

3 Month Vision Board

Changing your behavior and mindset can be incredibly frightening. That's why we like to break transformation up into smaller chunks. 3 months is far enough away where actual change can be initiated, but close enough to feel achievable.

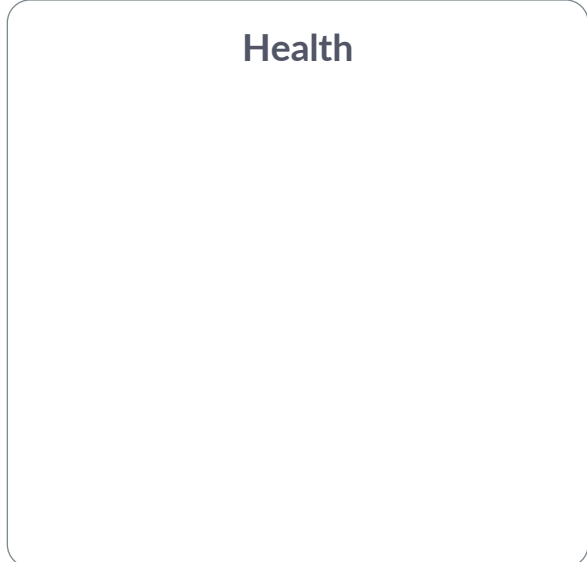
Below, we have provided you with some squares, each with a theme. In each square, write or draw where you'd like to be in three months in each of these domains. Try and think about what your ideal is and do not settle for anything less! Even if you do not achieve your exact vision, it is important to have the best case scenario laid out on paper.

Gabriella Lancia, PhD

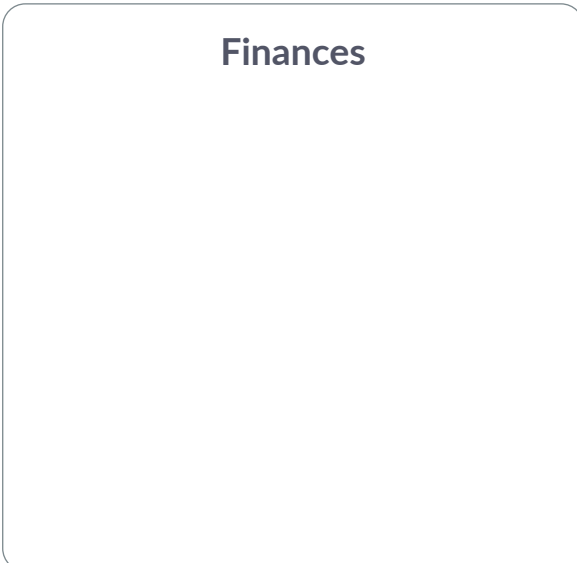
Family



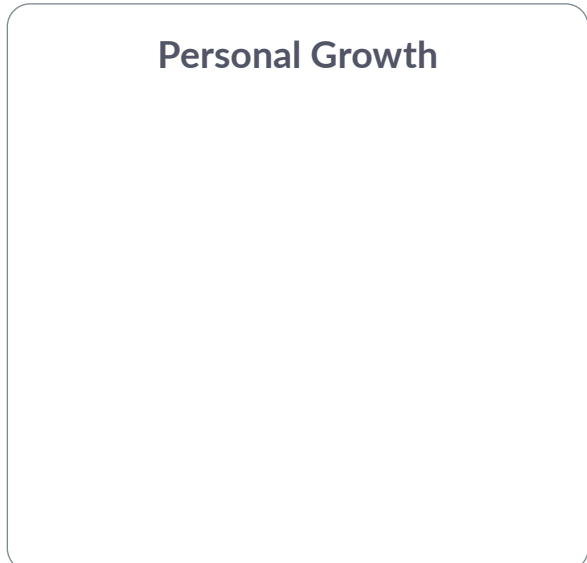
Health



Finances



Personal Growth



Career

Relationship

Friendships

Recreation and Hobbies