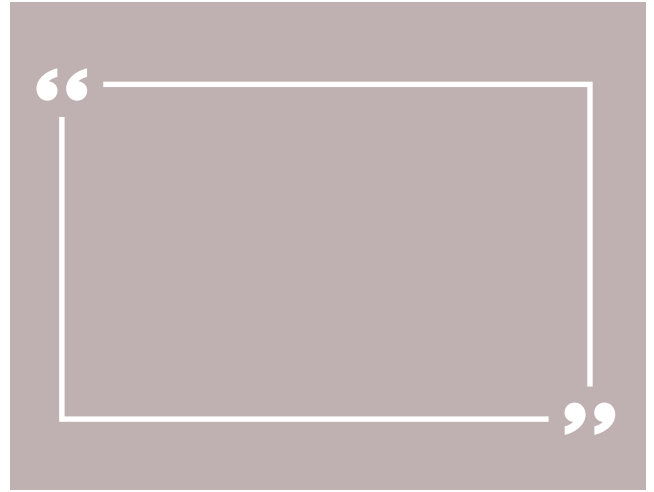
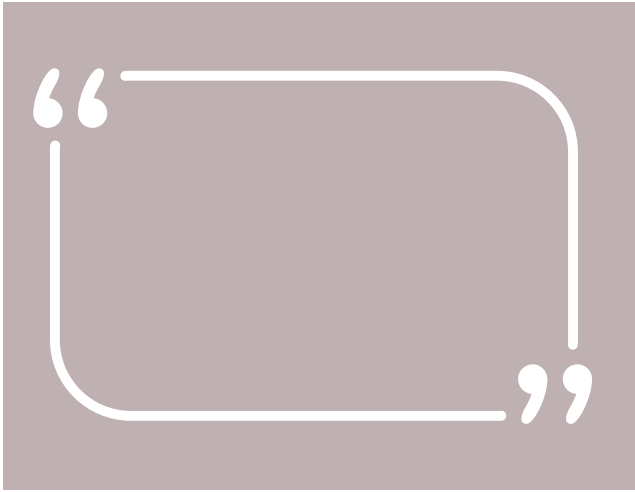




VISION BOOK

JOURNAL

INSPIRATIONAL QUOTES



AFFIRMATIONS

The image displays seven circular frames arranged in three rows. Each frame is a thin, light brown circle with a pair of quotation marks (‘‘ and ’’) positioned at the top-left and bottom-right of the circle. The circles are empty, providing space for writing affirmations. The top row contains two large circles, the middle row contains three medium-sized circles, and the bottom row contains two large circles.

10 AFFIRMATIONS

1

2

3

4

5

6

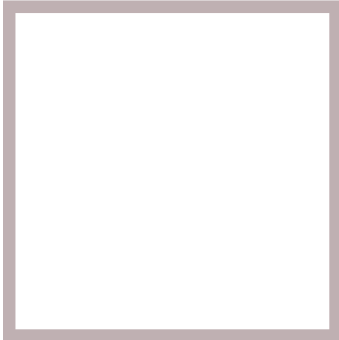
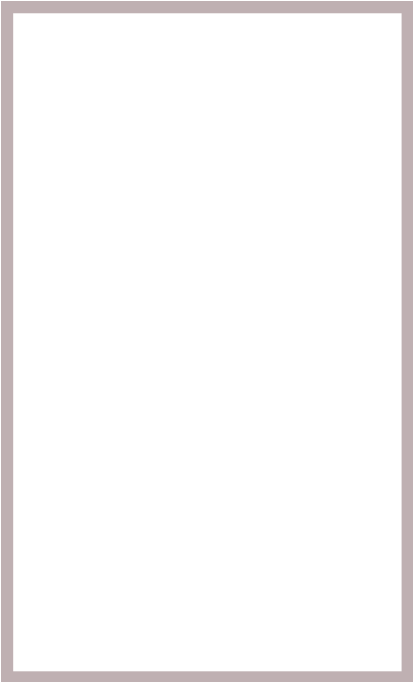
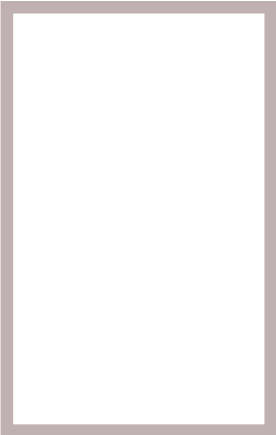
7

