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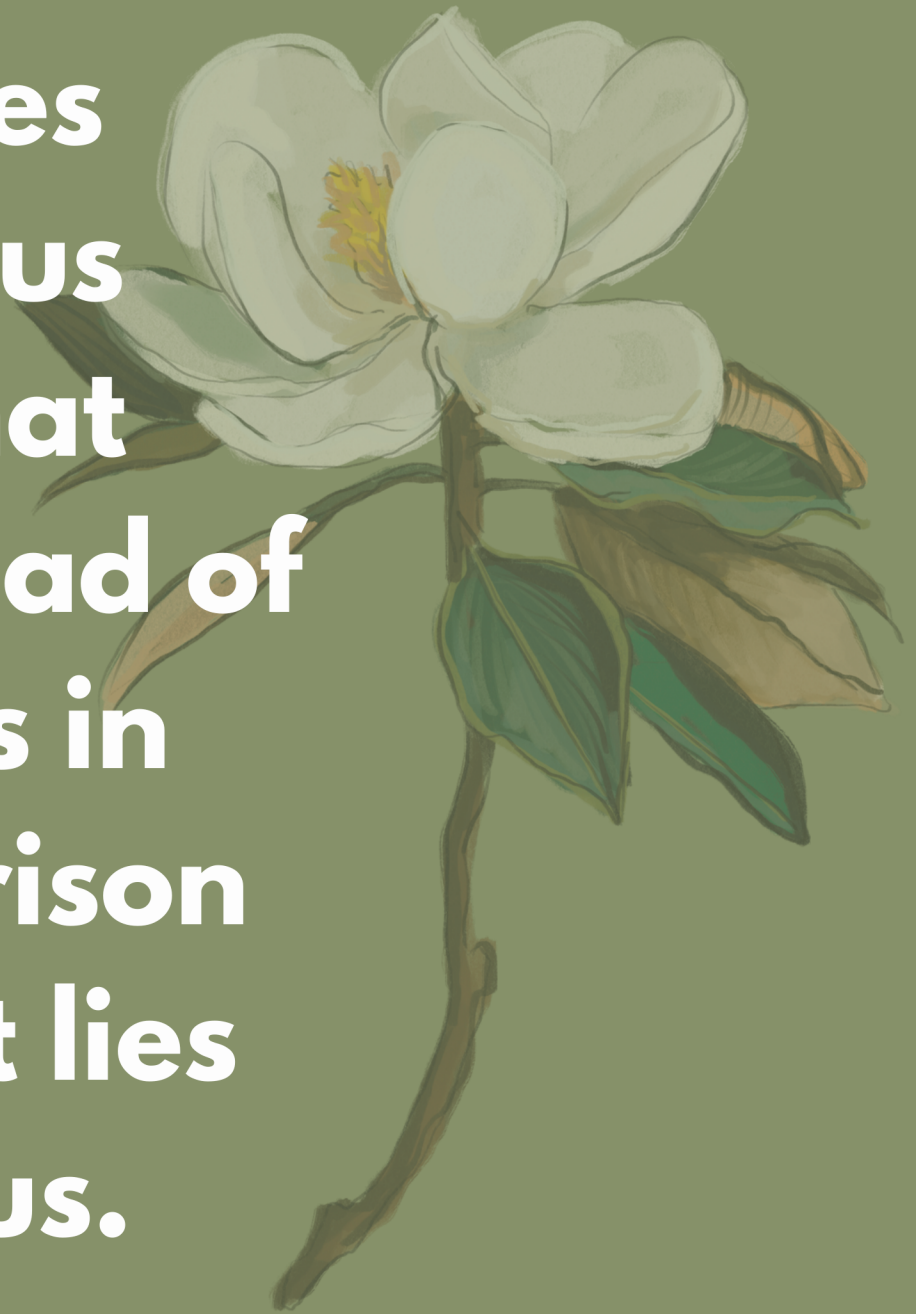
Vision Workbook

The Seven Elements of Wellness[©]



Jenifer Vogt
Live Well Think Well Age Well

**What lies
behind us
and what
lies ahead of
us pales in
comparison
to what lies
within us.**



Henry Stanley Hashins

Intro



This is a simple workbook for a complicated subject: your life. Based on research on various methods for vision boarding, I've created this guide to help you envision each of the seven elements of wellness that contribute to happiness and overall wellbeing. Your job is to use each page to write how you envision yourself in each element.

You can print this workbook to write in and adhere images to each page. Or convert these pages to graphics and use them in a Powerpoint deck, which is how I maintain my own vision board. I give you permission to use them publicly as long as you credit me by name!

Your vision board can be as unique as you. The most important thing is that you create in the easiest way for you and keep it somewhere that you can refer to it and even modify it daily.

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Elements of Wellness

BODY

MINDSET

SPIRIT

COMMUNITY

PROSPERITY

SELF-GROWTH

PLEASURE



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BODY

Keeping your body healthy is an expression of gratitude to the whole cosmos – the trees, the clouds, everything.

Thich Nhat Hanh



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MINDSET

The key to a healthy life is having a healthy mind.

Richard Davidson



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SPIRIT

Your sacred space is where you can find yourself over and over again.

Joseph Campbell



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COMMUNITY

The meeting of two personalities is like the contact of two chemical substances: if there is any reaction, both are transformed.

Carl Gustav Jung



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PROSPERITY

Only by thinking prosperity and abundance can you realize the abundant, prosperous life.

J.S. Marden



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SELF-GROWTH

The journey of the hero is about the courage to seek the depths; the image of creative rebirth; the eternal cycle of change within us; the uncanny discovery that the seeker is the mystery which the seeker seeks to know.

Joseph Campbell



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PLEASURE

Pleasure is the only thing one should live for, nothing ages like happiness.

Oscar Wilde



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It's up to you

Happiness is the consequence of personal effort. You fight for it, strive for it, insist upon it, and sometimes even travel around the world looking for it. You have to participate relentlessly in the manifestations of your own blessings. And once you have achieved a state of happiness, you must never become lax about maintaining it. You must make a mighty effort to keep swimming upward into that happiness forever, to stay afloat on top of it.



Elizabeth Gilbert

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