

*Life Sauce*

*The Ultimate  
Couple's Vision  
Board*

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# Introduction

A couple's vision board is a bit different than the one you'd do alone. You are melding two different people's dreams, visions, personalities, and differences into one. The goal is to create a vision that includes both of your dreams and build it as a "we". Can be scary when it feels like we do not agree, but don't worry, you can lovingly negotiate for both of you.

The couples vision board creation process is fun, connecting and helps increase communication skills and is incredibly bonding at the same time. Creating this board together requires that you spend time together talking about and diving into what you've already done and where you want to go in the future.

You must create a safe atmosphere for both of you to openly share your feelings and thoughts without judgment or assumptions. This can be hard at first because I want you to talk about the things you'd really like to see change or areas you'd like to grow. The way you communicate this matter! Not making each other bad or wrong for anything in the past but instead what might not have worked well. Instead of saying: "How about you stop spending so much damn money" I'd prefer "Overspending has made me feel uncomfortable and stressed. I'd like to see us really focus on saving".

Listen carefully to one another and write down what you hear your partner say. Take turns repeating back what your partner said and correct any mistakes or details that need to be included. Be very clear on what each of you is wanting to create moving forward.

Choose a begin and end date (doesn't have to be the total end, but when you will likely want to update your vision). Set a weekly, monthly date to discuss movement and progress that's been made. This should be fun. I'd say pour some nice wine and get comfy when you do this.

# 1st Step: The Goal Setting Foundation:

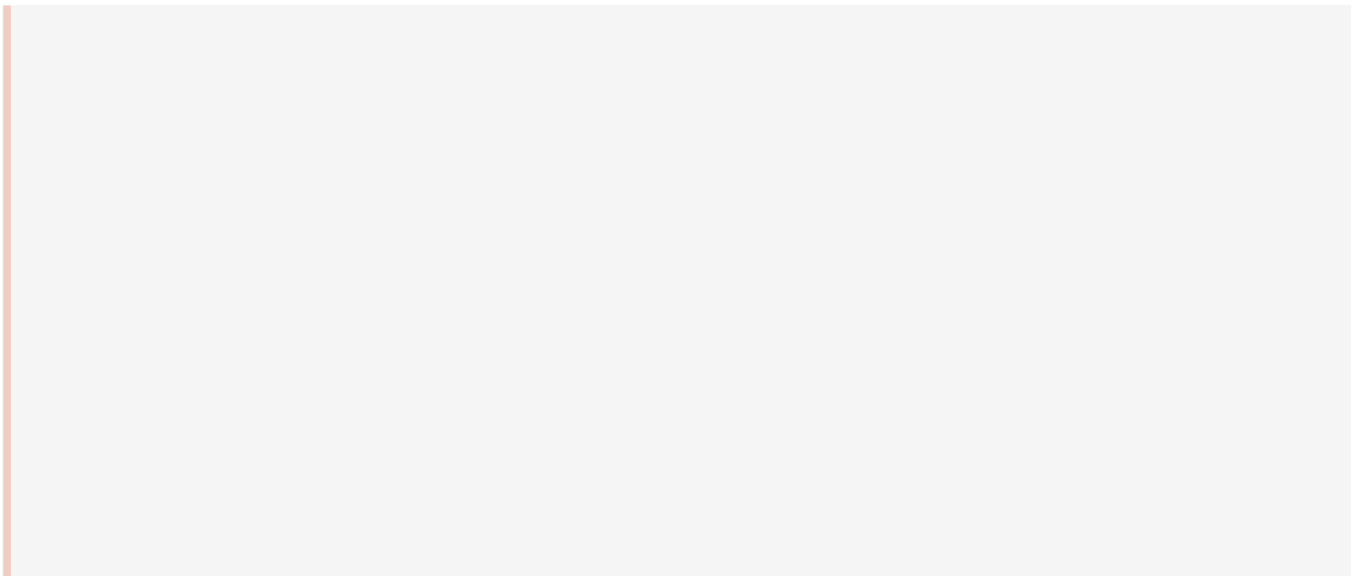
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## Self-Reflection

**What type of relationship do you REALLY WANT?!**

- Understanding your relationship (as it truly is) goals, shortcomings, & areas of potential can help you guys identify where you are beginning, what may be limiting your growth as a couple and what has been not been working and what has been working.
- The goal here is to focus on practice rather than perfect in the goals you set.
  - For example, if you want to become a runner, practicing getting up and walking/running a few blocks to start with incremental steps of increasing your distance.