8

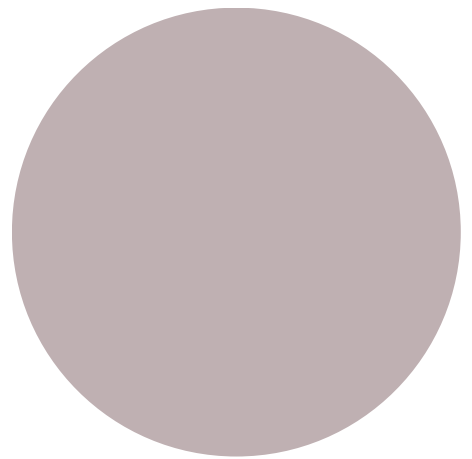
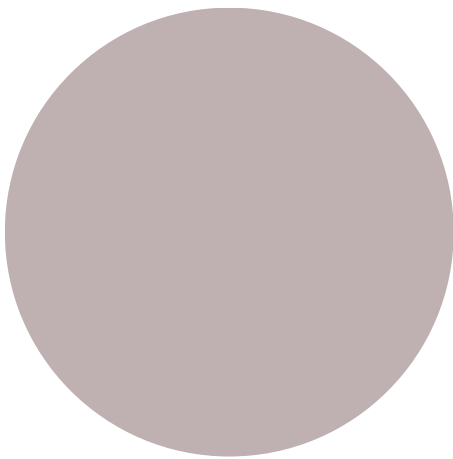
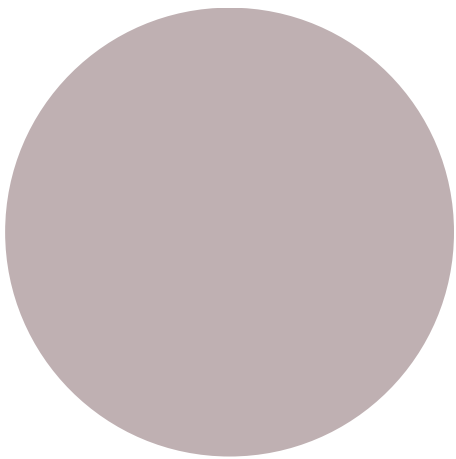
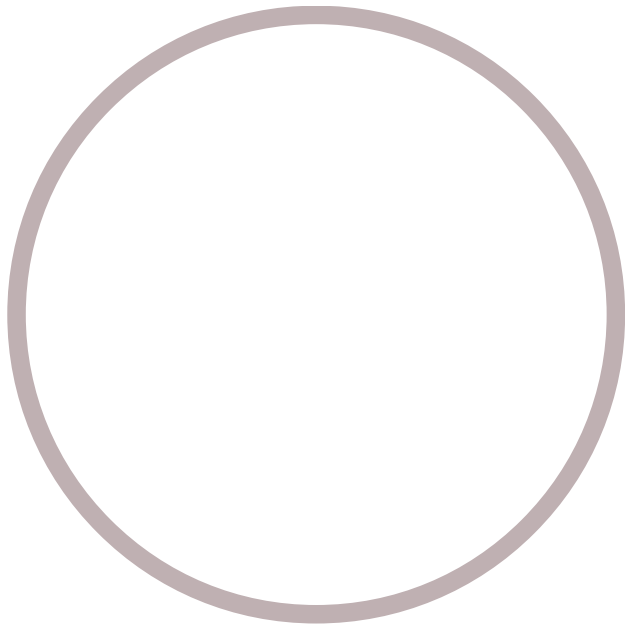
