



# A step by step guide to create your own Vision Board!

Let's do it together!



# A little bit about Vison Board

A vision board is generally a collage of images and words representing your dreams and goals.

Is a great tool let you visualize your success. By regularly looking at your vision board, you immerse yourself in a visual representation of what you want or hope to achieve.

## What you will need

A phone or computer;  
Pen and paper;  
Pictures of you want to achieve.





# Step 01: Choose your time frame

This vision board is for this year or for the next 6 months?

You can use for the timeline that fits best for you! By setting a intention through images, you are already on your way to manifest your desires.

We recommend to create the board for the year.

# Step 02: Make your list

On a separate paper, you can write everything that you want to manifest (money, love, travel...). It's important to focus on what you are able to achieve on the time frame you have chosen.

Be specific as you want!

Guide yourself with the questions:

1. How does my ideal life look like?
2. What type of person do I want to be?
3. Which words do I need to embody?
4. How do I want to feel?
5. How do my relationships look lik (including the one with myself)?
6. How can my day to day life look like?



Here is a template that you can use  
to guide yourself!

WEALTH GOAL		HEALTH GOAL	
LOVE	FAMILY	CAREER	
SPIRITUALITY		KNOWLEDGE	
NOTES			



## Step 03: Search for suggestions

Search on Google or Pinterest, images or phrases that it resonates with you.

If you find one that you like, save it to use on your Vision Board.

## Step 04: Save and Print

Once you choose all of your pictures and saved them, you can print the photos.

Be creative! You can choose the formate that you want, your own aesthetic, and arrange the collage as you prefer it.





Don't forget to hang the  
Vision Board somewhere  
where you can see it, and  
remember your goals!



# Know a little bit more about Monkey Mind Retreats

We envision a world where we will be able to learn giving our attention to one thing at a time, not spending our life rushing from one appointment to another and focus on what we are actually currently doing instead of what we are yet to do.

We believe in a world of loving-kindness, compassion, joy and equanimity. We want to create space to work with each other and not against each other.

We offer Retreats Worldwide, Company and Self Development Workshops and a personalised 1:1 Mentorship.





# Meet our founder

Isabel is a 500+ Hour Certified Yoga Teacher, Social Anthropologist, Spiritual Entrepreneur and Mentor, holding certifications in EFT, Breath-work and meditation as well as Somatic Healing Practices, Qigong and Ayurveda.

In 2021 she embarked on this entrepreneurial journey with Monkey Mind Retreats and hasn't stopped ever since. She always knew that I wanted to have her own business, and having done a Master in Innovation Management and Entrepreneurship helped tremendously with that.

Since 2020 she is teaching Yoga in Studios, Co-working Spaces and on retreats around the world. Throughout this time she has also given guidance to over 20 individuals, who have decided to re-establish a deeper connection with themselves.

Isabel is passionate about ancient, but also modern spiritual practices - from energy & somatic practices, Guided Meditations, Chakra-Work, Embodiment Practices to classical Yoga Asanas and Breath work.

It is very important to Isabel, in teaching anything spiritual, to maintain the integrity and depth of the practice and the culture it emerged from.





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