



Plan your Year & Reach Your Goals

VISIONBOARD

Intro about our visionboard

A vision board is a tool that can help you clarify your goals and dreams, and visually represent them in a way that is inspiring and motivating. By creating a vision board, you can focus your attention on what you want to achieve and allow yourself to take inspired action towards making your goals a reality.

There are many benefits to using a vision board. Here are a few:

1. It helps you clarify your goals and get clear on what you want to achieve.
2. It keeps you motivated and focused on your goals, as you can refer to it daily and see the progress you are making.
3. It helps you to visualize your goals and see them as attainable, which can increase your confidence and belief in yourself.
4. It helps you to take inspired action towards achieving your goals, as you are reminded of what you are working towards every time you see your vision board.

Overall, using a vision board can be a powerful way to stay focused and motivated as you work towards achieving your goals and making your dreams a reality.

THE PAST YEAR

GOING THROUGH YOUR CALENDAR

Examine your calendar from the previous year week by week. If you come across any significant events, family gatherings, social gatherings (friendly get-together), or important projects, make a note of them here.

THE PAST YEAR

THIS WAS MY LAST YEAR

Our lives are composed of various, interconnected aspects. Consider the following areas and think about the notable events that occurred within each one. Write down your answers.

Personal Life, Family



Career, Studies



Hobbies, Creativity, Free-time



Friends, Community



Mental Health, Self-Knowledge



Physical Health, Sport



Habits that define you



Global Commitment*



*What have you done this year to make the world a bit better than you found it before?

THE PAST YEAR

SIX SENTENCES ABOUT LAST YEAR

The biggest risk I took... 📌

The biggest lesson I learned... 📌

The biggest surprise... 📌

The wisest decision I made... 📌

The most important thing I did for others... 📌

The biggest thing I completed... 📌

THE PAST YEAR

SIX QUESTIONS ABOUT LAST YEAR

What are you most grateful for? 🙌

What is the best thing you have discovered about yourself? 🙌

What were you not able to reach? 🙌

Who are the three people you influenced the most? 🙌

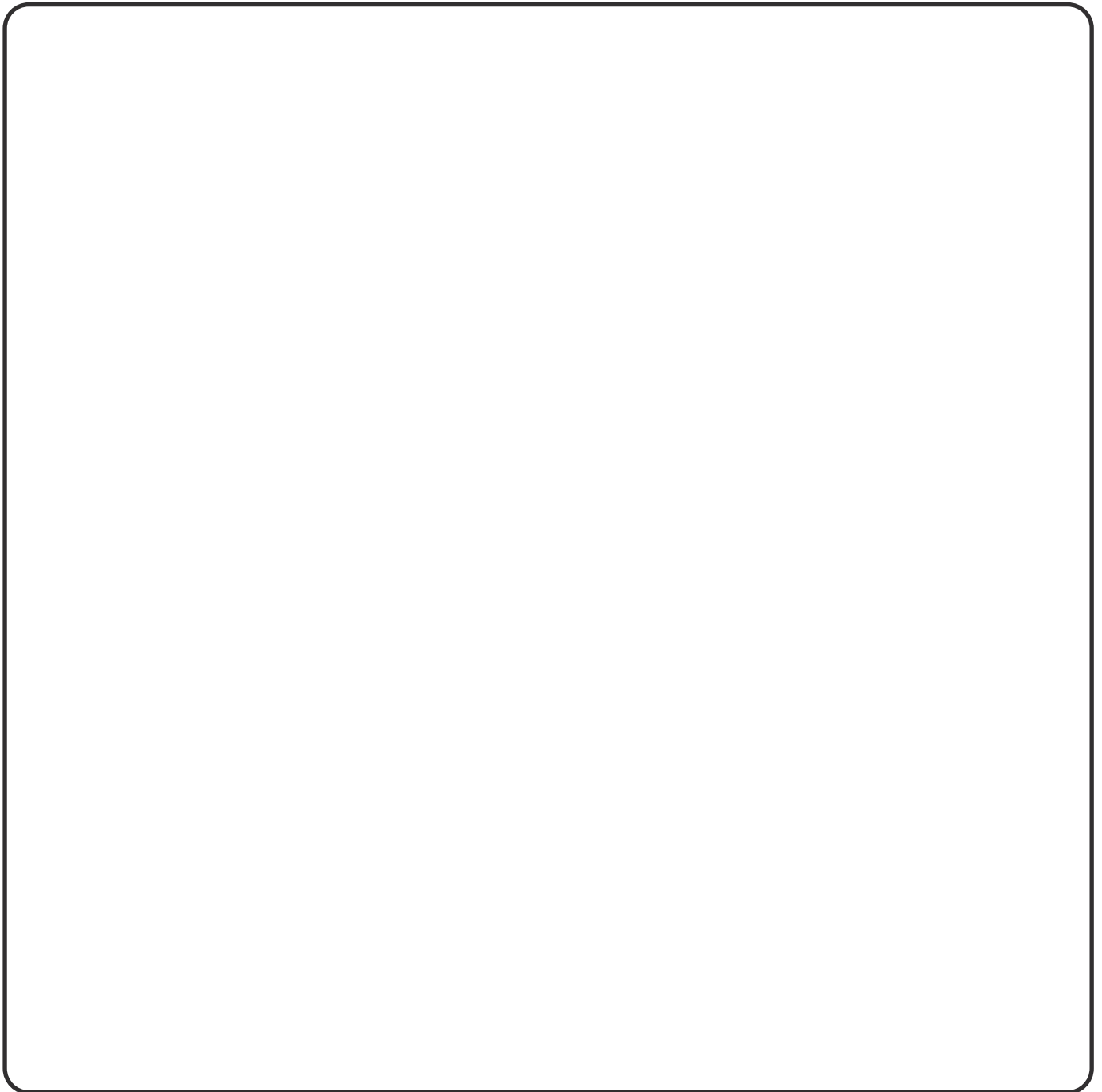
Who are the three people who influenced you the most? 🙌