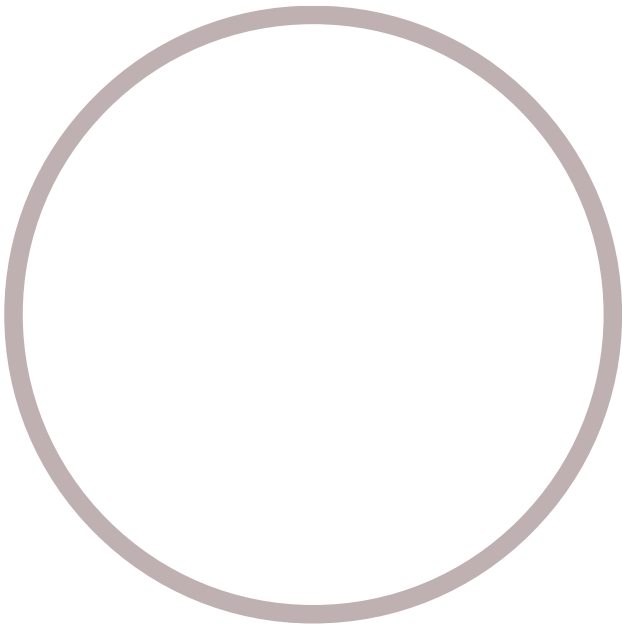
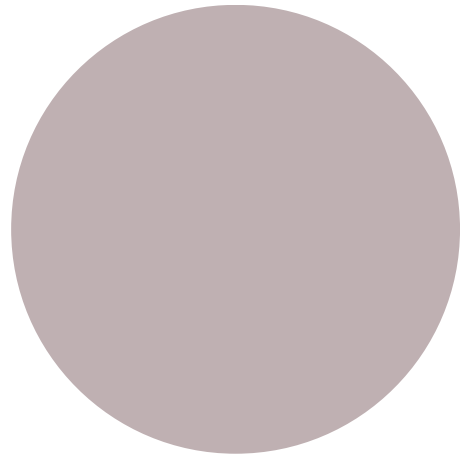
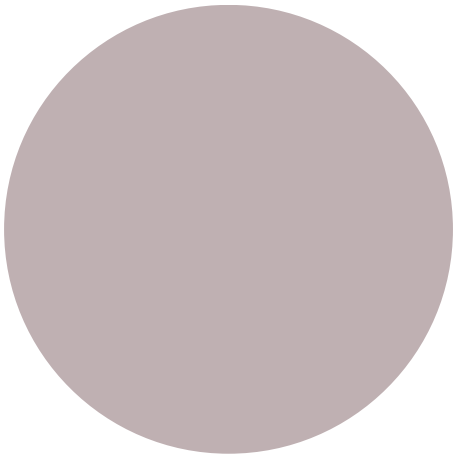
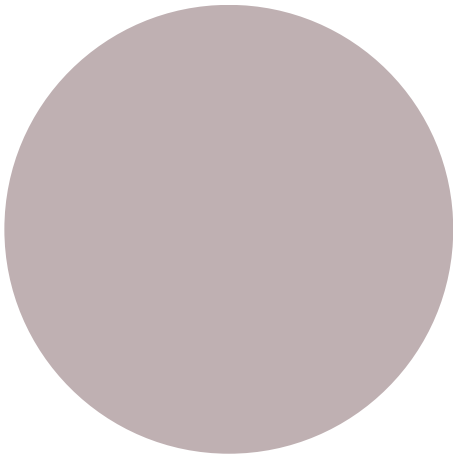
9

