



# Virtual VISION BOARD Party

THE WORKBOOK

THECHICLIFE.COM



# *how big are your dreams?*

*If you feel like you've played small for too long, now is your time to shine. The great thing about manifestation is that no dream is too big. To manifest a million dollars is just as simple as manifesting a penny to the Universe/God/Source Energy. So go big. And dream up a life worth toasting champagne (or kombucha or matcha or your other fave drink of choice).*

# Vision Board Supplies

## PHYSICAL:

- Base (posterboard, scrapbook paper, etc.)
- Magazines
- Photos
- Glue / Scrapbook Tape
- Pens / Markers
- Stickers

## DIGITAL:

- Software (Canva, Google Slides, Word, etc.)
- Digital photos
- Digital quotes
- Other graphics
- Mocked up graphics

## ENERGY SETTING

Set the energy for your Vision Board Party experience by gathering some of your favorite things and raising your vibe for a high vibe party!

- Favorite beverage
- Snacks
- Candles
- Diffuser + essential oils
- Cozy blanket
- Crystals
- High vibe music

# Journal Prompts & Affirmations

## AFFIRMATIONS

- I am worthy living my dream life now.
- My dreams are making their way to me.
- I'm so grateful to enjoy one desire after another coming into my reality.
- Life is so good!

## JOURNAL PROMPTS

- In the last 6-12 months, what (within your control) has not gone the way you wish it had?
- In the last 6-12 months, what has made you feel deeply fulfilled and happy?
- If I had a magic wand, what dream life would I create? How big would I go? What amazing things would I do?
- If money were no object, what would I buy and/or invest in? What would I love to do if I could have anything I desired?
- Why is now the right time for me to live my greatest dreams?



JOURNAL / REFLECT / REVIEW

*Use this area to to do some reflection on how things have gone and how you'd like them to go. Use your journal prompts if you'd like.*

A large, empty white rectangular area intended for journaling or reflection.







# plan

PREPARE TO CREATE YOUR DREAM BOARD

## FOCUS AREAS

*Use this area to write down the areas you'd like to focus on based on your mini life evaluation. Choose as many or few as you'd like.*

A large, empty white rectangular area intended for writing focus areas.



*plan*

PREPARE TO CREATE YOUR DREAM BOARD

## INTENTIONS

*Use this area to write down any intentions you'd like to use based on your mini life evaluation, journaling/reflection, or other input.*

A large, empty white rectangular area intended for writing intentions.



A photograph of a desk setup. On the left, a spiral-bound notebook with a yellow cover is visible. In the center, a white ceramic mug with a gold rim sits on a white saucer. To the right, a white pen holder with a gold rim contains several pens. The background is a light blue wall.

# *using your board*

TIME TO MANIFEST THOSE VISUALS!

WHAT HAVE YOU NOTICED WHILE USING YOUR BOARD?

*Use this area to write down anything that comes up while you're using your board - anything to troubleshoot or anything you LOVE!*

A large, empty white rectangular area intended for writing notes or observations.



# Thank You...

After changing my own life with amazing results, I'm thrilled to be able to help others do the same!

Many years ago, I found myself sad, stuck, and frustrated. As a math-loving computer scientist who wanted to be best friends with sarcasm-fluent, 90s cartoon character, Daria, positive thinking and manifestation are things I never imagined I'd get into. And yet here we are.

After hitting rock bottom, I was desperate enough to try working with my thoughts and Law of Attraction.

Imagine my surprise at actually getting results from nearly the first day. It's not a vain hope that I'm a believer in mindset and manifestation. I trust my results and the results my community and clients get too.

These days you can find me sharing tips on Mindset, Manifestation, and High Vibes on Instagram, my YouTube channel, in my private Facebook group, and with my 1:1 clients. And I'd love to help you too! Check out my social media outlets for high vibe inspiration and DM/email me if you'd like to learn more about my coaching program.

Hope you enjoy this Plan Your Next Level Year Workshop!



## Contact Information

**Most Socials:** @thechiclife

**Email:** [diana@thechiclife.com](mailto:diana@thechiclife.com)

**Website:** <http://thechiclife.com>



xo, *Diana*