

MODULE ONE:

Introduction to Vision Boards and Goal Setting

LESSONS

- Understanding the Concept of Vision Boards and their Significance in Goal Achievement
- Exploring the Science and Psychology behind Visualization
- Setting Clear Intentions and Defining your Goals to Align with your Authentic Desires
- Taking a Whole-person Approach



@DEDRAWEIGMAN

MODULE TWO:

Preparing for Success

LESSONS

- Starting with Your Purpose
- Identifying Limiting Beliefs and Overcoming Obstacles
- Cultivating a Growth Mindset
- Defining Your Core Values
- Defining Your Vision (1-year, 3-years and 5-years)

BONUSES

- WORKBOOK WITH WORKSHEETS FOR LESSONS
- GROWTH MINDSET STATEMENTS VISUAL



@DEDRAWEIGMAN

MODULE THREE:

Creating Your Vision Board

LESSONS

- Exploring Types of Vision Boards
- Gather Images and Statement Words
- Step-by-Step Guidance to Creating an Intentional Vision Board

BONUSES

- VISION BOARD TEMPLATES
- MY STATEMENT WORDS WORKSHEET



@DEDRAWEIGMAN

MODULE FOUR:

Implementing the Goal Setting Framework

LESSONS

- Introducing a Goal Setting Framework
- Setting SMART Goals
- Building a Roadmap

BONUSES

- GOAL SETTING WORKBOOK
- GOAL SETTING PLANNER TEMPLATE



@DEDRAWEIGMAN

MODULE FIVE:

Activating the Power of Visualization & Connecting with Your Future Self

LESSONS

- Techniques to Enhance Your Visualization Practice
- Visualizing the Achievement of Your Goals

BONUSES

- REFERENCE GUIDE | VISUALIZATION EXERCISES



@DEDRAWEIGMAN

MODULE SIX:

Sustaining Momentum and Overcoming Challenges

LESSONS

- Strategies for Maintaining Motivation
- Dealing with Setbacks
- Cultivating a Habit of Gratitude

BONUSES

- REFERENCE DOCUMENT | STRATEGIES FOR OVERCOMING SETBACKS AND MAINTAINING MOMENTUM



@DEDRAWEIGMAN

BONUS MODULE:

Additional Resources and Tools

RESOURCES + TOOLS

- WHEEL OF LIFE WORKSHEET
- SELF-CARE PLANNER TEMPLATE
- ACTION PRIORITY MATRIX
- DAILY GRATITUDE REFLECTION JOURNAL PAGE TEMPLATE
- GRATITUDE MONTHLY REVIEW JOURNAL PAGE TEMPLATE



@DEDRAWEIGMAN