10

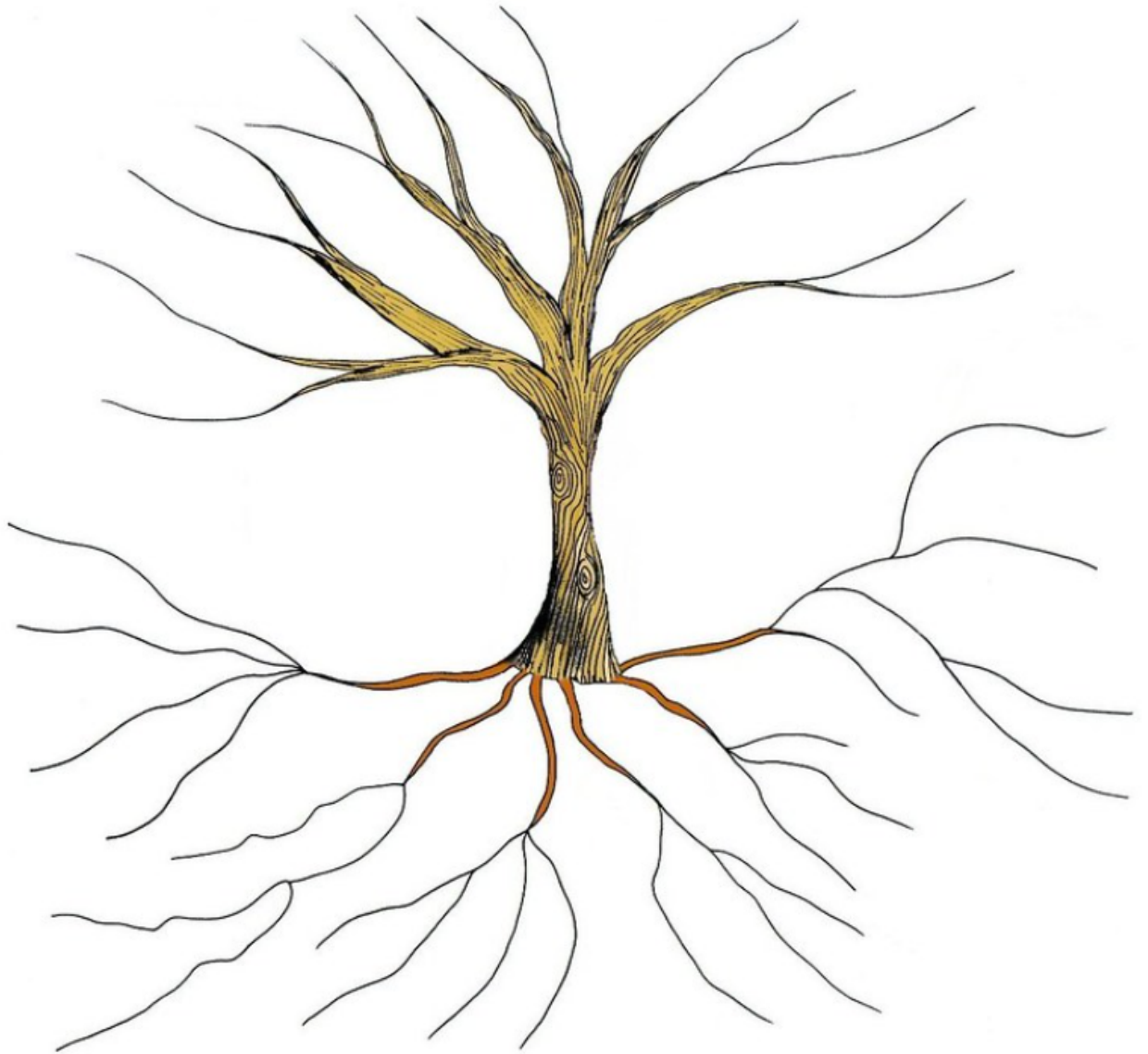
MIND MAP



MIND MAP



TREE OF THOUGHTS



GRATITUDE JAR



KINDNESS TRACKER

MONTH _____

A large rectangular frame containing a semi-circular calendar arc on the left side. The arc is numbered 1 to 31, starting from the top and moving clockwise. The numbers are: 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30, 31. The rest of the frame is empty, intended for tracking kindness acts.

I AM THANKFUL FOR

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

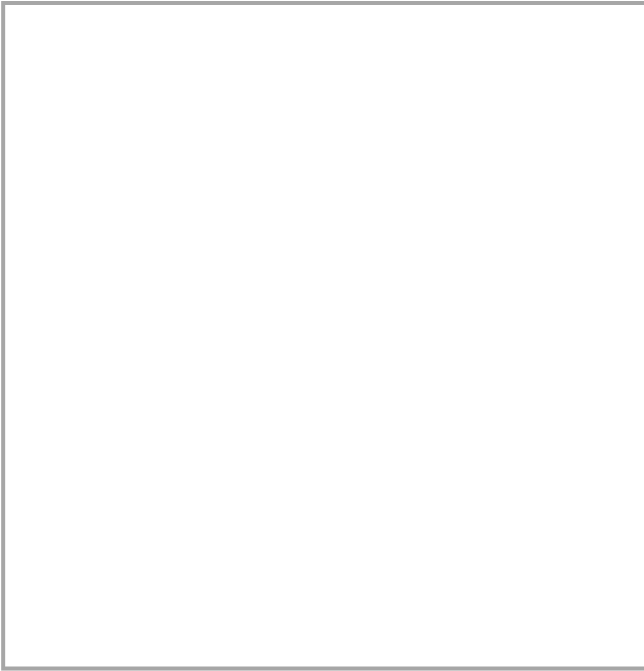
Draw a picture in the circle of something you are thankful for and write a sentence about it.