**Write Down what type of relationship you really want**

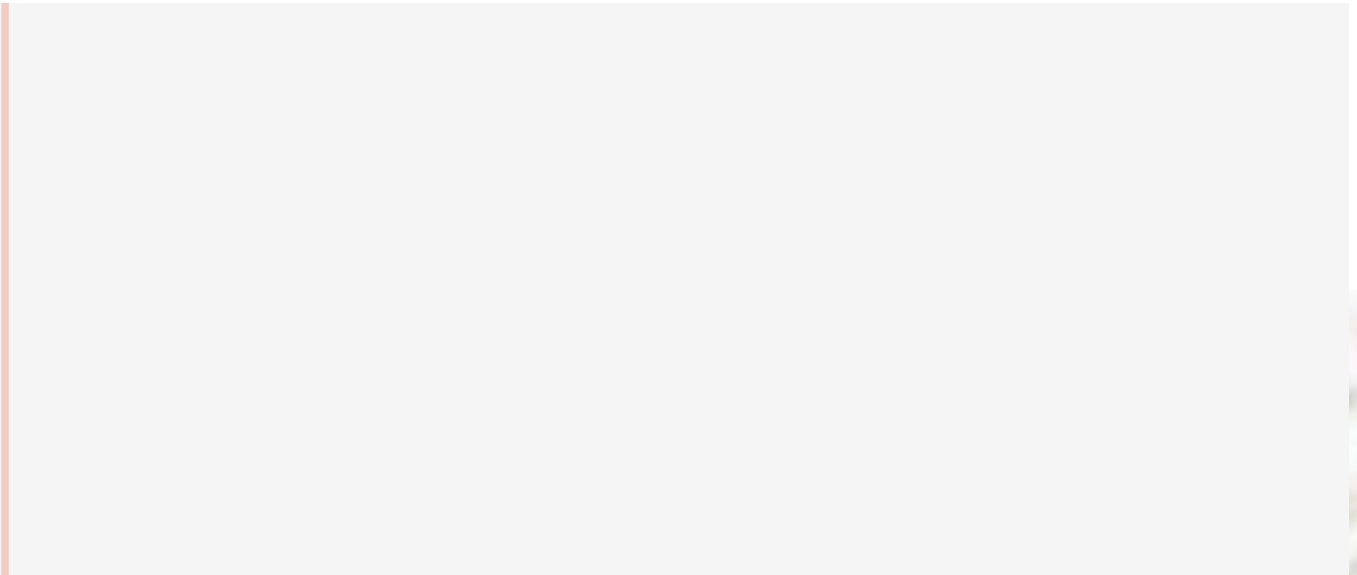


# Feelings

## **1st goals are based on feelings (not just possessions)**

What feelings will you feel by accomplishing your goals? For example, if you added “Feeling deeply connected” to your vision board, you’d likely feel Loved, Safe, happy, passionate etc. If you wanted to make a million dollars, you’d likely feel Secure, Excited, Grateful, Relieved etc., write down what feelings you want to feel.

