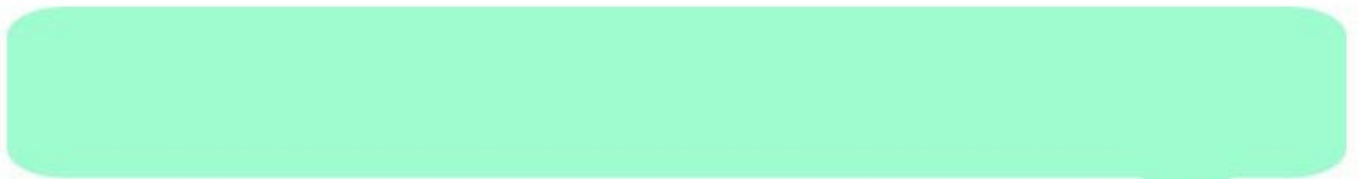


MY VISION BOARD worksheet

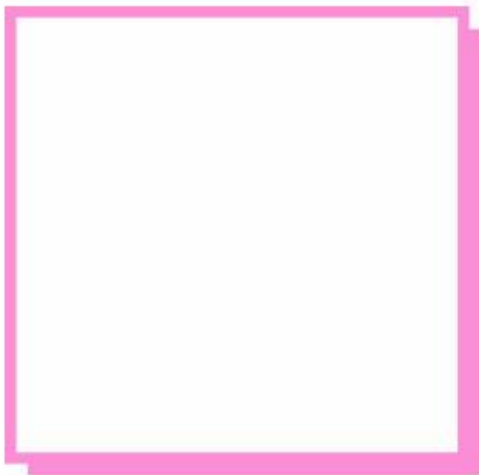


My favourite
ACTIVITIES



My SAFE SPACE to relax

My GOALS



MY GOALS

GOAL #1

I want it because...

When I achieve it, I will feel...

GOAL #2

I want it because...

When I achieve it, I will feel...

GOAL #3

I want it because...

When I achieve it, I will feel...