I am thankful for:

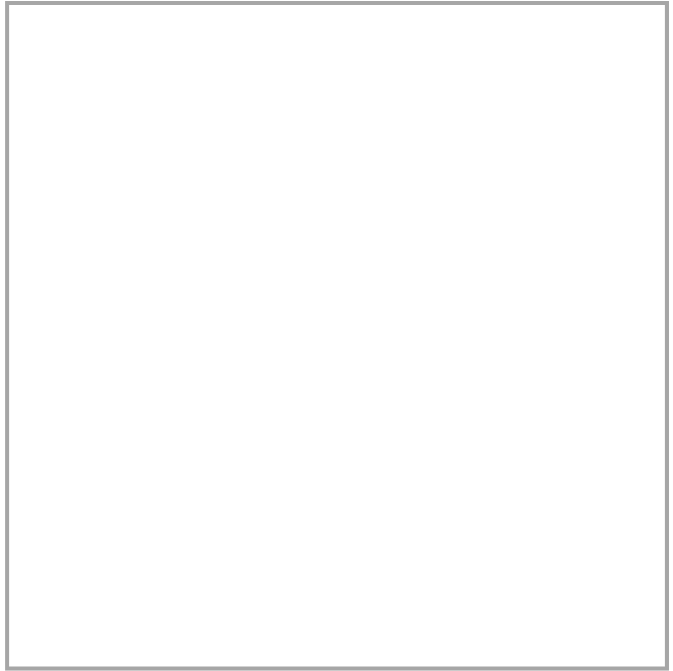
One sentence:

MY BEST SELF

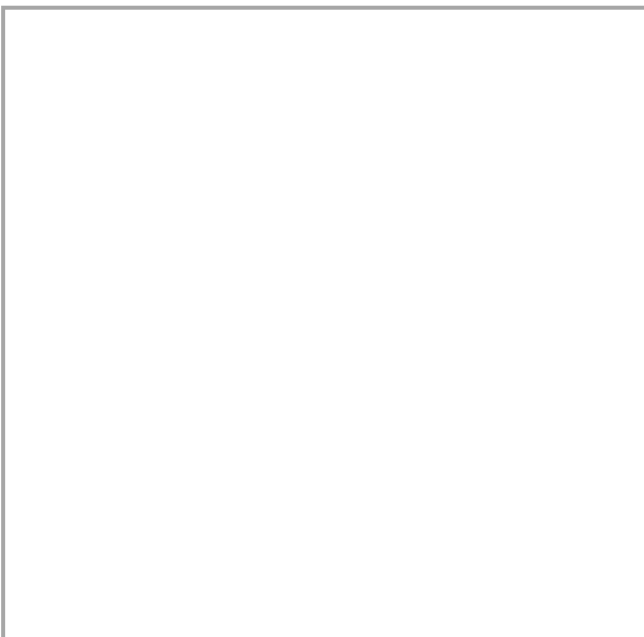
Habits to Change

A large, empty rectangular box with a thin grey border, intended for writing down habits to change.

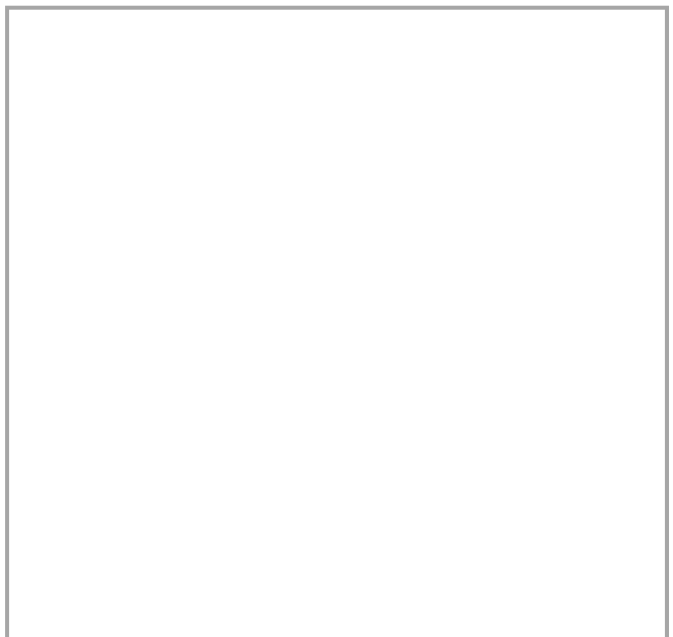
Skills to Learn

A large, empty rectangular box with a thin grey border, intended for writing down skills to learn.

