT'S THE FOUNDATION
FOR EVERYTHING GREAT.**

J A Y Z

BUILDING YOUR FOUNDATION

The quotes and images that make up a vision board might look more like a fourth grader's art work than a transformative tool for personal growth, but when done correctly, your vision board will change your life. The trick to making an effective vision board is creating a strong foundation to build on.

The focus of this workbook is not the vision board itself. (We'll get there, I promise.) We'll actually be re-building and strengthening your adventurous, inquisitive, honest and passionate foundation.

This book walks through four building blocks, each elaborating on the one before it—to help you create a limitless vision for your life. This is the vision you will illustrate on your vision board.

BUILDING BLOCK ONE

RELEARNING HOW TO DREAM

As a child, it's easy to dream without fear of being criticized, worrying about bills or those stupid social norms that follow us through adulthood. This building block focuses on dreaming big.

BUILDING BLOCK TWO

FINDING YOUR FOCUS

With multiple interests, skills and talents, it's difficult to decide on what you want to do, but accomplishing something meaningful requires real commitment. This building block focuses on choosing one big hairy audacious goal.

BUILDING BLOCK THREE

FILLING IN THE MISSING PIECES

All work and no play can make anyone very, very dull. This building block will explore the other areas in your life that are important to you.

BUILDING BLOCK FOUR

YOUR HAPPY ENDING

After we're done creating the fragments of ideas, wishes and dreams that will eventually become your future, we'll turn them into one succinct story and walk you through how to create the vision board.

READY TO GET STARTED?

Haha... Just kidding—of course you are :)

BUILDING BLOCK 1

Dare to
dream

THE FUTURE BELONGS TO THOSE WHO BELIEVE IN THE BEAUTY OF THEIR DREAMS

ELEANOR ROOSEVELT

RELEARNING HOW TO DREAM

In theory, dreaming should be easy, right? Our minds are running 24/7, so taking some of that thinking time and re-allocating it to some good ol' fashioned daydreaming should be pretty simple! In fact, you used to dream all the time about being a princess, president, becoming a teacher—or even a pokemon trainer or super saiyan. (Just me?)

NOPE! DREAMING IS HARD.

WHY IS DREAMING BIG SO DIFFICULT?

Dreaming big is the one piece of advice we get bombarded with all our lives (even if we're not in a dreaming big kinda mood).

From magical Disney movies to well-meaning parents to the ubiquitous #MotivationMonday quotes on Instagram, there is no shortage of people reminding you to stop being so darn ordinary. *cue eye roll*

The one thing they don't tell you is how to dream big—or what dreaming big really means. ("Big" for me is nowhere near "B-I-G" for Oprah.)

In this workbook, let's define "dreaming big" as becoming the the version of yourself that you want to be. That means asking for a promotion, becoming a stay-at-home mom, meeting the man of your dreams, losing the weight, starting your first blog or making your next million...

ARE ALL EQUAL.

The ability to dream uninhibited is only granted to a lucky few because...

DREAMING BIG TAKES COURAGE.

Deciding on your personal big goals in life means that sometimes you'll have to put your needs in front of the needs of others. Even if you're the most generous giver EVER you'll have to trust me on this one. You might have to say no to some things to make room to say YES to yourself.

How many times have you been asked to do something and, even if you had something else to do, you agreed?

Creating the vision that was made for you will require that you FINALLY put yourself first and give yourself the space to create the miraculous future that was made for you. This is a difficult choice to make.

You'll need courage.

DREAMING BIG TAKES STRENGTH

Your miraculous vision will require your commitment and many times you'll have to commit to one goal FOR YEARS. While the internet likes to show success stories and position them as overnight successes, it's just not true. (I'm happy to burst your bubble there :)

In fact, while "overnight success" is thrown out left and right these days, the true success stories are those who FOCUS on one goal and keep chopping at it, bit by bit, until they've reached their definition of success.

It takes strength to understand that if you want your dream to true, you have to focus on it—relentlessly. It also takes strength to ignore shiny objects (aka. distractions) and push through some failures to stick to the one thing you want to accomplish.

Don't worry, while we will focus on taking the time to yourself to dream, we'll also walk you through how to narrow down your big dreams to find the one thing you want to focus on.