What are you the most proud of? 🙌

THE PAST YEAR

YOUR BEST MOMENTS

reflect on the most unforgettable, happy moments from the previous year. Illustrate them on this sheet. How did these experiences make you feel? Who was present with you? What activities were you participating in? Can you recall any specific smells, sounds, or flavors that stand out in your memory?



THE PAST YEAR

YOUR 3 BIGGEST ARCHIEVEMENTS

Write down the three most significant achievements 📌

How did you achieve them? 📌

Did somebody help you to achieve these successes? Who? How? 📌

THE PAST YEAR

YOUR 3 BIGGEST CHALLENGES

Write down the three biggest challenges 📌

Who or what helped you overcome them? 📌

What have you learned about yourself while overcoming them? 📌

THE PAST YEAR

FORGIVENESS

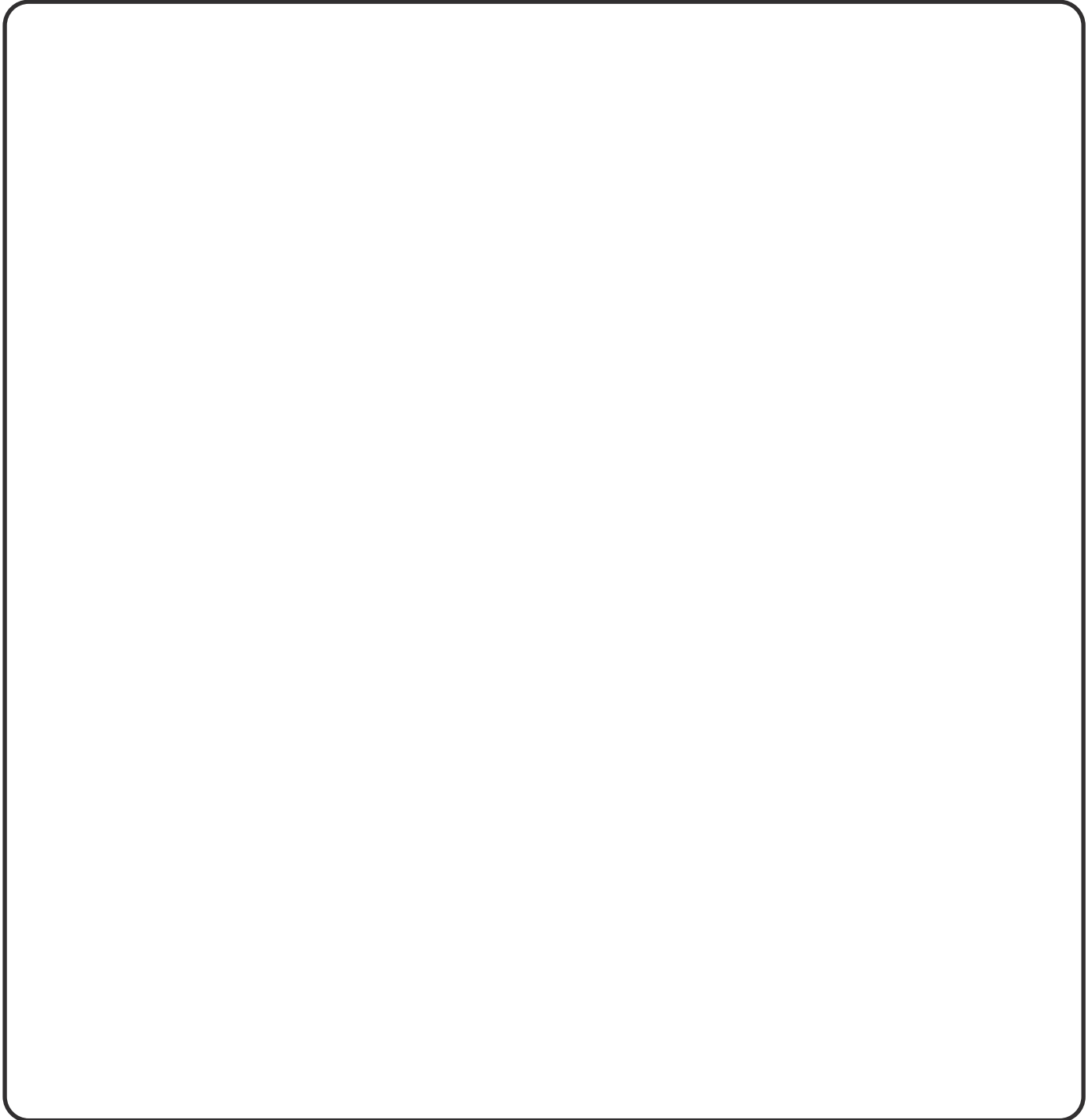
Is there anything from the past year that you are still holding onto and need to forgive? This could be actions or words from others that hurt you, or things you feel angry with yourself for. Make a note of it here. Remember to be kind to yourself and practice forgiveness.

A large, empty rounded rectangular box with a thin black border, intended for the user to write their reflections on forgiveness.

THE PAST YEAR

LET GO!

Do you have anything else that you need to express? Is there anything that you need to release in order to move forward into the coming year? Write or draw it down, then take some time to think about it and then let it go.



THE PAST YEAR

SAY GOODBYE

Select three words that best describe your past year. 📌

What title would your past year have if it would be a book or movie? 📌

If there is anything else that you wish to write down, or if there is anyone you would like to bid farewell to, take this opportunity to do so now. 📌

Congratulations on completing the review of the past year!

It is important to take a moment to acknowledge all that you have accomplished and experienced. Take a deep breath and give yourself a moment to rest before moving forward.

It is natural to feel a mix of emotions as you reflect on the past, but try to let go of any negative feelings and embrace a positive attitude as you begin this new chapter.

You have the strength and resilience to tackle whatever the future holds, and it is important to approach it with a clear and rested mind. So take a moment to relax and recharge before diving into the tasks ahead.

