



Introduction To Your Vision Book

Get inspiration to manifest your goals and dreams with this "Manifest My Vision" Board Book. It's a great start to designing the future of your dreams.

The pages are flexible so you can create a unique vision board book for this season of your life. The templates and tips guide you into making "Whole You" goals. The book's size is designed for easy storage or desk display. You will have fun creating this vision board to manifest your dreams.

"Write the vision and make it plain so that when you see it, you can press towards it. Wait for it. It will manifest".

(Habakkuk 2:2 expanded)



Manifest My Vision

By Dr. Janis Modeste



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Prayer of Power & Prosperity

**You are my Father and my God;
You are my Protector and Savior.**

**Your Strength will always be with me.
Your Power has made me strong.**

**Your love for me is great.
You always give me the victory.**

**My greatness comes from You.
You will always keep Your promises to me.**

Through You, My dynasty is built strong.

Psalm 89:21-29 (Expanded.GNB.)

Inside Your Vision Book

Write the vision, make it plain, manifest it!

"Whole You" Goals:

Refers to setting goals for your relationships, health, finances and everything in between.

Balance Approach Wheel (BAS):

This wheel gives a holistic view of the "whole you" to help you review and self-assess how you feel you are doing in each area. You can then use those results to help you determine which areas need adjusting. The goal is to constantly try to remain balanced. A balanced wheel can roll smoothly through life. When there's damage and holes, the tire gets flat and the ride gets bumpy. This wheel will allow you to see those blind spots in your life that may need your immediate attention. You'll have a clear picture of the "whole-you".

P.U.S.H. Through Graphic:

This is the faith that underpins your success. This graphic shows you the clear path to push through to your dreams. **P**ray. **U**ntil. **S**omething. **H**appens.

BAS Business Prosperity Wheel:

Learn the 5 pillars to building a prospering business.

Relationship Goals:

Relationship with God, yourself and others.

Health Goals:

Your emotional, spiritual, mental, nutritional and physical goals.

Financial Goals:

Includes planning for your giving, saving, spending and investing goals

Scriptural Affirmations:

Affirmations are the seeds we sow to grow our dreams. After the seeds are sown, we still continue to water them with our words.

Additional Resources:

Get resources to inspire you all year long at www.PlanMyGreatness.com

"Whole You" Goals



RELATIONSHIP GOALS

- God
- Self
- Others



HEALTH GOALS

- Physical
- Nutritional
- Emotional
- Mental



FINANCIAL GOALS

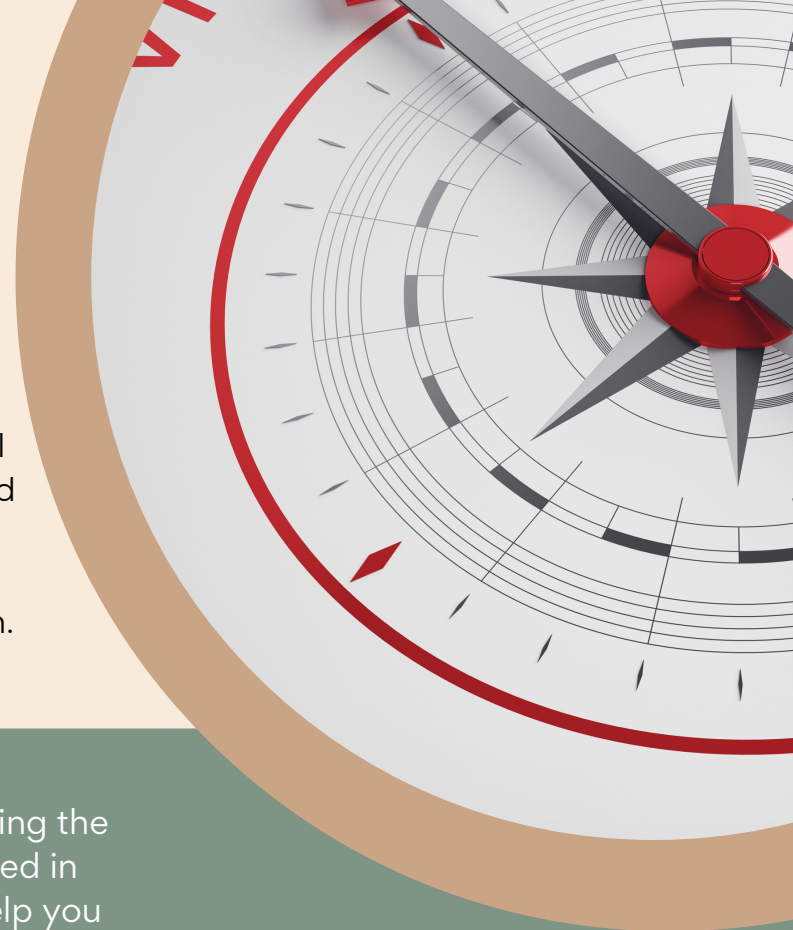
- Saving
- Spending
- Giving

What Is A Vision Board?

It is a visual representation of your life's goals in the form of a collage. The power of a vision board lies within the visualization of your dreams- whether through power words, pictures, or symbols. They should each reflect your 1-5 year goals.

What Are The Benefits

