BUILDING YOUR VISION BOARD

Picture your *future.*

These questions help caregivers reflect on their personal and professional lives, so you can choose what goes on your vision board based on your goals, dreams and well-being.

Personal questions

1 List 3 things that bring you joy.

2 What do you do to keep a positive state of mind and good physical health?

3 Who are the people in your life who give you emotional support?

4 What activities help you bond with your loved ones?

5 What positive feedback or thanks do you receive from the people you care for?

6 How do you picture your personal growth journey?

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PERSONAL QUESTIONS, CONTINUED

Your life, *your joy.*

7 List your hobbies.

8 How can you use your personal interests in your daily work?

9 What are your short-term goals?

10 What are your long-term goals?

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

12 List 3 things you are grateful for.

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PROFESSIONAL QUESTIONS

Your career, *your growth.*

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

2 What certifications related to your current role would you like to earn in the next year?

3 What professional goals have you set for the next 5 years?

4 Are you part of a professional association that can help advance your career? If so, list it.

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

6 Have you ever considered a leadership role at work? If not, why not?

7 Why are connections important in your profession and your network?

8 How do you communicate, and how do you show up in the world each day?

9 What awards would you like to see created to recognize caregivers?

10 What changes would you like to see at your workplace to recognize the work you do?

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SET YOUR GOALS

Make your goals *SMART.*

S SPECIFIC

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

M MEASURABLE

How will you track your progress?

A ATTAINABLE

What do you need to do to reach your goal?

R RELEVANT

Why is this goal important to you?

T TIMELY

Set a timeframe for your goal so you stay accountable.

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BRING IT TOGETHER

Your vision *board.*

PURPOSE

PERSONAL GOALS

ACTION PLAN

WORK GOALS

ACTION PLAN

HEALTH GOALS

ACTION PLAN

FINANCIAL GOALS

ACTION PLAN

WHAT I LEARNED

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STAY ON TRACK

Goal *tracker.*

MONTHLY GOAL

WEEK 1 GOAL

WEEK 2 GOAL

WEEK 3 GOAL

WEEK 4 GOAL

MONTHLY GOAL COMPLETED

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