**Write down what feelings you will feel**

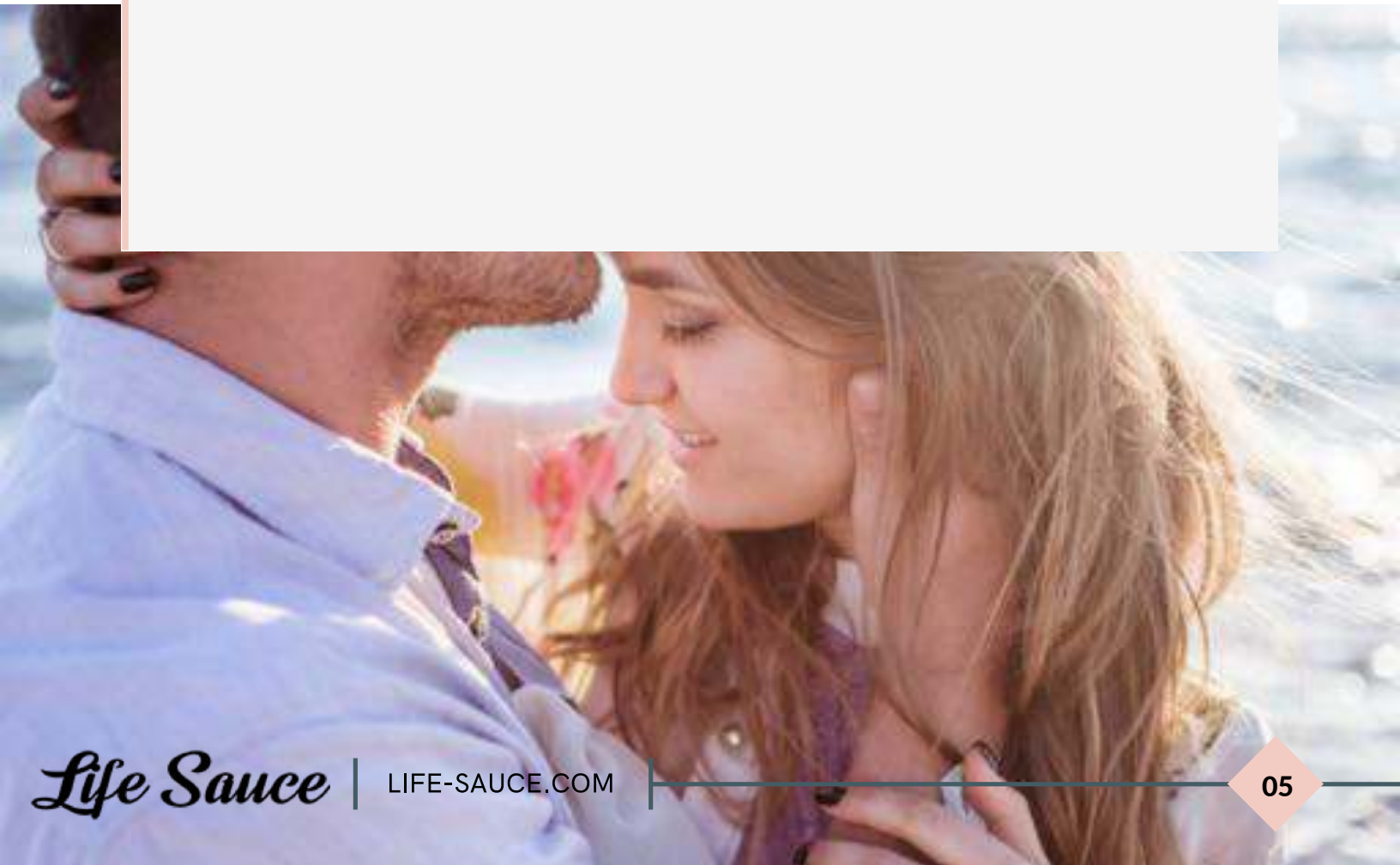
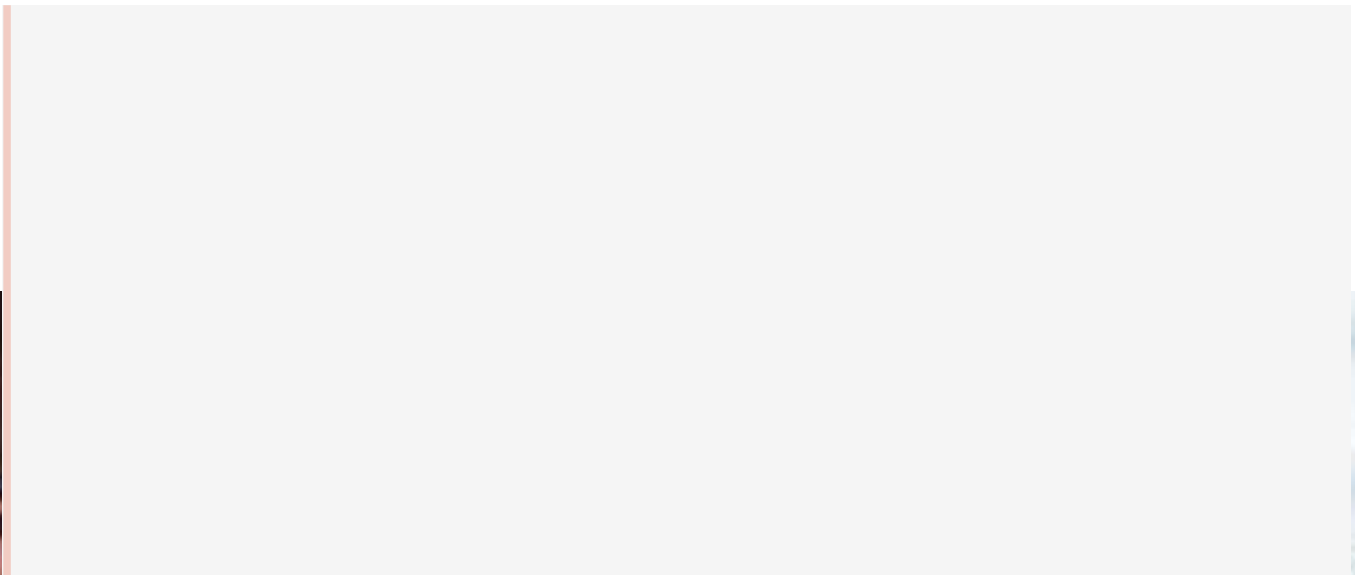