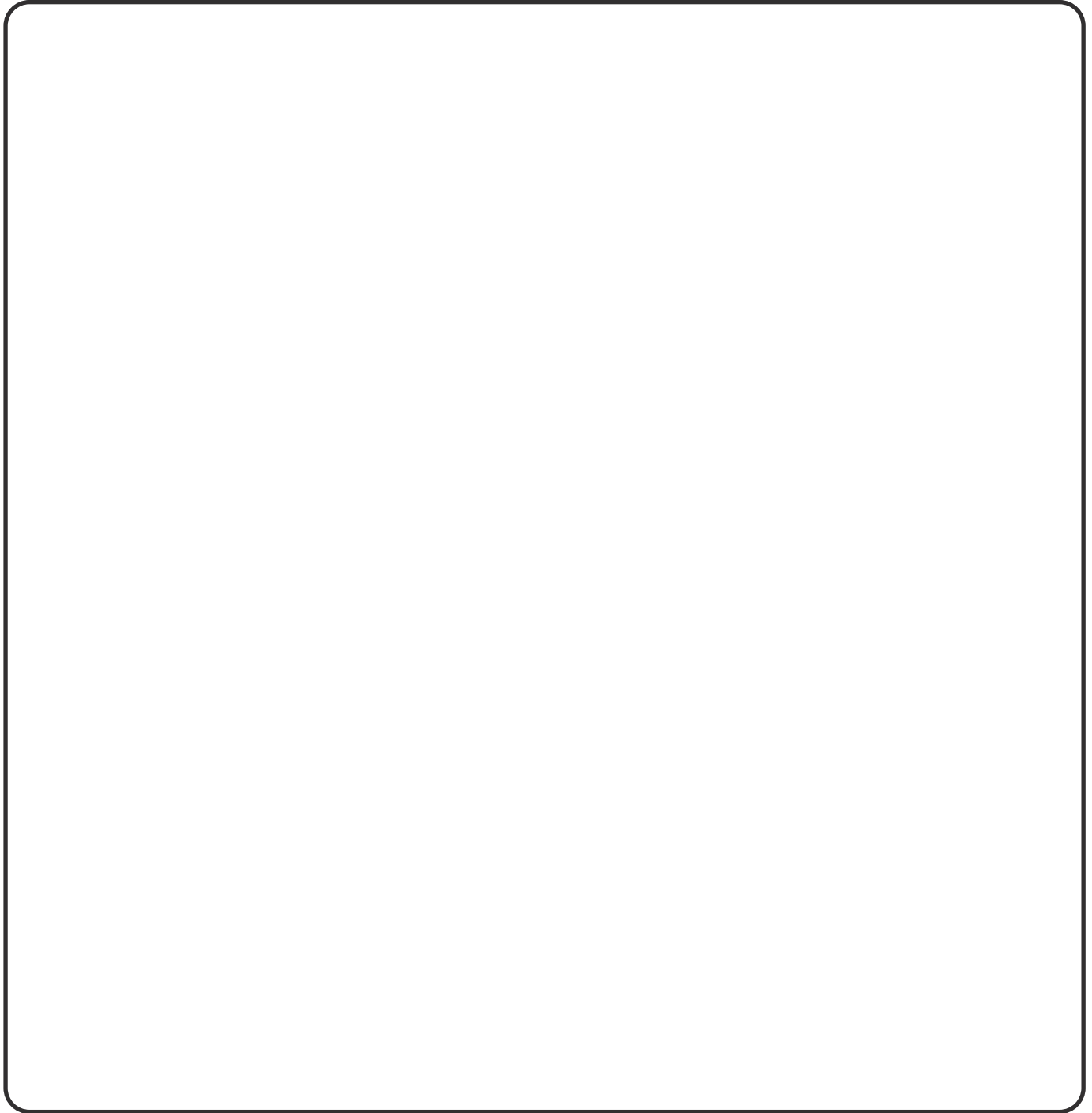
2023

LET'S START!

THE YEAR AHEAD

ALLOW YOURSELF TO DREAM BIG

As you look ahead to the year ahead, what does your ideal future hold? Why do you believe it will be a great year? Let go of any expectations and allow yourself to dream big. You can write or draw about your hopes and aspirations for the coming year.

A large, empty rounded rectangular box with a thin black border, intended for writing or drawing about hopes and aspirations for the coming year.

THE YEAR AHEAD

YOUR FOCUS FOR THIS YEAR

Examine the different areas of your life and determine your goals for the next year. Write down these goals as the first step in making them a reality.

Personal Life, Family

Career, Studies

Hobbies, Creativity, Free-time

Friends, Community

Mental Health, Self-Knowledge

Physical Health, Sport

Habits that define you

Global Commitment*

*What will you do this year to make the world a bit better than you found it before?

