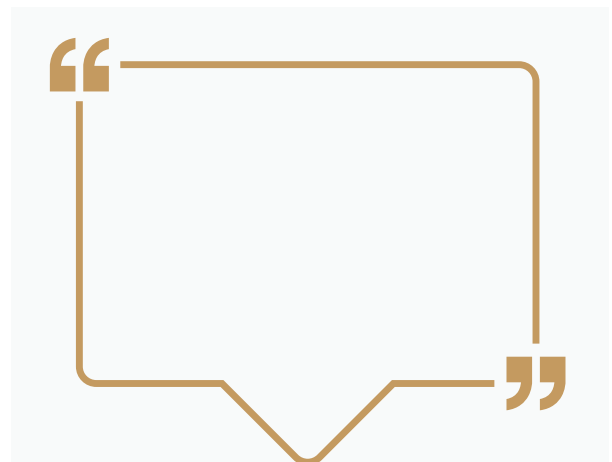
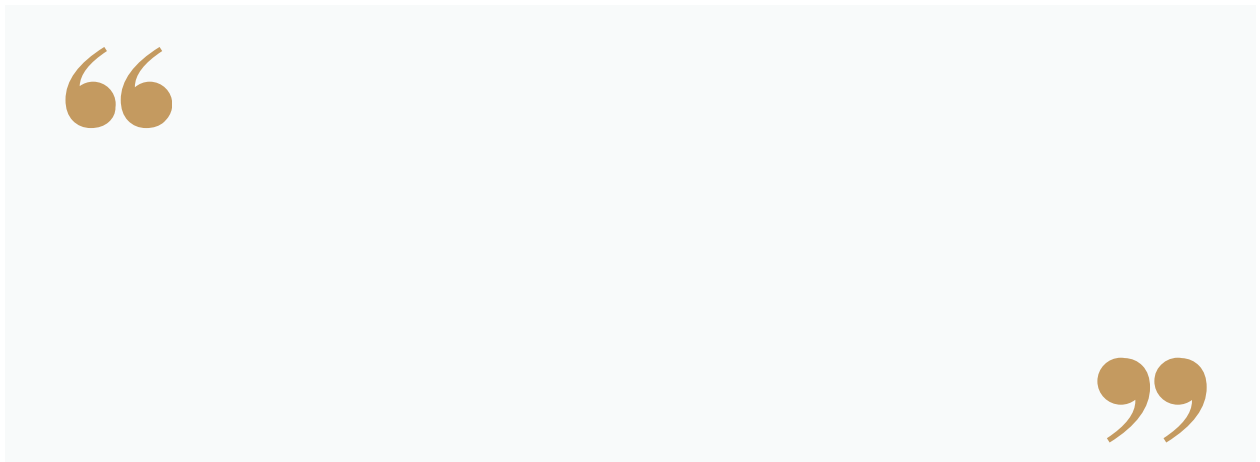
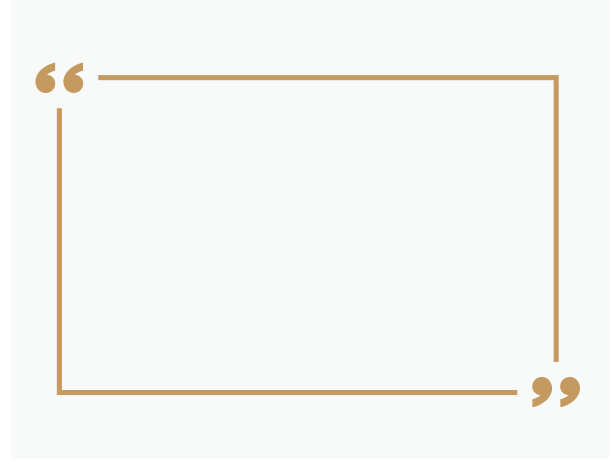
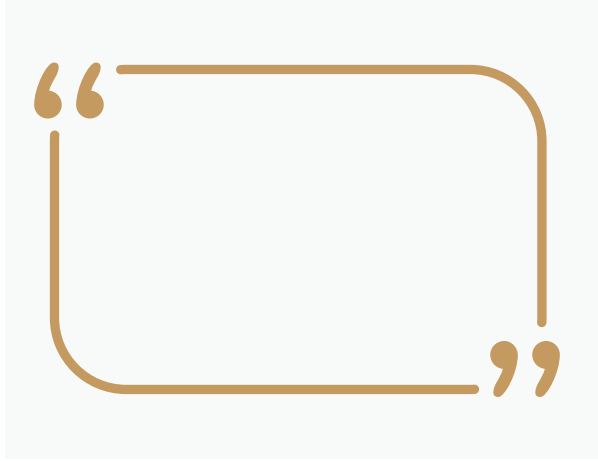