DREAMING BIG TAKES VULNERABILITY

Adulting, as I've come to understand it, is a series of learning that everything you once thought as definite is negotiable. No matter how strongly you feel about any thing there are multiples ways of viewing, understanding and processing any scenario because everyone approaches each moment with a different perspective.

To dream big, you'll have to be vulnerable. That means sharing your biggest goals with others, putting yourself in the position to be judged, to hear feedback and to one day put your completed vision in front of your loved ones only to see if someone, anyone, will appreciate it. That takes vulnerability.

Starting this journey means that you are taking the first step in being courageous enough to choose you first, strong enough to make a commitment and vulnerable enough to put your vision out into the world. #NoPressure

LET'S GET STARTED!

THIS IS THE
BEGINNING
OF ANYTHING
YOU WANT

Activity One

WHAT WOULD YOU DO IF THERE WAS NOTHING STANDING IN YOUR WAY?

We all have reasons for not dropping everything and following our dreams right now, right? For example...

YOU MIGHT WANT TO WRITE A BOOK BUT...

- » You're too exhausted after your 9-to-5 and need some daily me-time.
- » You have a decent job and decent income. So what if it isn't fulfilling? You're COMFORTABLE.
- » You don't even know where to start and you don't know anyone who's done it before.
- » You're afraid of investing your time and energy and telling people about it—only to have it FAIL.

Imagine, just for this exercise that none of these limitations exist and you are free to pursue any goal you want. What would you put your time towards?

USE THE SPACE BELOW TO BRAINSTORM WITHOUT BORDERS.

Side Note: This is a brainstorming exercise. I want to encourage you to NOT spend too much time thinking about the ONE BIG goal. List as many ideas as you can think of, big or small. In the next building block, we'll work towards deciding which one you should pursue.

Activity Two

YOU HAVE \$20 MILLION IN THE BANK. WHAT GOALS WOULD YOU BE WORKING ON?

MONEY.

Some people call it the root of all evil. (Mo' Money Mo' Problems, right?) Money, for those who have it, can buy family vacations, afford luxury items and provide the comfort of knowing that if something happens to you tomorrow your family be taken care of. #winning

For those who don't have enough, money affords you the opportunity to put a roof over your head and to eat a meal. You are able to serve your family and make sure they don't go without the basic necessities.

For others, still, money is a scarce resource, an aspiration that always hovers just out of reach.

In this activity, let's imagine you have enough money to last your entire lifetime. For the ladies, imagine you are Sara Blakely, founder of Spanx. Men, imagine you're Mark Zuckerberg, founder of Facebook.

WHAT GOALS WOULD YOU PURSUE?

WHAT WOULD YOU DO IN YOUR FREE TIME?

WHAT WOULD YOU BUY?

Activity Three

WHAT WOULD YOU DO IF THERE WERE NO RULES?

Rules have a way of keeping us restrained without us even thinking about it. On any given day, you drive on a certain side of the street (and even walk down on a certain side of the stairs)—all because of social norms.

In many cases, we've become so accustomed to living a certain way, we don't even think about what the alternatives can look like. Living the life that you want to live may require you break away from social norms to do something differently—this exercise is designed to help you think differently.

If you give up on some of those norms, you'll see that everything about your life is negotiable, changeable and completely up to you. Screw the rules, they only exist in your life if you say they do.

WHAT WOULD YOU CHANGE ABOUT
YOUR LIFE IF THERE WERE NO RULES?

Activity Four

WHAT'S ON YOUR BUCKET LIST?

I don't mean to be morbid, but let's face it, you have no idea how many years you're going to have on Earth, so why not make each one worthwhile?

With the ups and downs of life, it's easy to say ...

- » "I'll go on a vacation next year."
- » "I'm waiting until my child is older."
- » "Once I retire, I'll pursue my goals."

LIES, I TELL YOU!

For this exercise, imagine you just found out you have have one year to live. List 101 things you'd do before your time is up.

The purpose of this exercise is to force yourself to dig deep into your mind to explore all the things you wanted out of life before life got in the way of living. You'll find that it's incredibly easy to come up with the first 20 ideas, but then it'll get harder (and maybe even a bit convoluted). Keep going until you hit 101.

READY, SET, GO!