# Know your "Why" or your "Meaning"

Finding your Why/Meaning gives us a great sense of purpose which helps us focus our goals on what really matters MOST to us and compels us to go for it and take risks and as a couple push forward even if you hit roadblocks and bumps in the road. Your Meaning/Why will provide direct connection to the goal!

*Write down your Why/Meaning*



# A Great Attitude Matters:

## Action is only an attitude!

- ♥ Infused with meaning, even small tasks without a great attitude won't sustain themselves.
- ♥ Action is only an attitude at work and your attitude creates the wave of momentum.
- ♥ Your attitude is simply a choice, a stubborn determination to maintain your vision.
- ♥ Not avoiding or denying the darkness of fears that moves in but the tenacious beliefs that refuse to be intimidated by the fight.

**Create an agreement on what a "great attitude" looks like"**



# Share it often

- ♥ Consistently sharing (out loud) about your areas of improvement and lovingly express small ways to keep moving in the right direction is the foundation for creating momentum in your relationship.
- ♥ Why share? Not only is it a way of celebrating the try, giving it energy for growth but also provides accountability.
- ♥ Willingness to give & receive (kind) feedback with specific suggestions for improvement is essential in strengthening going the distance.



***Create an agreement for who, when and how often you will share (out loud) what your working on together:***

# Reinforcement

## (Celebrating Your Small Victories!)

- ♥ One of the most powerful insights we've had in the field of psychology, is the power of learning & reinforcement. (Think about Las Vegas, an entire city built on Reinforcement.) THIS WORKS!
- ♥ You MUST reinforce the wins every chance you get. Celebrate your victories (your try's) every chance you get!
- ♥ Share about them, speak about them, write about them, teach others about them... the more you do it, the stronger your momentum becomes!