VISION BOOK Journal

MysticalMinds.co

INSPIRATIONAL QUOTES



AFFIRMATIONS



10 AFFIRMATIONS

1

2

3

4

5

6

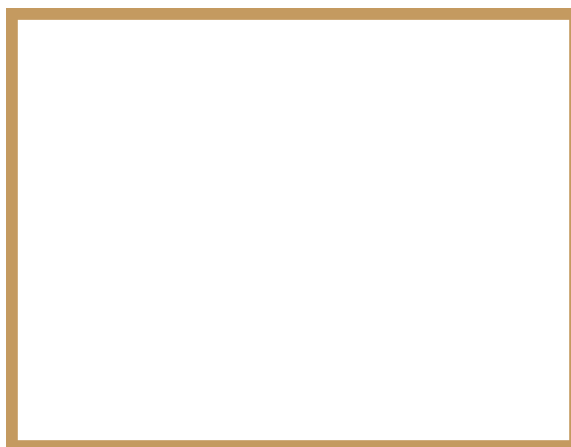
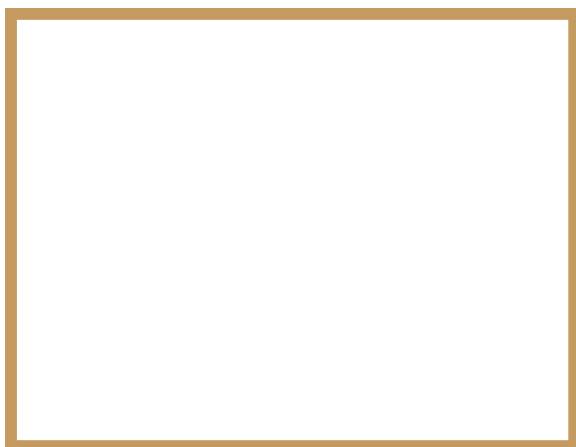
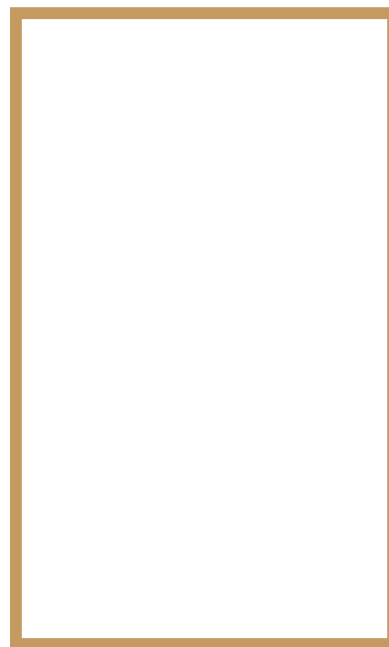
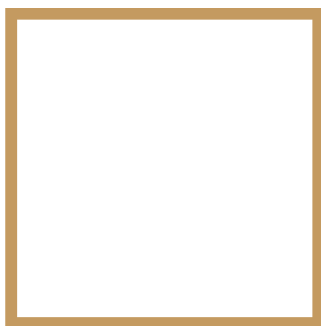
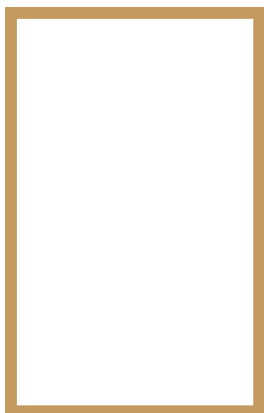
7