Values to Enhance

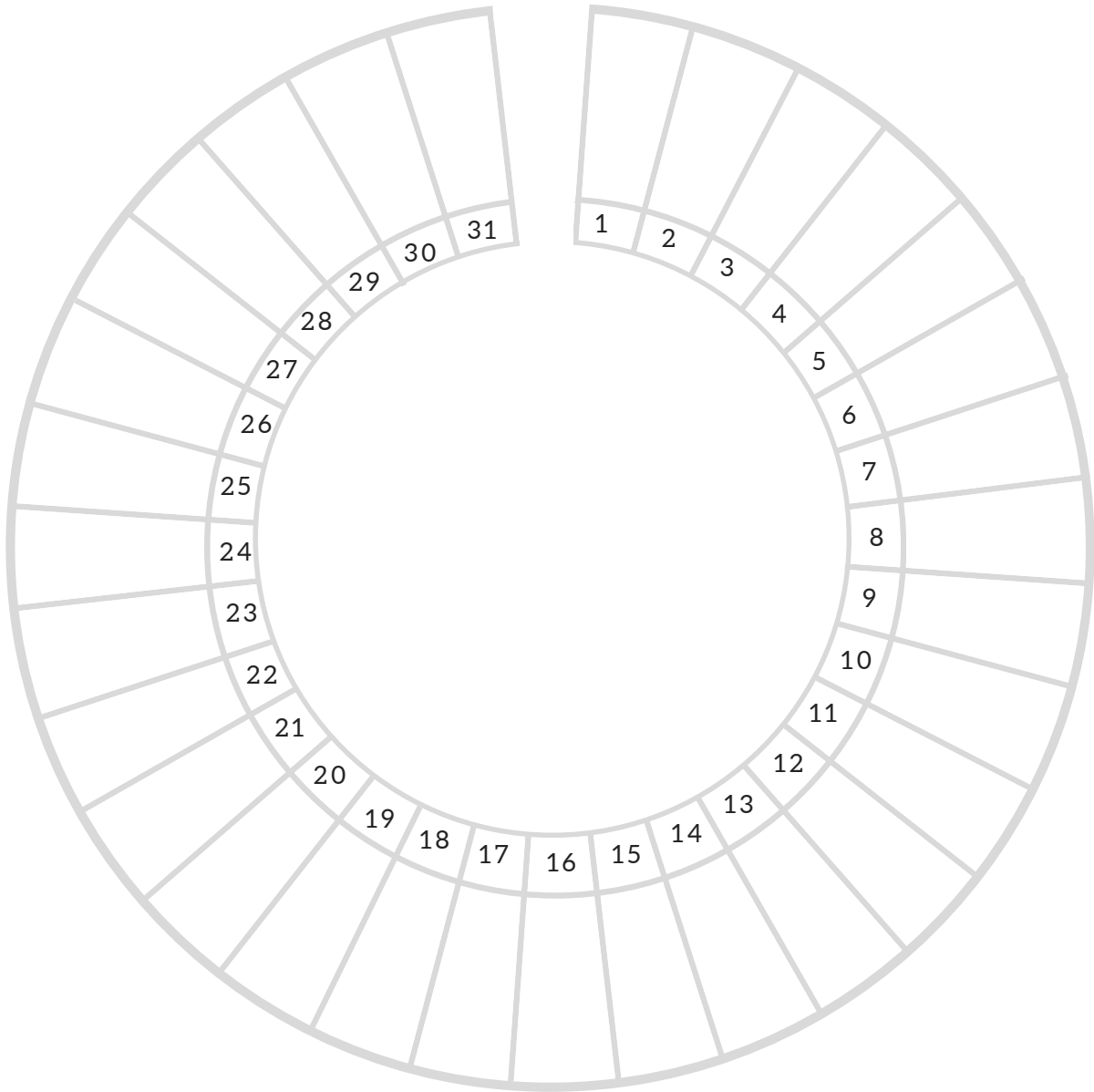
A large, empty rectangular box with a thin grey border, intended for writing down values to enhance.

Qualities to Adopt

A large, empty rectangular box with a thin grey border, intended for writing down qualities to adopt.

MOOD TRACKER

MONTH _____



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

SPIRITUALITY

PHYSICAL HEALTH

SELF LOVE

MY FAMILY

MONEY MINDSET

MY BIG GOAL

MY VISION BOARD

MY FAVOURITE QUOTES

MY SAFE SPACE TO RELAX

MY GOALS

MONTHLY VISION

Celebrate Last Month

Goals, accomplishments, blessings

Envision

What do you want to happen this month?