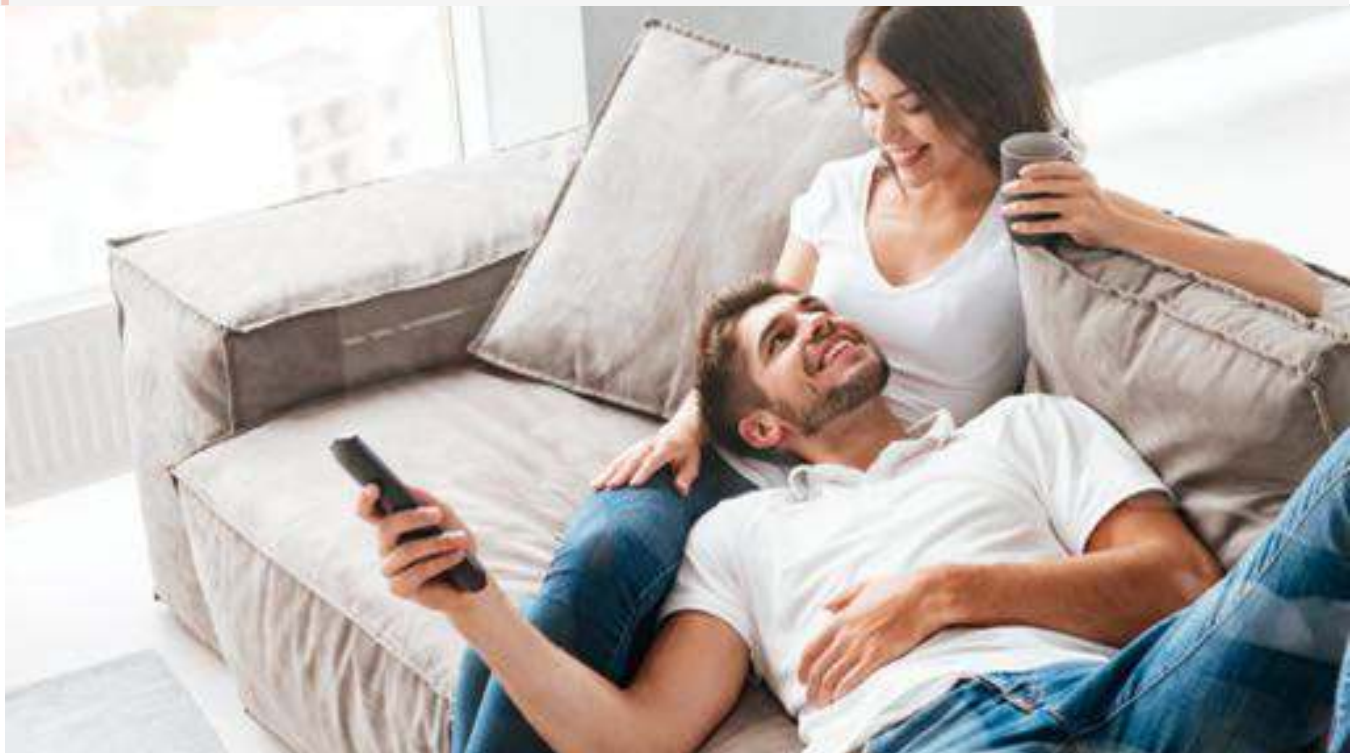
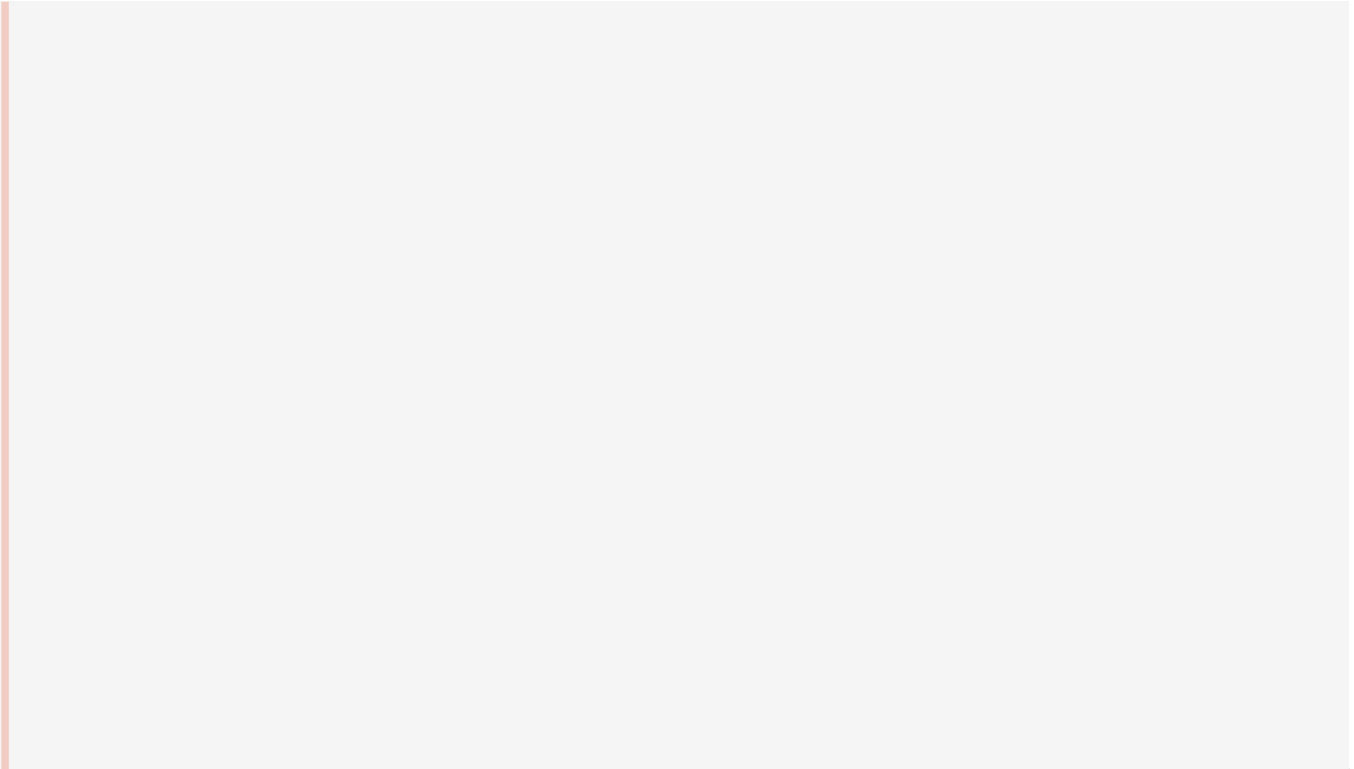
This is just like building a muscle, it won't grow if you don't use it. This step is ESSENTIAL, or it won't stick.