This building block was all about giving you a blank page to dream your wildest dreams—the ones you don't admit out loud, that you're a little afraid of, and that you can ALWAYS seem to find an excuse for.

HOW BIG DID YOU DREAM?

In the next step, we're going to take your big, wild dreams and pair it down to one big goal.

BUILDING BLOCK 2

Finding
your Focus

FOLLOW ONE COURSE UNTIL SUCCESS

JOHN LEE DUMAS

FROM FLUSTERED TO FOCUSED

How many delicious ideas do you have floating around in your beautiful mind? We were created to have unlimited brilliant ideas—and the creativity, resources and time to pursue them. Unfortunately, we can't pursue them all at once. (Blame the space time continuum for limiting our glow up. #salty) This building block is all about strategically choosing your big hairy audacious goal.

Now that you have many ideas of things you want to do and become over the next few years, it's time to decide which one you will pursue. I know...

THAT SOUNDS A LITTLE SCARY.

As a rule for pretty much everything in life, we learn never to put all your eggs in one basket (and I want to be clear that's not what I'm telling you to do right now). BUT I am saying, to be able to truly take your goal to completion in the most efficient way, you must make the DECISION to pursue this one goal with all of your time, all of your energy and the complete suite of all your talents.

IMAGINE THIS.

You are a great singer, an amazing writer and you also enjoy building websites in your free time. There are many directions you can take your life, right?

Well, if you try to become a singer, writer and build your website-building small business all at the same time, you're splitting your time and energy into three different directions.

Chasing too many goals at once only means you split your attention, time and talent several ways rather than putting all of your energy into one thing.

Now, throw in the productivity you'll lose due to task-switching and the additional toll that will take on your energy and brain space and you don't have much of YOU left to give to any of your goals.

This section is all about putting on your grown-up pants and making a decision—then sticking to it.

WHY IS FOCUSING SO DIFFICULT ANYWAY?

You were uniquely created with several talents and hobbies—all interesting directions you can take your journey. But you were not given the blueprint of which one will lead to the success you desire. Left with no idea which of life's gifts will be your golden ticket, you might want to try out them all. That makes the most sense, right?

YES! AND NO!

This building block is designed to help you decide on which area of your life you want to focus on. In the next few pages, we'll take a deep dive into your desires, your strengths and your personal mission and vision to make the decision easier.



WHERE FOCUS GOES, ENERGY FLOWS

TONY ROBBINS

Activity One

USE ALL THE TOOLS IN YOUR ARSENAL.

When finding your path, it helps to know what you're really good at to help you narrow down what your options are. Not only will knowing your unique talents and skills point you in the right direction, but it can help you understand your experience and (more importantly) your worth.

Knowing your worth is incredibly important because once you're clear on what value you can add to others, you empower yourself to communicate that value to the world around you.

In the next activity, we're going to pull together your experiences to help craft the next stage your daing journey.

Side note: Even if you feel like you have limited experience, you have no idea what you have to offer ITS OKAY. Everyone has felt like that at some point or another. We'll walk through it one step at a time.

Though you may not think of it, each of the random classes you took in college, your short-lived volunteer experiences and even those community groups you helped out have contributed in one form or another to the skills you have to use as you progress to the next stage of your life.

These experiences and skills are unique to you and, when used the right way, they become your competitive advantage (aka. what makes you stand out like a shining light in a dark crowd).

No matter who you are (or where you are in life) there is something that you are THE BEST PERSON TO DO and these exercises are designed to help you find it.

LET'S OUTLINE WHAT SKILLS YOU HAVE AT YOUR DISPOSAL:

WHAT SKILLS ARE YOU CURRENTLY USING AT YOUR JOB?
WHAT SKILLS DID YOU DEVELOP AT PREVIOUS JOBS?

WHAT WERE YOU REALLY GOOD AT AS A CHILD?
IN HIGH SCHOOL? IN COLLEGE?

WHAT SKILLS HAVE YOU DEVELOPED FROM HOBBIES,
INTERESTS, COMMUNITY SERVICE EXPERIENCES?

Activity Two

WHAT IMPACT DO YOU WANT TO MAKE?

DO YOU WANT TO IMPACT MILLIONS OF LIVES?

