

My Vision Board

Jody
Lamb

For more tips and resources, visit JodyLamb.com

Vision Board

AN OVERVIEW OF MY YEAR

JANUARY

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

Vision Board

Images representing my goals

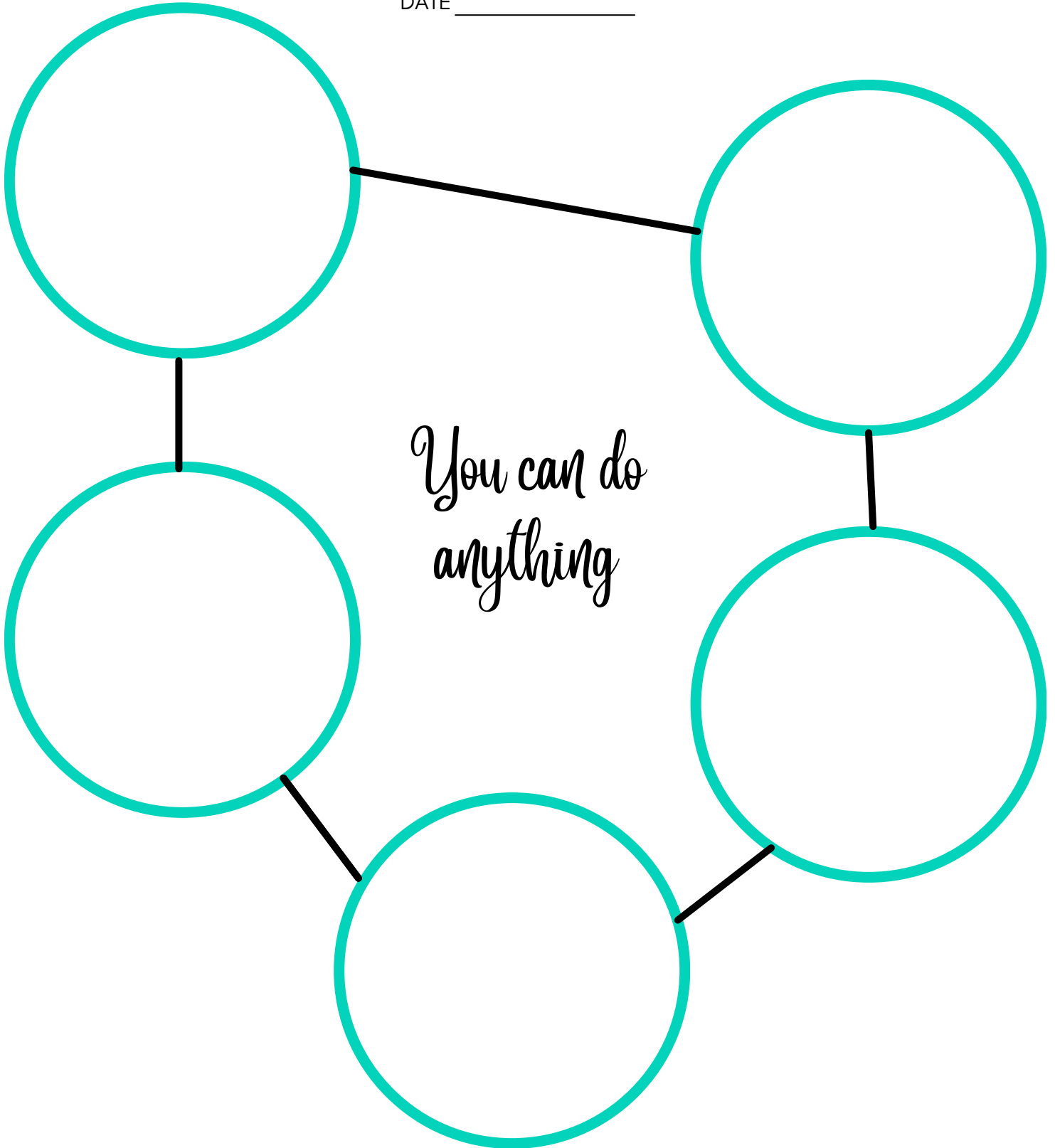
Vision Board

Images representing my goals

Vision Board

AN OVERVIEW OF YOUR MONTH

DATE _____



*You can do
anything*

Bucket List

MONTH/YEAR _____

THE BUCKET LIST

- Read books about adult child of an alcoholic healing
- Inspire someone with my story
- Join an Al-Anon or Adult Children of Alcoholics meeting
- Go for an extra-long walk
- Set and stick to a hard boundary
- Adopt a pet
- Cook a three-course meal for myself
- Tell a friend about my healing goals
- Write a list of things that sound fun and then do them
- Make plans with someone I'd like to be friends with
- Listen to a personal growth podcast
- Do something little-kid me loved to do
- Go star gazing
- Host a dinner or lunch with people who inspire me
- Go on a picnic
- Do something that scares me
- Go on a solo vacation
- Write a letter to my alcoholic parent
- Have a spontaneous adventure
- Take a leap of faith

