

Creating your own Family Vision Board in 5 Easy Steps

A family vision board is a fun and fairly simple exercise, but before we get into *how* to do it, lets just explore *why* you'd even bother to do this. What will you get out of it?

Creating a family vision board is an effective way to ensure that your family start to move closer to living your ideal lifestyle.

So many people seem to be unsatisfied with the life they have, yet they are taking no action to change that.

Well, life is a lot like taking a driving trip. If you want to avoid the bumps and take the scenic route, and actually make it to your destination, then you've got to get behind the wheel and drive with purpose.

A family vision board helps you to:

- **Know what you want** by creating a vision of what you want
- **Plan how to get there** by identifying the values & principles that are congruent with that lifestyle, and
- **Make it happen** by consciously and unconsciously making decisions and taking action that brings you closer to attaining that lifestyle.

The steps

1. Discuss the family vision with all members of your family.

Get everyone together around the table, and discuss the following questions. Make sure everyone has a voice and contributes.

What are the values you want to live by as a family?

What is most important to you as a family?

What do you want to be doing as a family?

What are the things that inspire you and move you forward as a family?

What does your 'ideal lifestyle' look like?

2. Decide on the values you want to live by as a family.

You can come up with your values by brainstorming as a group, or you can use the list of values at the end of this page as a resource to help you think of them. Feel free to add your own though! Then write down the 5-8 top values agreed upon by the family.

3. Get the materials.

You will need a poster-sized piece of paper or cardboard – I like to use black paper available at my local newsagents or craft shop. Get out your glue or sticky tape and scissors. Then find any old magazines that you use for pictures, and you might want some coloured paper to write your values words on or to decorate with.

4. Cut out the pictures.

Go through the magazines and cut out any pictures that fit with your vision of your ideal family lifestyle. You are not limited to magazines either, some people print out pictures from their computer or use photos, etc. Use any images that inspire you as a family.

5. Arrange and hang your board.

This is the fun part! Get the kids involved in assembling the board by sticking on the words and pictures any way they like. Then hang the board somewhere central in the home where it will serve as a reminder and a source of inspiration for the family.

It's that easy! But if you're finding it really difficult to sticking to your vision, or you need support to change some ingrained negative behaviour patterns, then Phoenix Health Transformations can help. Our Fit Families program offers specialised health & lifestyle coaching to families around the world. Enquire today at www.phoenixht.com to find out more.

Dr Vanessa Thiele - Phoenix Health Transformations



Exploring Your Values

Get inspired from the wide sampling of possible core values on the following pages. Circle all of the words that describe what matters most to you.

Abundance	Dependability	Imagination	Relaxation
Acceptance	Depth	Impact	Reliability
Accomplishment	Desire	Impartiality	Religiousness
Accuracy	Determination	Independence	Resilience
Achievement	Devotion	Industry	Resolution
Acknowledgement	Devoutness	Ingenuity	Resolve
Activeness	Dexterity	Inquisitiveness	Resourcefulness
Adaptability	Dignity	Insightfulness	Respect
Adoration	Diligence	Inspiration	Rest
Adroitness	Direction	Integrity	Restraint
Adventure	Directness	Intelligence	Reverence
Affection	Discipline	Intensity	Richness
Affluence	Discovery	Intimacy	Rigor
Aggressiveness	Discretion	Intrepidity	Sacredness
Agility	Diversity	Introversion	Sacrifice
Alertness	Dominance	Intuition	Sagacity
Altruism	Dreaming	Intuitiveness	Saintliness
Ambition	Drive	Inventiveness	Sanguinity
Amusement	Duty	Investing	Satisfaction
Anticipation	Dynamism	Joy	Security
Appreciation	Eagerness	Judiciousness	Self-control
Approachability	Economy	Justice	Selflessness
Articulacy	Ecstasy	Keeness	Self-reliance
Assertiveness	Education	Kindness	Sensitivity
Assurance	Effectiveness	Knowledge	Sensuality
Attentiveness	Efficiency	Leadership	Serenity
Attractiveness	Elation	Learning	Service
Audacity	Elegance	Liberation	Sexuality
Availability	Empathy	Liberty	Sharing
Awareness	Encouragement	Liveliness	Shrewdness
Awe	Endurance	Logic	Significance
Balance	Energy	Longevity	Silence
Beauty	Enjoyment	Love	Silliness
Being the best	Entertainment	Majesty	Simplicity
Belonging	Enthusiasm	Making a	Sincerity
Benevolence	Excellence	difference	Skillfulness
Bliss	Excitement	Mastery	Solidarity
Boldness	Exhilaration	Maturity	Solitude
Bravery	Expectancy	Meekness	Soundness

Brilliance	Expediency	Mellowness	Speed
Calmness	Experience	Meticulousness	Spirit
Camaraderie	Expertise	Mindfulness	Spirituality
Candor	Exploration	Modesty	Spontaneity
Capability	Expressiveness	Motivation	Spunk
Care	Extravagance	Mysteriousness	Stability
Carefulness	Extroversion	Neatness	Stealth
Celebrity	Exuberance	Nerve	Stillness
Certainty	Fairness	Obedience	Strength
Challenge	Faith	Open-mindedness	Structure
Charity	Fame	Openness	Success
Charm	Family	Optimism	Supremacy
Chastity	Fascination	Order	Sympathy
Cheerfulness	Fashion	Organization	Synergy
Clarity	Fearlessness	Originality	Teamwork
Cleanliness	Ferocity	Outlandishness	Temperance
Clear-mindedness	Fidelity	Outrageousness	Thankfulness
Cleverness	Fierceness	Passion	Thoroughness
Closeness	Financial	Peace	Thoughtfulness
Comfort	Firmness	Perceptiveness	Thrift
Commitment	Fitness	Perfection	Tidiness
Compassion	Flexibility	Perkiness	Timeliness
Completion	Flow	Perseverance	Traditionalism
Composure	Fluency	Persistence	Tranquility
Concentration	Focus	Persuasiveness	Transcendence
Confidence	Fortitude	Philanthropy	Trust
Conformity	Frankness	Piety	Trustworthiness
Congruency	Freedom	Playfulness	Truth
Connection	Friendliness	Pleasantness	Understanding
Consciousness	Frugality	Pleasure	Unflappability
Consistency	Fun	Poise	Uniqueness
Contentment	Gallantry	Polish	Unity
Continuity	Gentility	Popularity	Usefulness
Contribution	Giving	Potency	Utility
Control	Grace	Power	Valor
Conviction	Gratitude	Practicality	Variety
Conviviality	Gregariousness	Pragmatism	Victory
Coolness	Growth	Precision	Vigor
Cooperation	Guidance	Preparedness	Virtue
Cordiality	Happiness	Presence	Vision
Correctness	Harmony	Privacy	Vitality
Courage	Health	Proactive	Vivacity
Courtesy	Heart	Professionalism	Warmth
Craftiness	Helpfulness	Prosperity	Watchfulness

Creativity	Heroism	Prudence	Wealth
Credibility	Holiness	Punctuality	Willfulness
Cunning	Honesty	Purity	Willingness
Curiosity	Honor	Realism	Winning
Daring	Hopefulness	Reason	Wisdom
Decisiveness	Hospitality	Recognition	Wittiness
Decorum	Humility	Recreation	Wonder
Deference	Humor	Refinement	Youthfulness
Delight	Hygiene	Reflection	Zeal