*How will you Reinforce/Celebrate your wins? Write em down!*



**What will help you achieve your goals? What might you need help with? And where can you access help?**

**Write a list of what will help, what you need and where you might find that help:**



# Getting to Work

Decide what you want to bring into your lives and give each one a category. You will be focusing on the areas of your life that you DO want, not on the things you don't want.

If you'd like, use the wheel of life:



*Write down your goals in each of the 8 categories in detail (or make your own):*

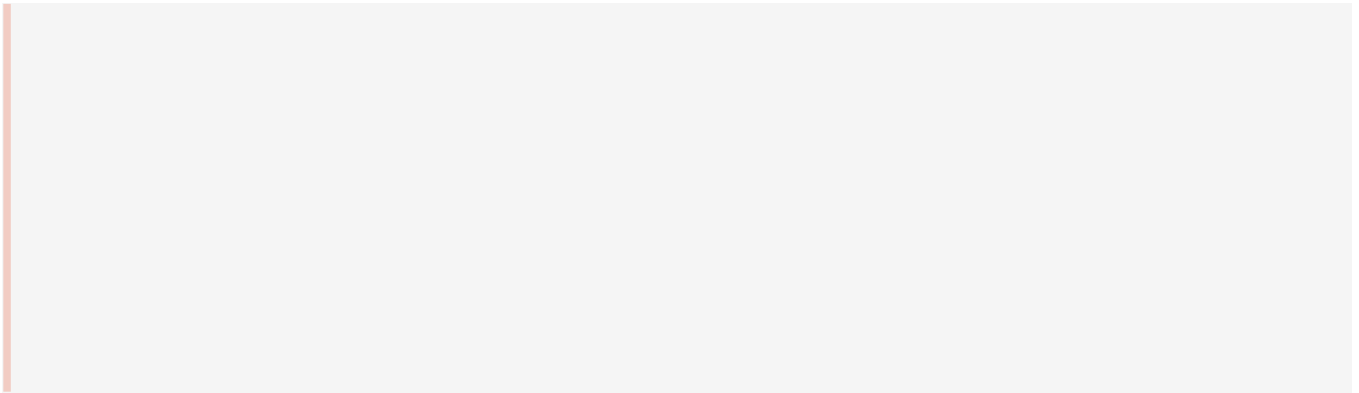
A large, empty rectangular area with a light grey background and a thin red vertical line on the left side, intended for writing goals for each of the 8 categories.