By creating and looking at your vision board, you can have a positive outlook on your goals and dreams. The guided templates will help you to become self-aware and self-reflect on holistic goals and dreams. You will remain focused and inspired to manifest the vision.



01.

Explore your values using the Balance wheels provided in this book. They will help you keep the balanced view needed to create "whole you" goals.

02.

Find pictures that will inspire you to dream bigger and deeper than before. Take some time to sit still and use your imagination.

Create Your Vision Board

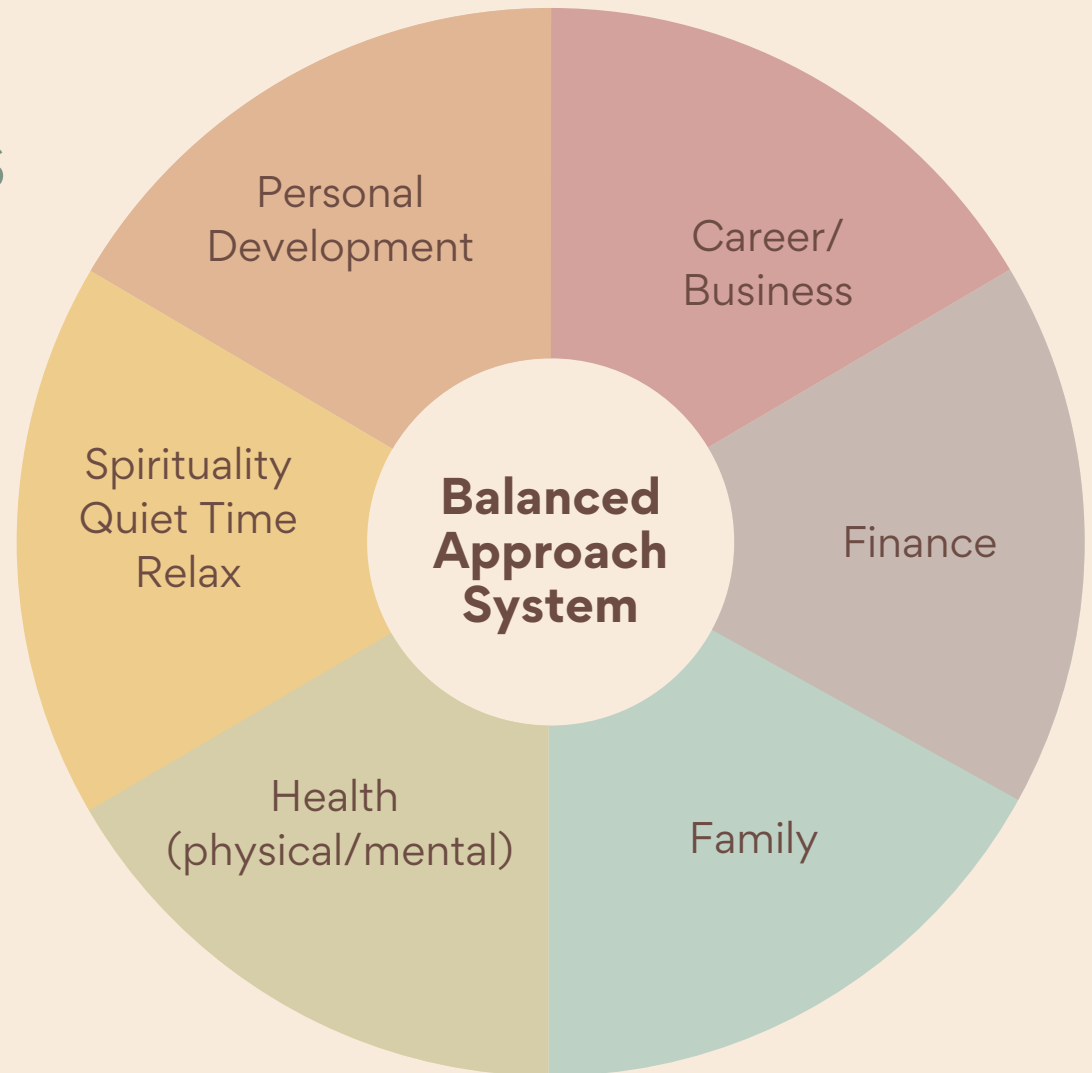
03.