When people think about impact, they usually think about changing the world. Do you imagine yourself changing the way the world thinks about something or changing mainstream media or making a positive impact that affects millions of people?

YOU'RE AMBITIOUS SO I'M SURE YOU DO.

You CAN impact millions of people, but every big goal has to start somewhere. Before you impact 1 million people or even 100 people, you have to make an impact on one person.

In the next exercise, let's get specific on the change you're going to make. What impact do you want to make on one person's life? (This could be any anyone including family and friends.)

Activity Three

DEFINE YOUR PERSONAL MISSION AND VISION

If you intend to live life in pursuit of your ultimate purpose, you'll want to choose something that's in line with your personal mission and vision.

Defining your mission and vision will also help you weed out opportunities that don't align with the person you want to become, ultimately helping you stay true to your personal values. In this activity, we'll focus on defining your mission and vision and capturing them in one digestible sentence.

DEFINING YOUR PERSONAL MISSION STATEMENT

Your personal mission statement is one sentence that tells exactly what you are striving towards every day of your life. The next few questions are prompts to help you decide on your mission.

WHAT VALUES WERE INSTILLED IN YOU FROM CHILDHOOD?

WHAT DO YOU INTENTIONALLY MAKE TIME FOR?

WHAT ACTIVITIES ENERGIZE YOU?

WHAT ACTIVITIES MAKE YOU HAPPY?

WHAT MEMORIES DO YOU CHERISH MOST?

BUILDING YOUR PERSONAL MISSION STATEMENT

To create your mission statement, take the most important elements of your answers from the previous questions and combine them into one sentence.

Sample Mission: To build relationships over good food, great wine and support others with love, honesty and integrity.

MY MISSION IN LIFE IS...

Your vision statement is a sentence that focuses on your future and describes the life you're working towards. Use these questions to look years down the line to decide what you want your future to look like.

WHERE DO YOU SEE YOURSELF FIVE, TEN AND TWENTY YEARS FROM NOW?

HOW DO YOU WANT TO FEEL?

WHAT DO YOU WAN TO RESOLVE?

WHAT WOULD YOU CONSIDER A LIFE WELL LIVED?

BUILDING YOUR PERSONAL VISION STATEMENT

Same as before, reflect on your answers to the questions and create one sentence that sums it up.

Sample Vision: I am financially free and spend my time traveling, teaching and enjoying the company of loved ones.

I A M...

Activity Four

CHOOSING YOUR BIG HAIRY AUDACIOUS GOAL (BHAG)

To choose your BHAG, let's look back at the first building block. (Remember all of the big dreaming + brainstorming you did?)

Take a look back at those goals to see if there are any goals you wrote down that match up with your skills. If there are goals that are directly in line with the skills you already have, these goals might be easier for you to accomplish because you have a competitive advantage. (Shorter learning curve = faster wins!)

THE GOALS THAT ALIGN WITH MY SKILLS ARE:

STOP! Instead of crossing out the goals that are not in line with your skills, simply put them to the side.

Having lots of goals is like having a convertible and a four-wheel drive truck. While you love them both equally, the convertible has to go in the parking lot while the truck tackles the winter weather. Put the goals you will not pursue in your "idea parking lot". I suggest you write them down so you don't lose them and save them for a later date. (Pro tip: I put my random ideas in a virtual "parking lot" in Evernote.)

Next, let's drill down to a goal that aligns with the impact you want to make in the world.

Take a look back to activity two and reflect on the impact you want to make on one person.

Now that you've been able to get your list down to just a few goals, let's make sure you set a goal that aligns with your personal mission and vision.

Take a look at what goals you have left after taking away the opportunities that don't align with your skills and the impact you want to make.

Out of the remaining goals, take out any goals that do not align with your mission and vision statements. This will ensure that your vision will take you in a direction that serves your principles, standards and values for years to come.

THE GOALS THAT ALIGN WITH MY MISSION AND VISION ARE:

(Now, send the goals that do not align with your mission and vision to your idea parking lot.)

What goals do you have left over? Here's where you have to put your grown up pants on and choose ONE GOAL that you will focus on.