Must Do This Month

personal/

people

passion

purpose

projects

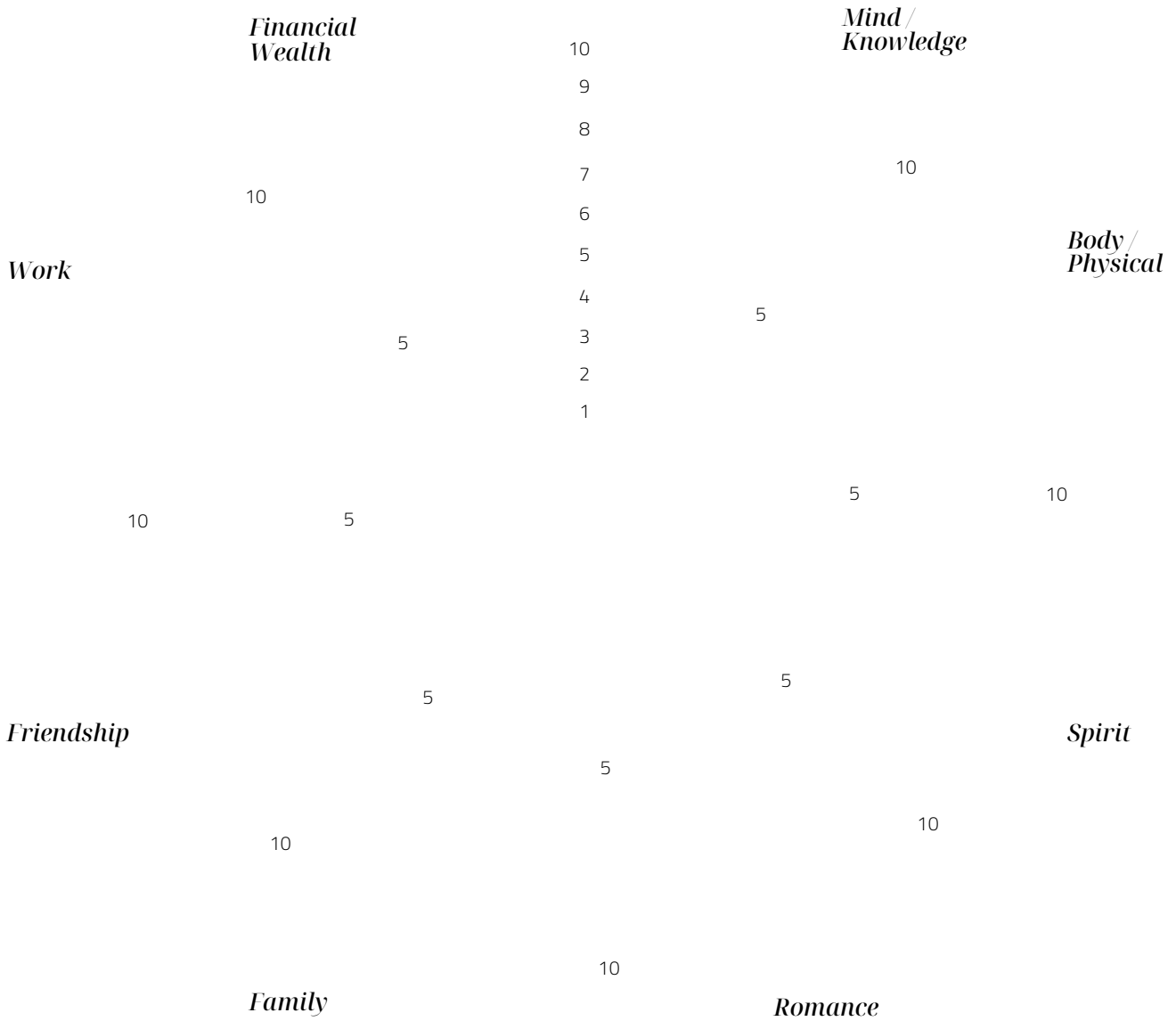
Events

MY AVERAGE DAY



LIFE WHEEL

MONTH _____



NOTES

YOGA LOG

TODAY'S DATE

MUSIC

POSITION/S	TIME	DONE
		<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>

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:

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
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NOTES

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LETTER TO FUTURE ME

Write a letter to the future: set goals for yourself, make a prediction about the world. Envision the future, and then make it happen.