Visit your vision book often. Use the templates to divide your 'whole-you' goals into sections so that they are not cluttered. You want to "make the vision plain". It is the perfect size to store on a bookshelf or to display on your desk. Remember the key is "read it" often.

Balanced Approach Life Wheel

"Whole You" Goals

- Career
- Finance
- Family
- Health
- Spirituality
- Personal Development



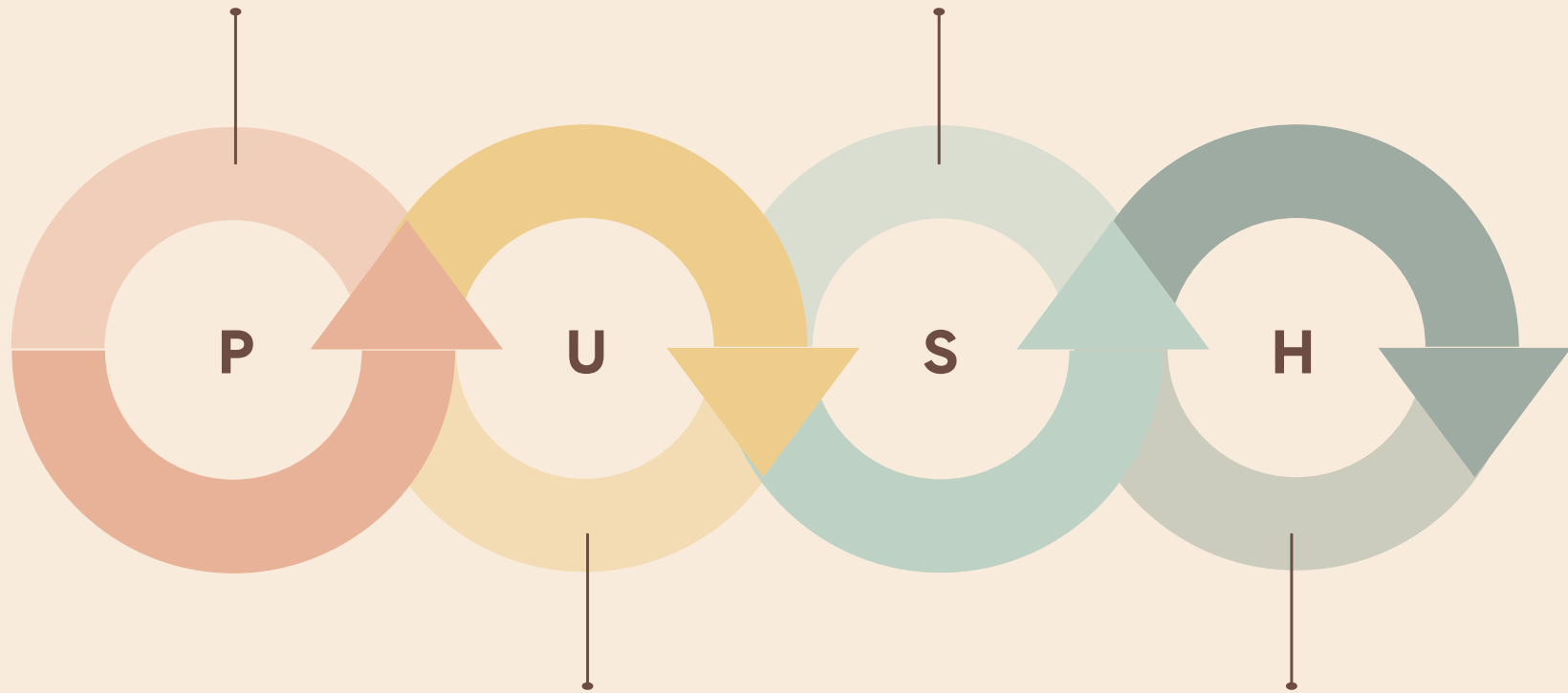
P.U.S.H. Through

Pray

Seek God's Wisdom.
Listen To His Voice

Something

Faith is believing even if
you don't yet see it.



Until

Don't give Up.
Be UNbothered by
distractions.