THE YEAR AHEAD

LET THE MAGIC TRIPLETS HAPPEN

Write three things you will love about yourself. 🍌

Write three things you are ready to let go. 🍌

Write three things you want to achieve the most. 🍌

Write three people you will rely on during difficult times. 🍌

Write three things you'll take the risk to explore/discover. 🍌

Write three things where you'll have the power to say no to. 🍌

THE YEAR AHEAD

LET THE MAGIC TRIPLETS HAPPEN

Write three things you will make your surroundings cozy with. 📌

Write three things you will do every morning. 📌

Write three things you will pamper yourself with regularly. 📌

Write three places you will visit. 📌

Write three ways you will connect with your loved ones. 📌

Write three gifts you will reward yourself with for your successes. 📌

THE YEAR AHEAD

SIX SENTENCES ABOUT THIS YEAR

This year you will not procrastinate any more on... 📌

This year, you will derive the most energy and motivation from... 📌

This year, you will be the bravest when... 📌

This year you will say yes when... 📌

This year you will advise yourself to... 📌

This year will be special for you because... 📌

THE YEAR AHEAD

LET'S GET THINGS DONE!

Choose a word that represents and defines this year for you. Keep this word in mind as a source of inspiration and motivation, and remember not to let go of your dreams. 🙌

Now is the time to let your secret wish come to the surface. Allow your imagination to run wild and think about what your secret wish is for this year. 🙌

Congratulations - you've just planned your year!

As you continue to work on your vision board, we encourage you to incorporate photos that represent your wishes, dreams, and goals that you will achieve. These images can be found in newspapers, magazines, or online and can be cut out or printed and added to the board.

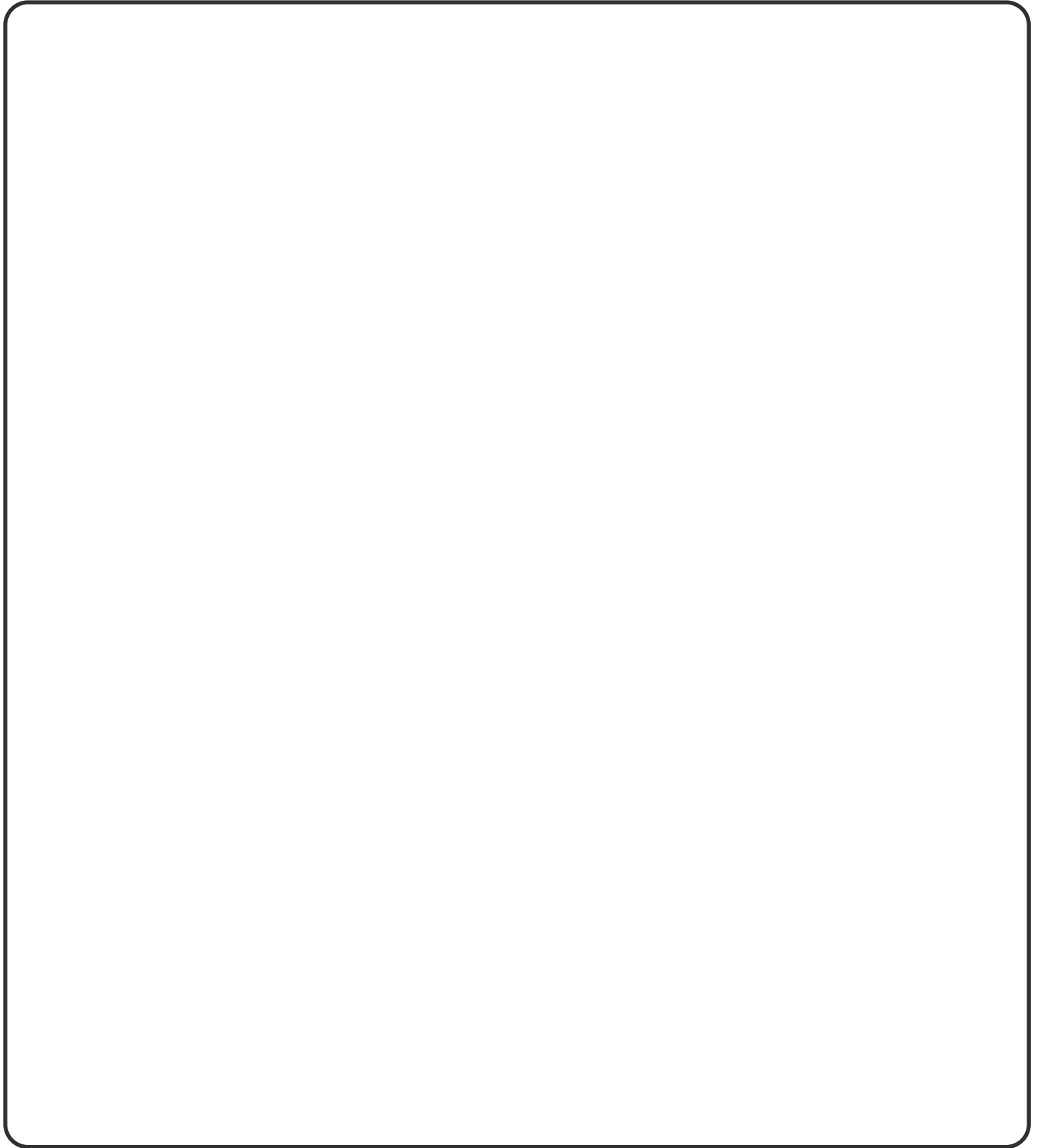
Using pictures in your vision board can be a powerful tool in helping you to connect with your aspirations on a deeper level. When you see a visual representation of what you will achieve, it can be more motivating and inspiring. It can also serve as a constant reminder of what you are working towards.