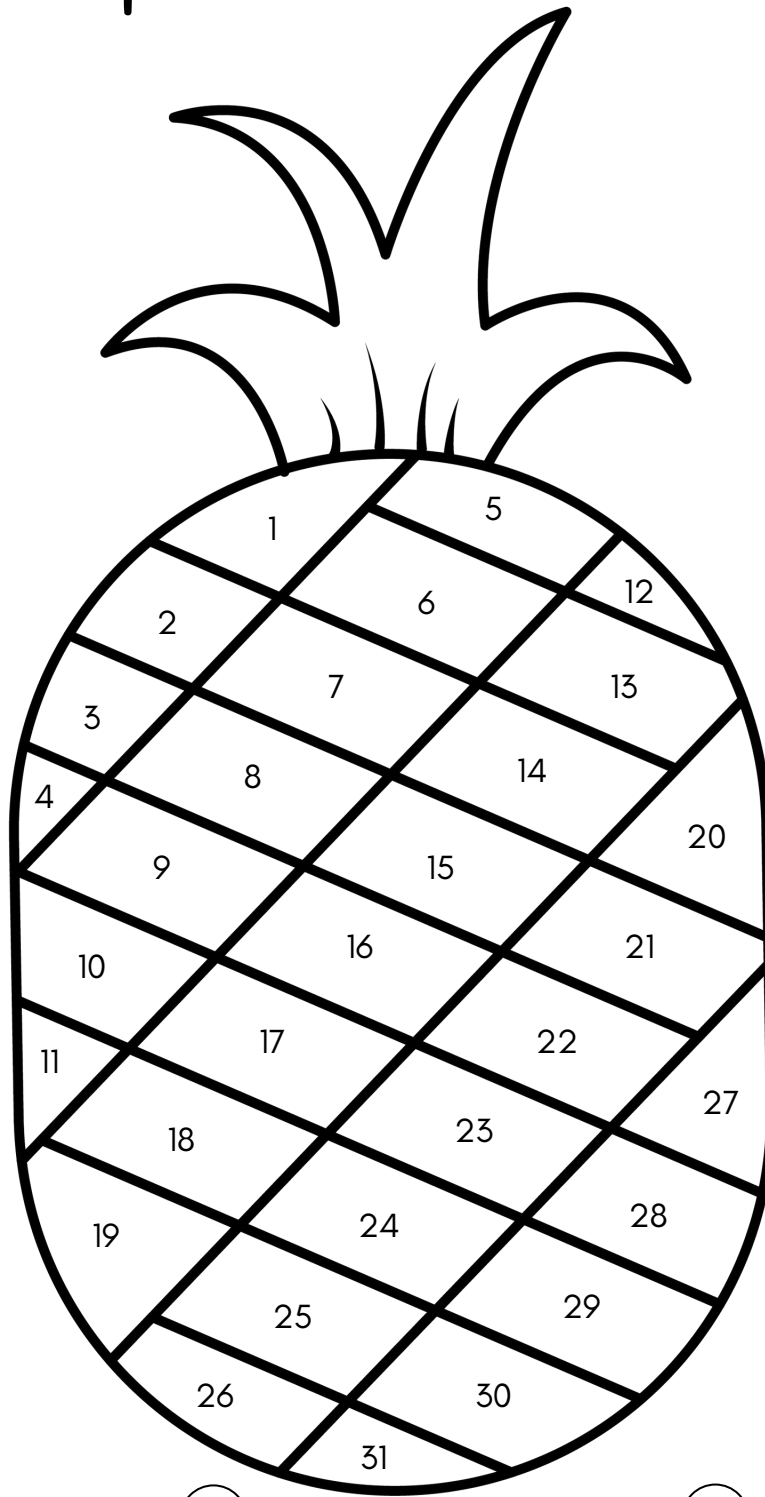
TO DO LIST

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Your only job in life is to take good care of you.

Mood Tracker

MONTH/YEAR _____



○ _____
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○ _____

Mood Tracker

MONTH/YEAR _____

MONTH	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
JAN																															
FEB																															
MAR																															
APR																															
MAY																															
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My Manifestation

YEAR _____

My hopes for this year

Top manifestations for this year

Motivations & Inspirations

My 5 Wishes

Believe in yourself

Daily Plan

DATE _____

TOP PRIORITIES

TO DOs

MY SCHEDULE

circle day M T W T F S S

circle day	M	T	W	T	F	S	S
7:00							
8:00							
9:00							
10:00							
11:00							
12:00							
1:00							
2:00							
3:00							
4:00							
5:00							
6:00							

NOTES

GRATEFUL FOR..

DAILY ASSESSMENT

Job well done! Did my best There's always tomorrow

Weekly Plan

DATE _____

THIS WEEK'S FOCUS

MY PRIORITIES

NOTES

MY SCHEDULE

MONDAY	
TUESDAY	
WEDNESDAY	
THURSDAY	
FRIDAY	
SATURDAY	
SUNDAY	

WEEKLY ASSESSMENT

Job well done!

Did my best

There's always tomorrow

Monthly Plan

DATE _____

M	T	W	T	F	S	S

MY PRIORITIES

TO DOs

NOTES

NOTES

Daily Journal

DATE _____

A large, empty rectangular box with a black border, intended for writing the daily journal entry.

Daily Journal

DATE _____


WEATHER _____

MOOD _____

HOW'S MY DAY _____

Mid-year Check-in

How's it going? What steps do I need to take to stay on course? What have I learned about my healing journey? What have I learned about myself?



Notes



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