Happens

It will come, wait for
it. Hab. 3:2

Relationship Goals



Words

Encourage, affirm, appreciate, listen actively



Time

Uninterrupted and focused conversations, one-on-one time



Gifts

Thoughtfulness, make your spouse a priority, speak purposefully



Acts

Let them know you are wanting to help



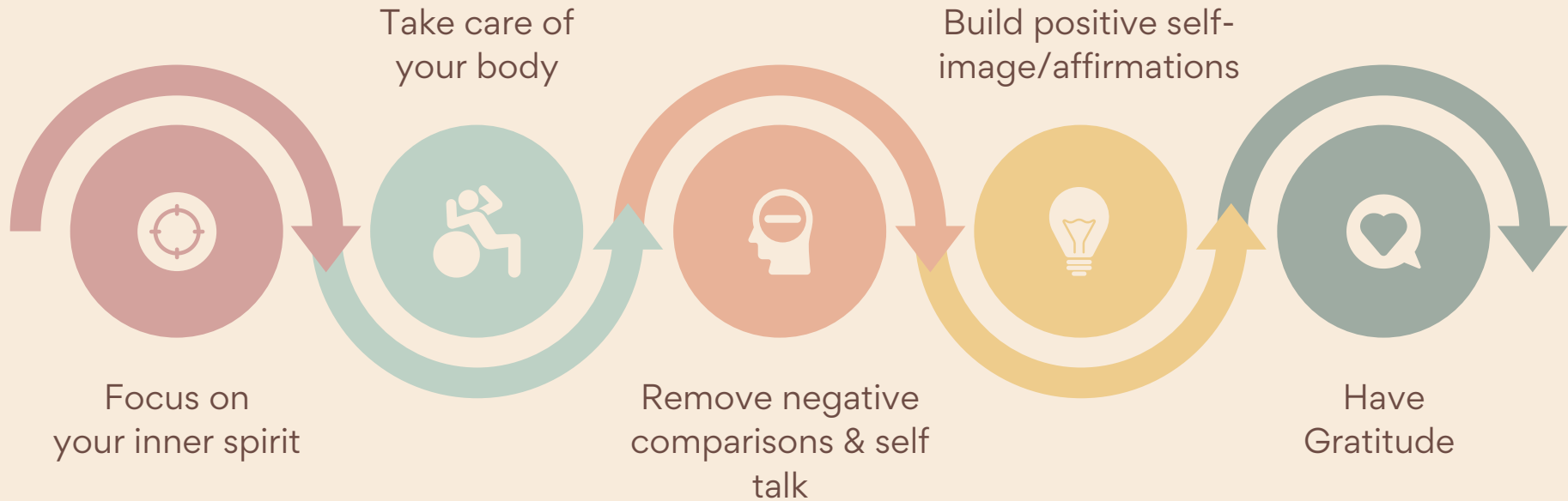
Touch

Non-verbal use of body language and touch to show love



Self-Care

A Guide to Positive Self Image





HEALTH GOALS

1

Food Journal

Manage your plan food with healthy food.