In addition, adding photos to your vision board can make it more personal and meaningful to you. It allows you to infuse your own unique style and personality into the board and make it a true reflection of your aspirations.

THE YEAR AHEAD

PHOTOS - PICTURES

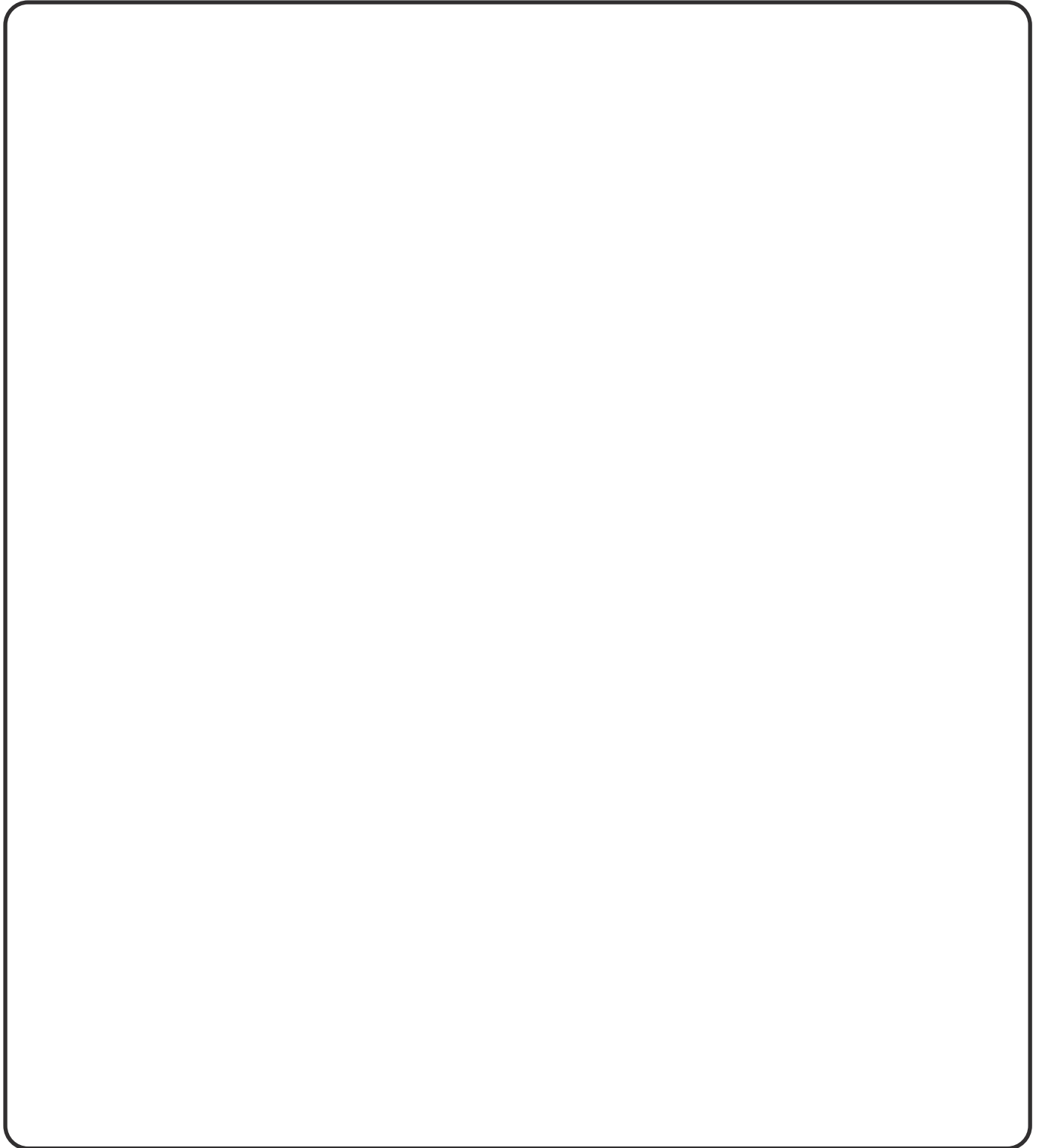
Paste your photos, pictures, ideas, wishes on this pages.