8

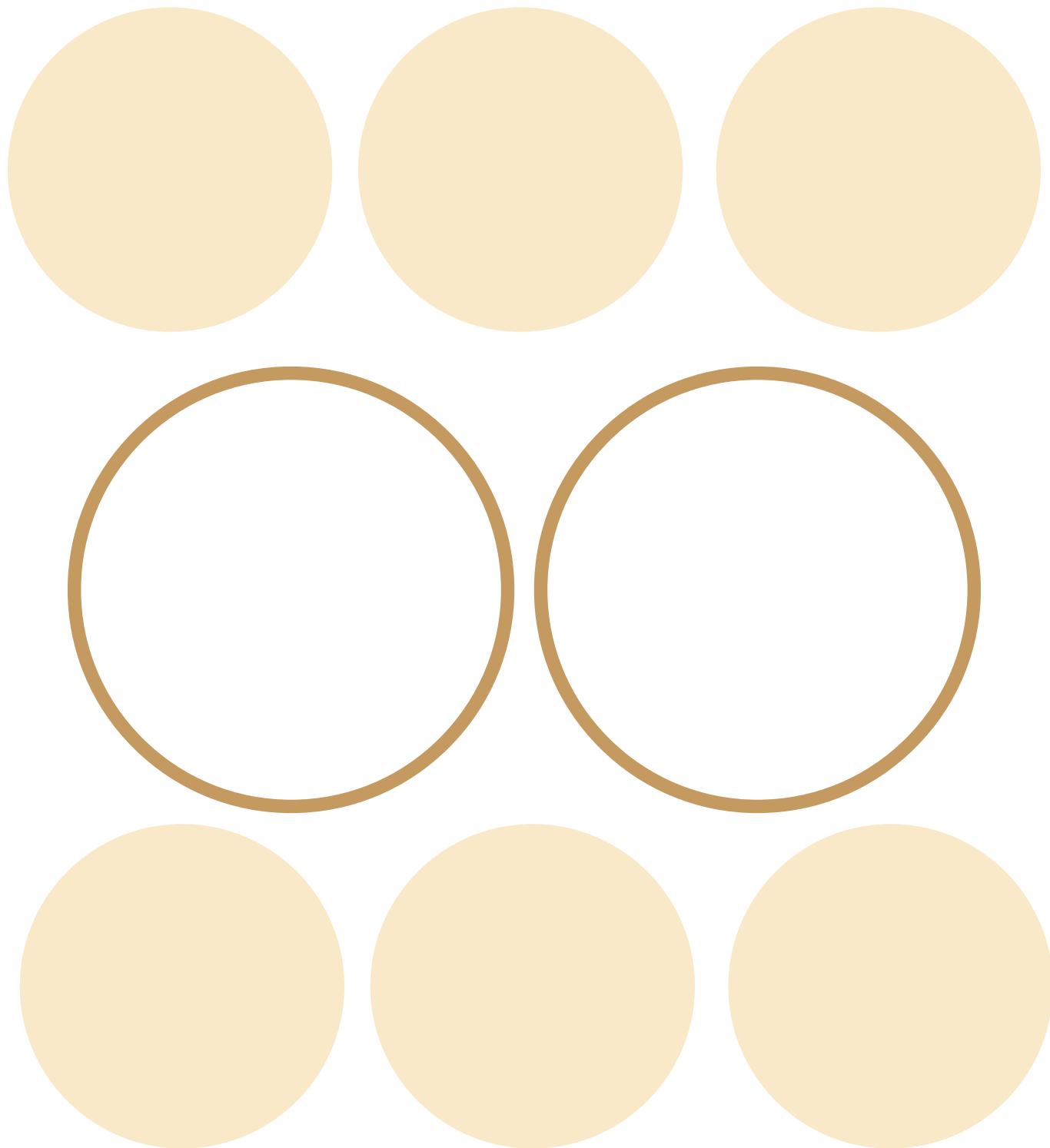
9

10

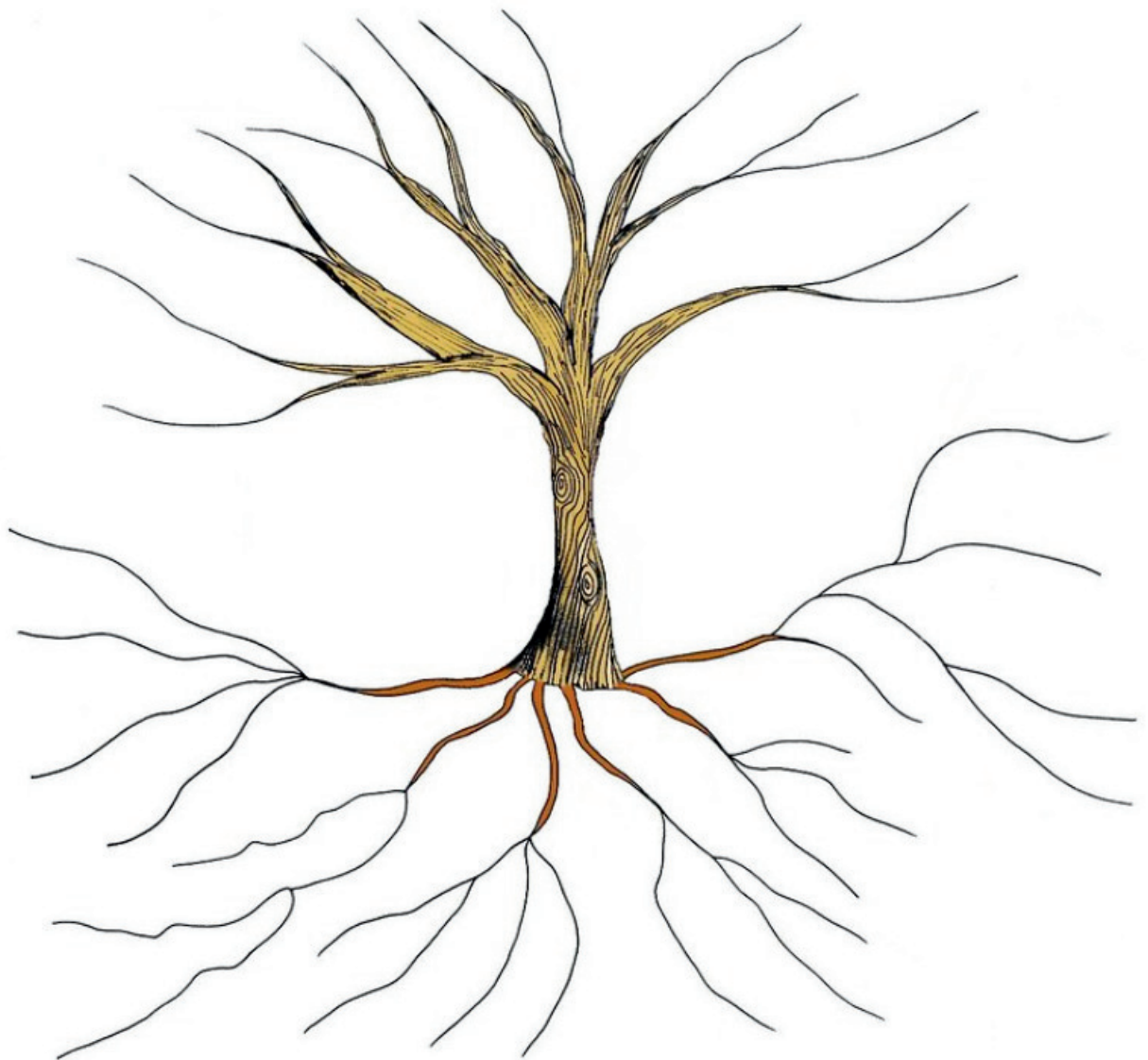
MIND MAP



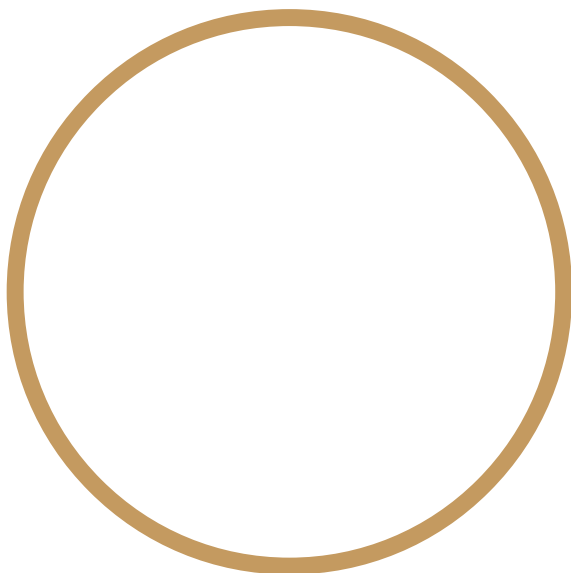
MIND MAP



TREE OF THOUGHTS



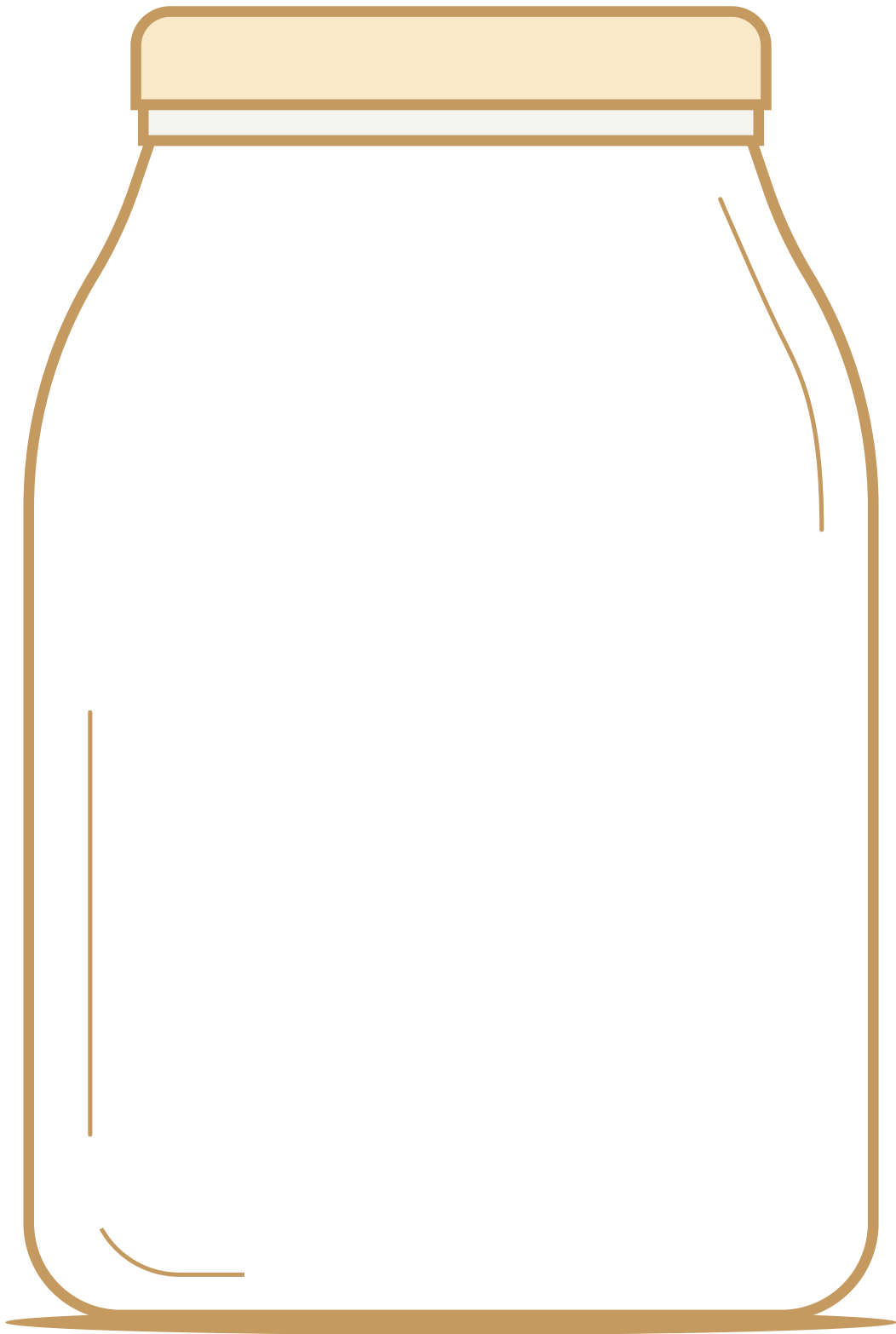
EXPRESSING GRATITUDE



Date	Time	Location	Weather	Temperature	Humidity	Wind Speed	Wind Direction	Cloud Cover	Visibility	Air Quality	Soil Moisture	Soil Temperature	Plant Growth	Insect Activity	Bird Activity	Mammal Activity	Reptile Activity	Amphibian Activity	Fungal Activity	Bacterial Activity	Microbial Activity	Plant Health	Soil Health	Water Quality	Water Level	Water Temperature	Water pH	Water Conductivity	Water Turbidity	Water Color	Water Odor	Water Taste	Water Safety	Water Use	Water Conservation	Water Pollution	Water Management	Water Policy	Water Law	Water Governance	Water Planning	Water Design	Water Construction	Water Operation	Water Maintenance	Water Repair	Water Replacement	Water Upgrade	Water Expansion	Water Reduction	Water Elimination	Water Minimization	Water Maximization	Water Optimization	Water Efficiency	Water Effectiveness	Water Impact	Water Benefit	Water Cost	Water Value	Water Quality	Water Quantity	Water Quality	