2

Manage Stress

Healing yourself with positive thoughts and Scripture meditation

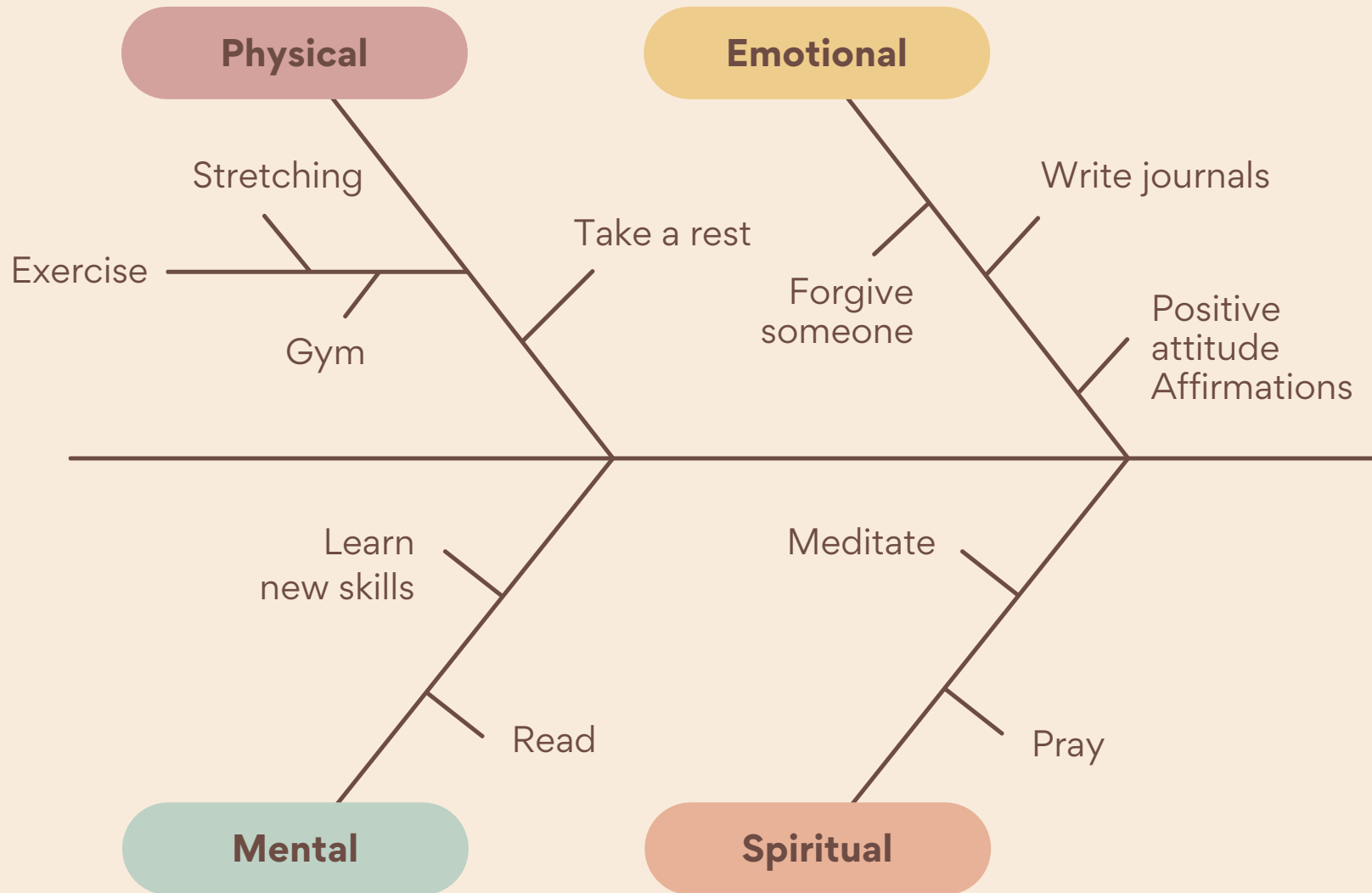
3

Physical Activity

Get your body fresh with workouts and burn the calories.



B.A.S. Healthy Life Map



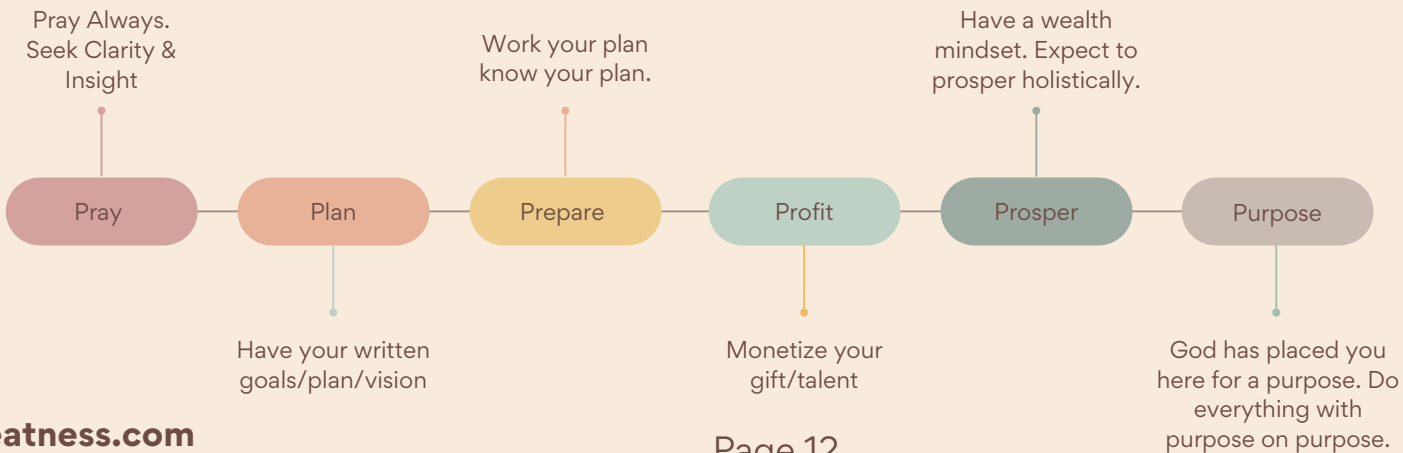
FINANCIAL GOALS

TIPS ON SAVING MONEY

- **Create a budget.**
- **Keep track of your spending.**
- **Pay attention to recurring expenses.**
- **Keep your impulses under control.**
- **Create a savings account.**
- **Give consistently. Aim for 10%.**



BAS Business Prosperity Wheel



Affirm Yourself

SAY KINDS WORDS TO YOURSELF ✨

I Am
Beautiful

Everything
Will Be
Okay

I Am
Successful

I Am
Strong ✨

Myself
Is Top
Priority



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