THE YEAR AHEAD

PHOTOS - PICTURES

Paste your photos, pictures, ideas, wishes on this pages.





Why You Should Invest in PBN Kits

Now that you know how beneficial paint-by-number kits are for your mental health, there's one more thing we should add, if you buy this book, you'll **receive a 20% discount** on your next kit.

During the quarantine period, it's important that you can transition your recreational activities at home. The goal this quarantine period is that you stay healthy, and limit your time outside so that you can avoid getting infected.

Now - Why You Should Paint?

Being stuck at home can be difficult, which is why some people are looking for new ways to keep themselves busy. Some enjoy working out or even learning how to bake, while others go into art.

Painting is one of the easiest art forms to do at home because you can use anything. If you don't have paint, you can use coffee, and any wall can be used as a canvas if you're open to it. Aside from that, painting is so easy to learn if you have the internet and patience.

When you feel stuck or stressed, then you should consider learning how to paint to help manage your feelings. You do not have to feel overwhelmed while you are at home, and you should try to learn new things.

Of course, it's important that you don't force yourself to be productive during this quarantine period. It's easy to feel inferior to people who have acquired new skills, but you don't have to match their

pace. Painting is an activity that is calming and can be done at any time frame, so this is something to consider if you want to learn a new skill.

How To Start Painting?

If you feel like you can't paint without a guide, then you can invest in a paint-by-numbers kit. These are easy kits, and they come with a guide. Aside from that, some companies offer you the option of customizing your kit using photos you want to turn into a painting.

Paint-by-numbers is easy if you want to receive results that are not disappointing. When you order from companies that customize these kits, they offer good deals so that you can buy more.

If you're considering buying a customized kit, then you should check the company's advice on choosing the right photo for your painting project. Some photos may not come out nicely depending on its saturation and contrast with the background.

Why You Should Choose a Customized Kit?

Paint-by-number kits that are manufactured by companies are easy to do, and readily available, but they aren't as personalized as you would like. If you are looking for something that would be a great gift for your friends or family, then a customized paint-by-number kit would be a better option.

Customized kits are also fun, and while they cost more, you should take advantage of the discount offered by companies that provide customization services. Another benefit of customized kits is that it's one way you can keep your pet close.

Some owners want a way for them to immortalize their pets after they die, and using a photo of your pet is a great way for you to keep a part of them close to you after they're gone.

YOUR CODE FOR 20% DISCOUNT!

USE CODE: VISION2023



Best Paint
by Numbers