Water Quantity	Water Quality	Water Quantity	Water Quality	Water Quantity	Water Quality	Water Quantity	Water Quality	Water Quantity	Water Quality	Water Quantity	Water Quality	Water Quantity	Water Quality	Water Quantity	Water Quality	Water Quantity	Water Quality	Water Quantity	Water Quality	Water Quantity	Water Quality	Water Quantity	Water Quality	Water Quantity	Water Quality	Water Quantity	Water Quality	Water Quantity	Water Quality	Water Quantity	Water Quality	Water Quantity	Water Quality	Water Quantity	Water Quality	Water Quantity	Water Quality	Water Quantity	Water Quality	Water Quantity	Water Quality	Water Quantity	Water Quality	Water Quantity	Water Quality	Water Quantity	Water Quality	Water Quantity	Water Quality	Water Quantity	Water Quality	Water Quantity	Water Quality	Water Quantity	Water Quality	Water Quantity	Water Quality	Water Quantity	Water Quality	Water Quantity	Water Quality	Water Quantity	Water Quality	Water Quantity	Water Quality	Water Quantity	Water Quality	Water Quantity	Water Quality	Water Quantity	Water Quality	Water Quantity	Water Quality	Water Quantity	Water Quality	Water Quantity	Water Quality
------	------	----------	---------	-------------	----------	------------	----------------	-------------	------------	-------------	---------------	------------------	--------------	-----------------	---------------	-----------------	------------------	--------------------	-----------------	--------------------	--------------------	--------------	-------------	---------------	-------------	-------------------	----------	--------------------	-----------------	-------------	------------	-------------	--------------	-----------	--------------------	-----------------	------------------	--------------	-----------	------------------	----------------	--------------	--------------------	-----------------	-------------------	--------------	-------------------	---------------	-----------------	-----------------	-------------------	--------------------	--------------------	--------------------	------------------	---------------------	--------------	---------------	------------	-------------	---------------	----------------	---------------	----------------	---------------	----------------	---------------	----------------	---------------	----------------	---------------	----------------	---------------	----------------	---------------	----------------	---------------	----------------	---------------	----------------	---------------	----------------	---------------	----------------	---------------	----------------	---------------	----------------	---------------	----------------	---------------	----------------	---------------	----------------	---------------	----------------	---------------	----------------	---------------	----------------	---------------	----------------	---------------	----------------	---------------	----------------	---------------	----------------	---------------	----------------	---------------	----------------	---------------	----------------	---------------	----------------	---------------	----------------	---------------	----------------	---------------	----------------	---------------	----------------	---------------	----------------	---------------	----------------	---------------	----------------	---------------	----------------	---------------	----------------	---------------	----------------	---------------	----------------	---------------	----------------	---------------