THE BIG HAIRY AUDACIOUS GOAL I WILL PURSUE IS:

Signed, The Boss

#CHALLENGEACCEPTED

BUILDING BLOCK 3

Filling in
the gaps

GREAT THINGS ARE DONE BY A SERIES OF SMALL THINGS BROUGHT TOGETHER

VINCENT VAN GOGH

SMALL THINGS BIG IMPACT

While having a big goal is important, you also don't want your whole life to revolve around one goal. You are incredibly dynamic, you have relationships to build, career ladders to climb (and glass ceilings to shatter), you're a boss so I know you're always networking and learning and don't forget about that precious me-time. It all adds up to create a life you love.

Your life is not all about any one big goal. There are several factors that contribute to your happiness and we're going to spend some time focusing on each one. By the end of this book you'll feel like you just reached down inside your soul and put everything inside you onto at least one of these pages (and if you don't you probably did it wrong).

In the next few exercises, we're going to focus on six main areas of your life: money, career, relationships, family, personal development, and health & fitness.

REMEMBER..

as you go through these exercises the goal is for you to be completely honest—NOT for you to write what you think will feel good right now.


You don't have to share these answers with anyone (unless you want to) so you owe it to yourself to be realistic with the goals you want to achieve. And, yes, it's OK to say I am going to focus on my education right now and I don't want to place a huge importance on fitness. #NoJudgmentZone

The goal of this building block is for you to paint a pretty picture of what you want your future to look like. Try to be the most honest you can be with yourself.

The more transparent you are, the more excited you can get about the goals you're about to accomplish because they'll feel real.

ACTUALLY, THEY'LL BE REAL...

Unlike that one time you set a goal to stop eating grandma's sweet potato pie. Don't even lie to yourself. In fact, you should put a big ol' piece of pie in the middle of your vision board. You're spending time with grandma so it totally falls under the category of relationship building. #winning



DEFINE SUCCESS
ON YOUR OWN
TERMS, ACHIEVE
IT BY YOUR OWN
RULES AND BUILD
A LIFE YOU'RE
PROUD TO LIVE

ANNE SWEENEY

Activity One

EXPLORING EVERY ASPECT OF YOUR LIFE

In this activity, we're taking a look at every area of your life that you COULD be focusing on. That means you can totally skip a section if it's not important to you right now. Take a few minutes with each section individually and ask yourself..

WHAT WOULD PERFECT LOOK LIKE IN MY IDEAL LIFE?

PERSONAL FINANCE

When's the last time you took a good look at your money? This year, are you focusing on paying down debt, saving for a big life event (or early retirement) or building your credit? What would be ideal for you?

CONTINUING EDUCATION

Is going back to school at the top of your "must do" list? Do you want to get a certificate or learn something new? Are you interested in attending a conference to get up to date on the latest and greatest in your industry? What would ideal look like?

HEALTH AND FITNESS

Have you been trolling the IG pages of every fitness guru? Are you FINALLY ready to take action? Do you want to lose a few pounds? Do you want to eat healthier or try a new diet or meal planning service? What would ideal look like for you?

SELF CARE

Have you neglected your back and it's now screaming at you to get a deep tissue massage? (Just me?) Are you interested in working on your mental health? How long has it been since you did something for you? What would ideal look like here?

ADVENTURE

Are you ready to take a BIG ADVENTURE? Is it about darn time you got away from the norm (far, far away) and simply did something different? Do you want to check out a new exotic country or something in your back yard? What would ideal look like for you?

Activity Two

IDENTIFYING THE ELEPHANT(S) IN YOUR ROOM

One of my favorite things to do when I'm upset is to rant! I have friends that I call up to talk about life and I love telling them about #TheStruggle I am going through. This helps me to get a huge weight off my shoulders and release any tension or anger I'm feeling into the universe and invite a little bit of happy back into my life.

In the next exercise I'm inviting you to try out one of my fav exercises. Rant a little bit (or a lot) about all the things you don't want in your life anymore. This is your space to talk about the apartment you're currently living in where the rent is too high, the car that you're just tired of, the way that your student loan payments are just bleeding you dry (I know it's not just me!) or even the way your boss hasn't recognized your accomplishments at work.

AIR IT ALL OUT!

Let's take account of the things you've been living with, accepting and adjusting to.

On the next page, write down anything from the most unforgivable moments to the slight annoyances. Don't worry, this will stay our little secret.