*Add Bucket list Items:*

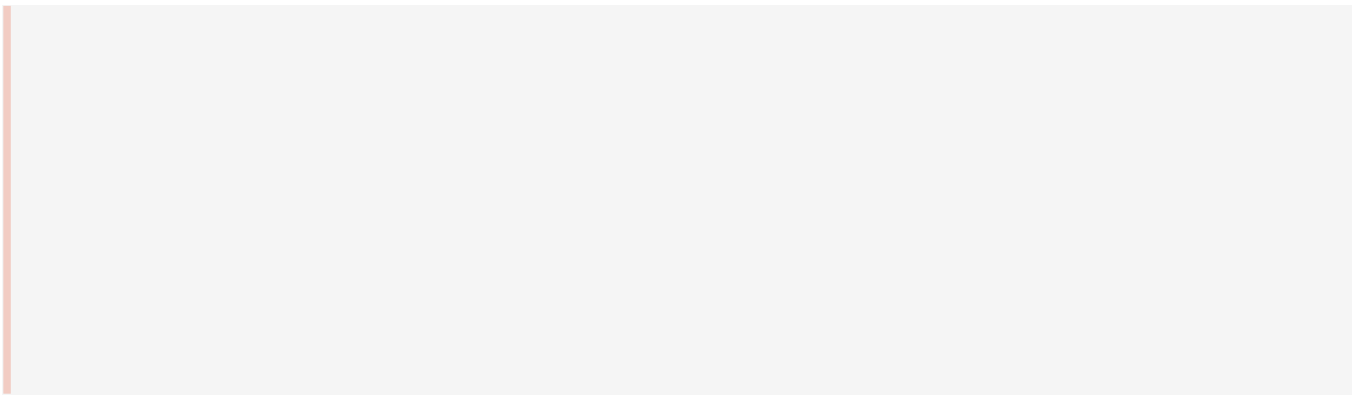
A large, empty rectangular area with a light grey background and a thin red vertical line on the left side, intended for writing bucket list items.

If that doesn't speak to you try these categories:

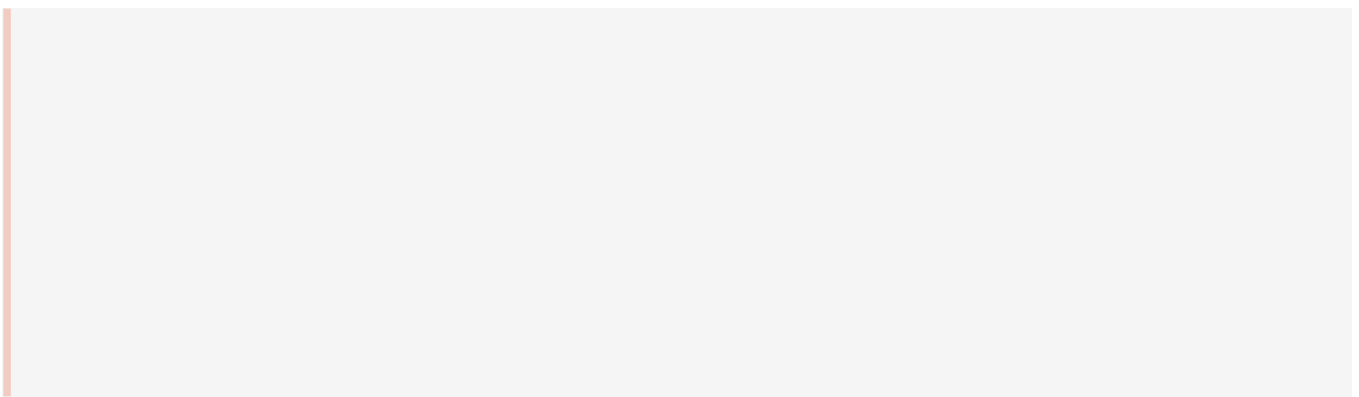
***Couples Life Goal:***



***Couples 1 Year Goal:***



***Couples Bucket List:***



Look in magazines. Online, but find images and words, embellishments or whatever you'd like but be as bold and creative as possible. This should really speak to you, move you and inspire both of you!

You can put it on a board, computer, wall, poster board, whatever you choose but put it some place you see it every day!

You can work in stages

Divide and conquer if you'd like

But above all be extremely specific with your vision.

Create a weekly meeting to go over what actions have been taken that week to work towards your goal and celebrate! Be kind, generous and positive with one another and have fun!