--

GRATITUDE JAR



KINDNESS TRACKER

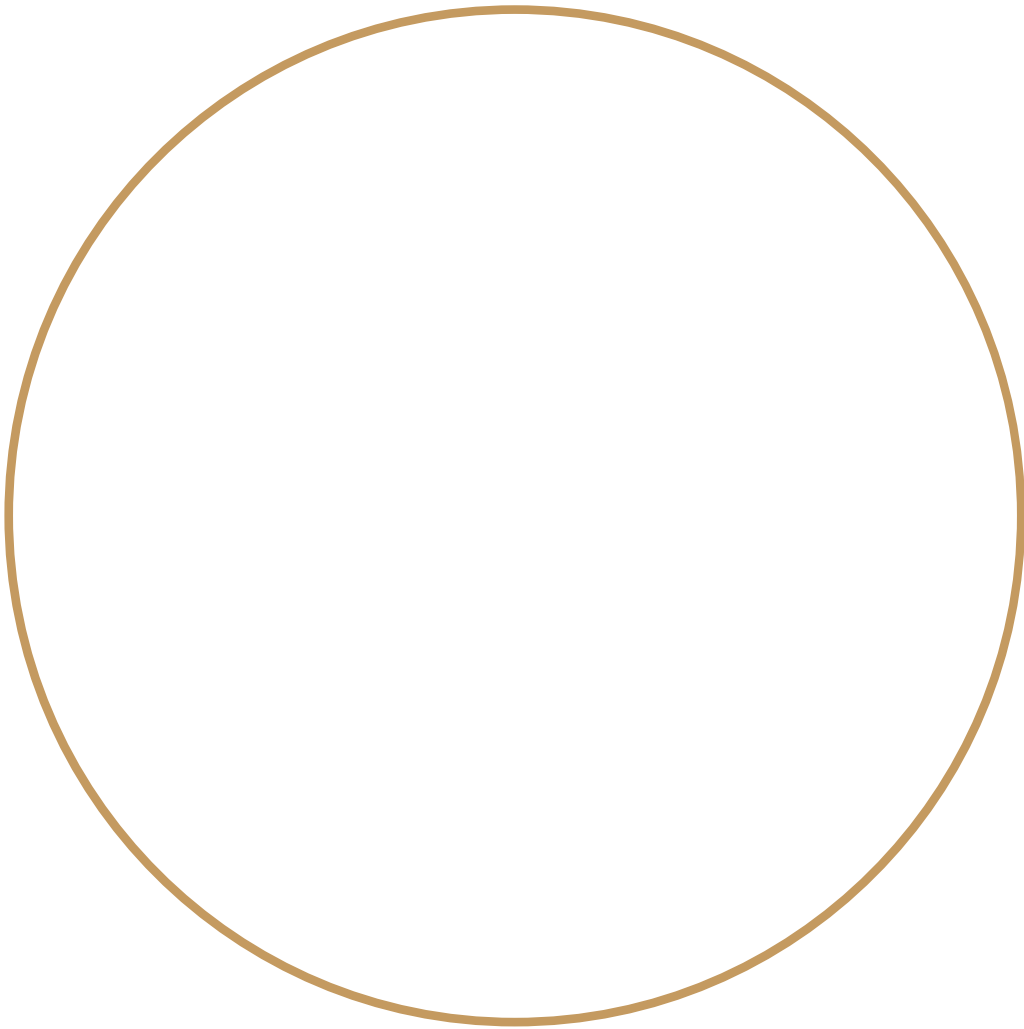
MONTH _____

The main body of the form is a large rectangle containing a series of parallel diagonal lines sloping from the top-left to the bottom-right. On the left side of this rectangle, there is a semi-circular arc that serves as a calendar for the month. The arc is divided into 31 segments, each labeled with a number from 1 to 31. The numbers 1 through 7 are positioned at the top of the arc, 8 through 17 are in the middle, and 18 through 31 are at the bottom. The arc is drawn with a light gray line, and the numbers are in a small, black, sans-serif font.

I AM THANKFUL FOR

Think about everything that you have and what you have to be thankful for.

Draw a picture in the circle of something you are thankful for and write a sentence about it.