THINGS THAT ANNOY +
IRRITATE ME



Activity Three

HOW TO RIDE AN ELEPHANT

To work on the things we want to change in our life, we have to focus on what we want to maximize like our goals AND the things we want to minimize like the things you put on your rant list.

Let's go back to your rant list. At the top of the right column, write "ACTION ITEMS" in big, bold letters. Is there anything on that list you can action on RIGHT NOW?

FOR EXAMPLE...

- » Can you have a conversation with your friend who offended you?
- » Can you call up your landlord or talk to your boss?
- » Can you take a class or change your methods?
- » Can you simply ask for what you want?

Put those action items in the right column.

WHEW! (WIPES FOREHEAD)

You've done a lot of emotional work—deciding on what you want to focus on, how you're going to carry out other areas of your life, and actions you need to take to minimize every day annoyances you've become accustomed to.

Now, let's build that big vision.

BUILDING BLOCK 4

Your
Complete
Vision

LIFE ISN'T ABOUT FINDING YOURSELF. IT'S ABOUT CREATING YOURSELF.

GEORGE BERNARD SHAW

CREATING YOUR FUTURE

Your vision board is your chance at creating exactly what you want your future to look and feel like. You get to be the curator of your experiences and the architect of your future. You already have the building blocks, now it's time to put them together to create your masterpiece.

Now that you've spent time deciding on your big goal, ranting on the things that need to change AND thinking about how you can improve in every area of your life...

IT'S TIME TO PUT IT ALL TOGETHER.

The prompts in the next exercise will walk you through crafting your life story—before anyone else gets the chance to do it for you. This means you get to write in your miraculous wins against the most fierce dragons, you get to talk in detail about the long journey and the beautiful relationships you built along the way, and (most importantly)...

YOU GET TO WRITE YOUR OWN HAPPY ENDING.

This prompt will guide you through telling your story, starting from the moment you decided what goal you were going to pursue. (You remember that first exercise, right?)

Activity One

START WITH AN OUTLINE

Every good story starts with an outline and your NYTimes-Best-Seller-worthy life story will be no different.

MY BIG HAIRY AUDACIOUS GOAL IS

I'M PRIORITIZING OTHER AREAS OF MY LIFE BY

I'M MINIMIZING PET PEEVES BY

Activity Two

CREATE YOUR STORY, ONE SUCCESS AT A TIME

Now that you have your outline, it's time to create your big vision. Write a short paragraph that tells your story, in your favor. I'm super excited because your goals are in good hands—YOURS.

ONCE UPON A TIME...

and I lived happily ever after.

Activity Three

DESIGNING YOUR VISION BOARD

The key to designing a vision board that works is clarity and confidence. You've already done the work to decide what you want out of your future, you've prepared yourself to accept it and (in doing that) you've prepared the universe to provide it. You can be confident in the goals you set!

Your vision board is a visual representation of that story. You can do this alone or surrounded by friends (whichever makes you happy and comfortable).

STEP ONE: GET YOUR MATERIALS

You'll need one poster board, a few magazines, scissors and glue. (Pro Tip: I like to get some craft paper and markers—just in case.)

STEP TWO: START BUILDING

Flip through each magazine and look for images and quotes that represent the goals you've set and the story you wrote about your future. (Pro tip: If you don't see anything that displays your goals, you can create it! Draw a quote or image onto your craft paper.)

STEP THREE: BUILD THE LAYOUT

This is an intermediate step that I like to do, but I find it incredibly helpful. Once you find the pieces you need, lay out all of the images on the board before you glue anything down. This will give you a preview to your big vision. (You'll keep this vision board for a long time, you want to make sure you capture exactly what you want to achieve.)

STEP FOUR: FINALIZE YOUR VISION

Glue the quotes and images that you selected onto the board—and you're done!

Activity Four

POST-PICASSO

Once you've completed your vision board, I need you to do one VERY IMPORTANT thing for me.... (Do this before you post it to social media, before you call your mom and before you start telling your best friend about how excited you are about your #lifegoals.)

PUT IT SOMEWHERE YOU'LL SEE IT DAILY.