LETTER TO UNIVERSE

This letter exercise will help you clear your mind from fears holding you back. Therefore, clearly state your desire and do not forget to show your gratitude and be proud of what you've been able to accomplish.



LETTING GO



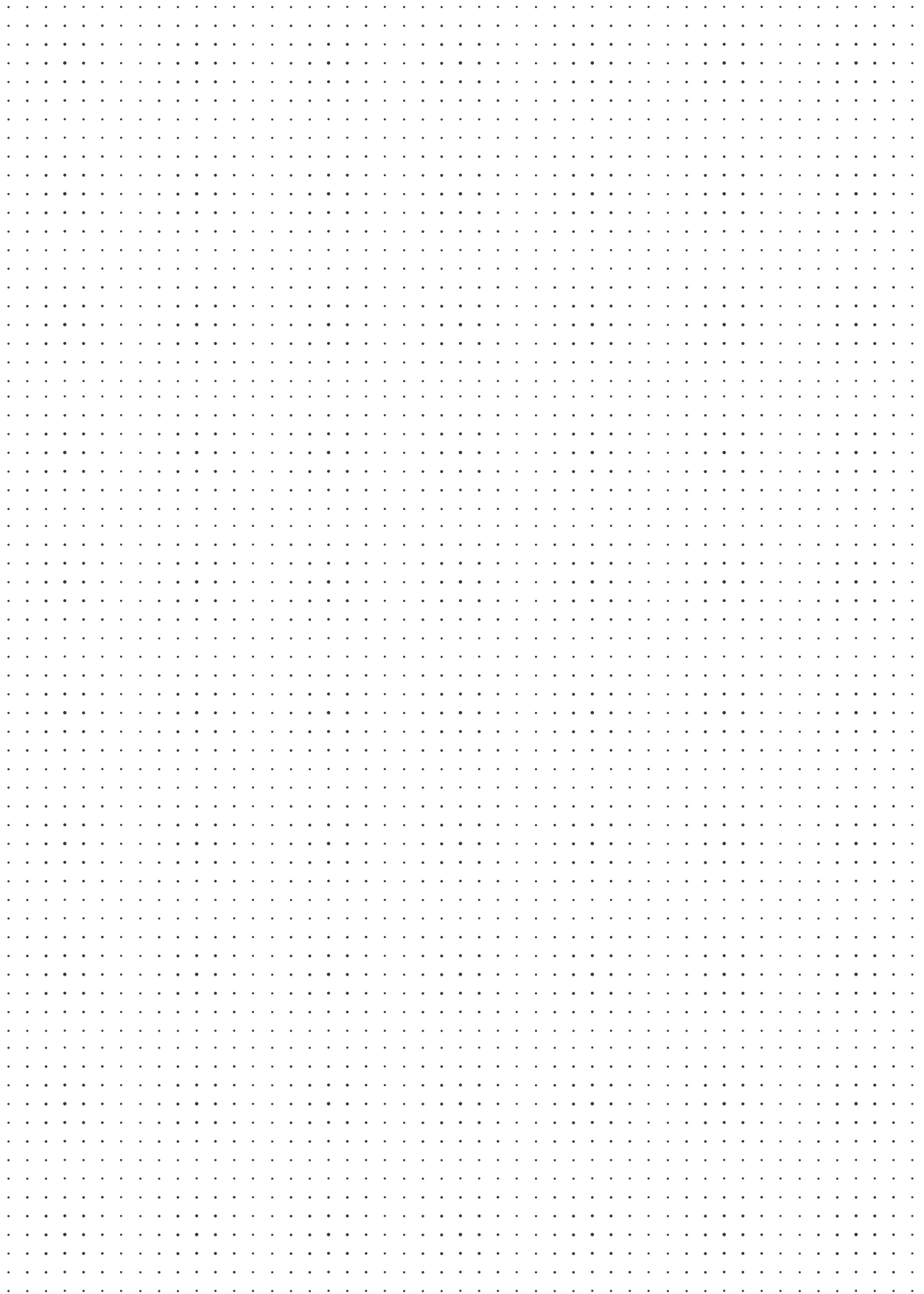
REFLECTIVE THOUGHTS

JOURNALING PAGES

JOURNALING PAGES

JOURNALING PAGES

JOURNALING PAGES



JOURNALING PAGES



MY NEW REALITY