

Future board

Use this resource to visualise a better future as well as to keep your goals highly visible.

A future board is about inspiration and visualisation. It is designed to keep you motivated to achieve your goals and make the changes that will lead to a better future. You could put many things on your future board. Some suggestions are to write down goals, inspirational key words and relevant phrases or quotes. Writing the reasons why you want to change and/or why change is important to you is also useful as these are the things that will sustain your efforts. If you are a more visual person you could also draw or attach relevant and inspiring images.