It's critical that you put your vision board in a place that you'll get to interact with it daily. I don't care if you put magnets on the back and attach it to your refrigerator or tape it to the toilet seat! (Okay, those might be extremes, but you get my point.)

For the visuals to work, you have to make your vision board, VISIBLE. Looking at your goals daily will keep them top of mind and allow your brain to keep working on them... even when you're not trying.

That's where the real magic begins.

Before you Go...

ONE FINAL NOTE

Creating a vision board is only the beginning. With this book, you've developed your goals, explored different areas of your life and created a vision board that speaks your miraculous success into existence.

BUT YOU STILL HAVE TO DO THE WORK.

This IS NOT the no-work-magic-guide to success. No one (hopefully not even you) is expecting for success to fall into your lap because you have a vision board (unless you're a Kardashian, of course).

YOUR VISION IS THE HAPPY ENDING TO YOUR STORY.

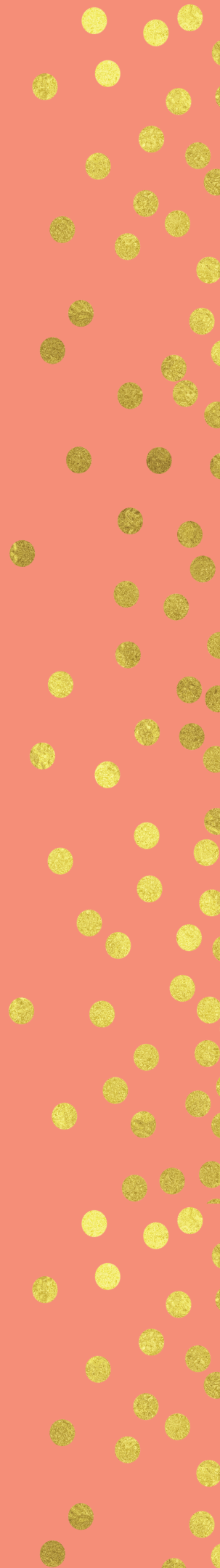
It's completely up to you to breathe passion, energy and life into your vision through focusing and working on it and holding yourself accountable to it.

That, my friend, is your next challenge. I know you're up for it. :)

#ChallengeAccepted

THE BIGGEST
ADVENTURE
YOU CAN
TAKE IS TO
LIVE THE
LIFE OF YOUR
DREAMS.

OPRAH WINFREY



ABOUT THE AUTHOR



Hi. I'm Chantl, and we're best friends now. I decided to break all the author bio rules and be super unprofessional, so here it goes.

I'm unapologetically me. I'll tell you about the years I spent unemployed, juggling three jobs and struggling with depression, what life was like adulting as a single teen mom, or moving back in with my mother at twenty five (I was sharing a blow up mattress with my daughter because I couldn't even afford a real bed). #Truth. Then I'll tell you the story of how I gave up everything, apartment, car, and even my phone (gasp!) to turn my entire life around, land my dream job, tripled my income and start an online community for women that also want to transform their lives.

My books, The Vision Board Planner and Goal Doing (and all the cool ones to come), are designed to accept you, dear reader, as you are and to help you on your journey to becoming the best version of yourself.

I live in New Jersey with my sarcastic gamer/coder/aspiring-youtube-star daughter and MVP auntie. I spend my weekdays running million dollar marketing campaigns for a billion-dollar FinTech Startup (My, have we come a long way!). I spend my free time writing on the Thrive Lounge blog, gaming with my daughter, brunching with friends and slowly pursuing my life-long dream to become a singer.

A NOTE FROM THE AUTHOR

Hey there, goal-getter!

I really appreciate you reading my book—and subsequently loving it so much you bought one for all your friends. #ShamelessPlug :)

On a more serious note, I want you to know that I appreciate you. New, aspiring, up-and-coming life changers like me want to make an impact on the world, and every eyeball on this book gives me another opportunity to do that.

If you enjoyed this book, please take some time to leave a review. (Yes, I know I spent the book telling you to prioritize and reclaim your time and now I'm asking for your time. #Ironic)

Every review tells a new reader that this book is well-written, and life-changing, and (insert equally awesome compliment here), and gives me another chance to help someone new.

xoxo,



PS. If you want to chat about the book, your goals, challenges or life in general, you can reach me at hello@thriveloungedc.com.