

BUILDING YOUR VISION BOARD



These questions can help caregivers reflect on various aspects of their personal and professional lives, guiding them in selecting content that aligns with their goals, aspirations, and well-being:

Personal Vision Board Questions

1. Can you list 3 things that bring you joy?

2. What do you do to maintain a positive state of mind and physical health?

3. Who are the people in your life who provide emotional support?

4. What activities promote bonding with your loved ones?

5. What positive feedback/expressions of gratitude do you receive from those you care for?

6. How do you envision your personal growth journey?

Personal Vision Board Questions Continued. . .

7. List your hobbies below

8. How can you use your personal interest in your daily work?

9. What are your short terms?

10. What are your long term goals?

11. What are you most satisfied or proud of at work?

12. List 3 things you are grateful for?



Professional Vision Board Questions:

1. What accomplishments in your caregiving career are you most proud of?

2. What additional certifications relative to your current role would you like to achieve in the next year?

3. What professional goals have you put in place for your career goals in the next 5 years?

4. Are you part of any professional association that can help advance your career? if so, list below:

5. What is the biggest stumbling block preventing you from moving forward in your career?

6. Have you ever considered a leadership role in your work? YES/NO. If no, why not?

7. Can you identify the importance of connections in your profession and in your network?

8. Do you know how you communicate and the importance of learning how you show up in the world daily.

9. What awards would you like to see put in place for caregiver recognition.

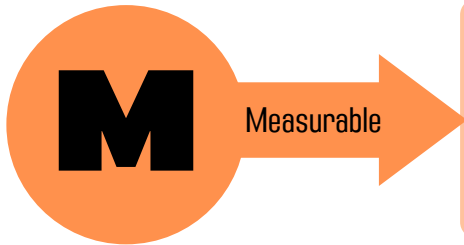
10. What changes would you like to see implemented at your place of work to promote recognition of the work that you do?

Make your goals...

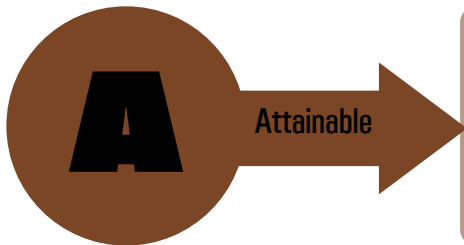
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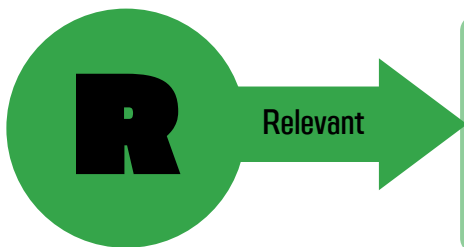
What do you want to achieve in the next 5 years?



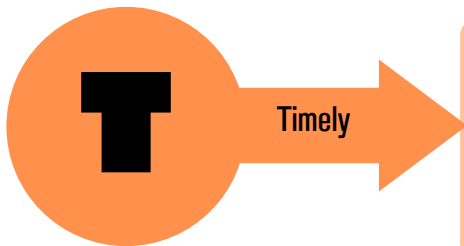
How will you track your progress?



What do you need to do to reach your goals?



Why is this goal important to you?



Place a timeframe on your goals for accountability

Your Vision Board



Purpose:

Personal Goals

Action Plan

Work Goals

Action Plan

Health Goals

Action Plan

Financial Goals

Action Plan

Learnings:

GOAL TRACKER



MONTHLY GOAL

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WEEK 1 GOAL

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WEEK 2 GOAL

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WEEK 3 GOAL

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WEEK 4 GOAL

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COMPLETED MONTHLY GOAL

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