I am thankful for:

One sentence:

MY BEST SELF

Habits to Change

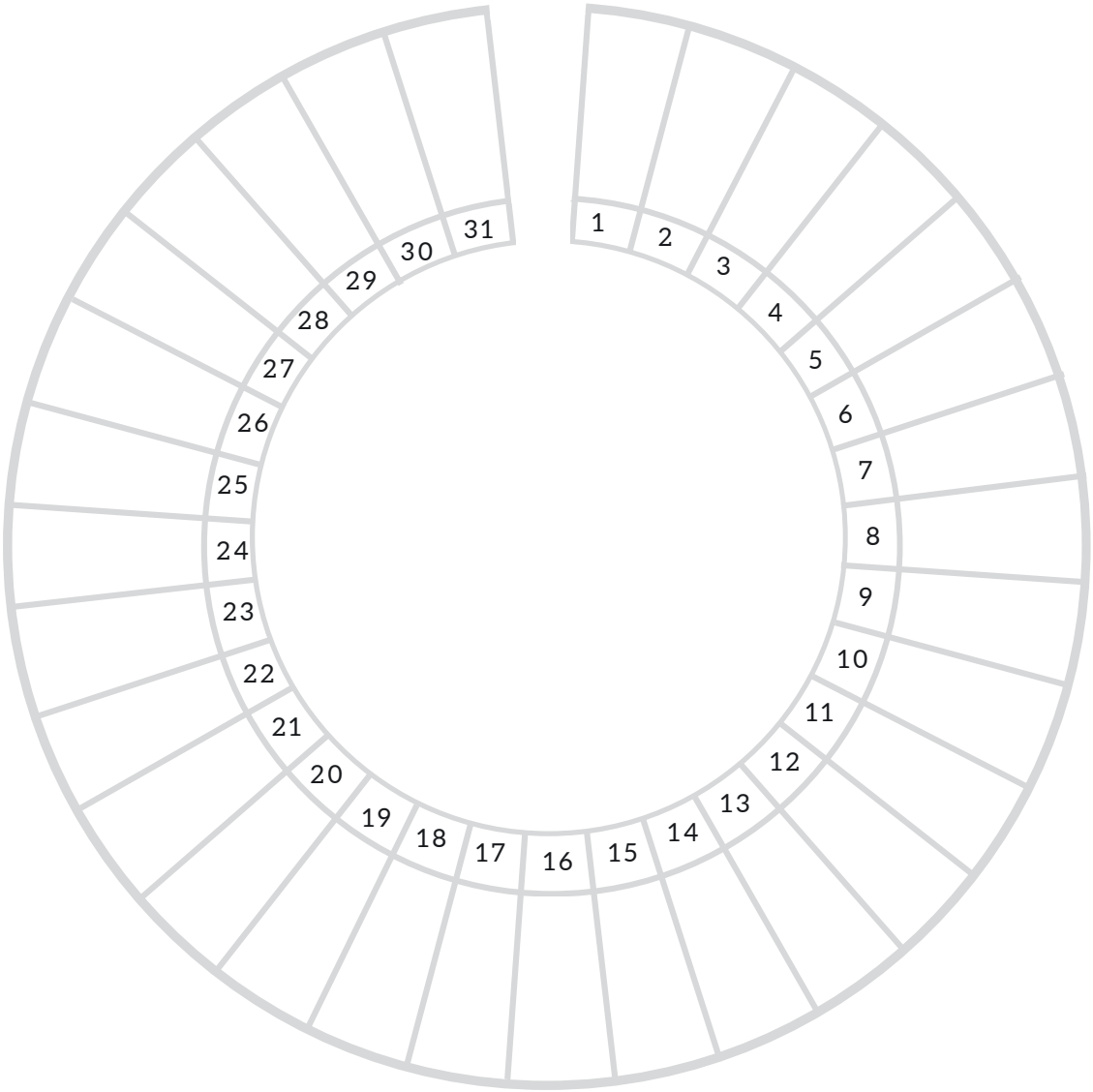
Skills to Learn

Values to Enhance

Qualities to Adopt

MOOD TRACKER

MONTH _____



NEUTRAL

TIRED

STRESSED

GRUMPY

SICK

SAD

RELAXED

HAPPY

ANGRY

VISION BOARD

Career

Finance

Friends

Love

Personal Growth

Health

Leisure

Home

VISION BOARD

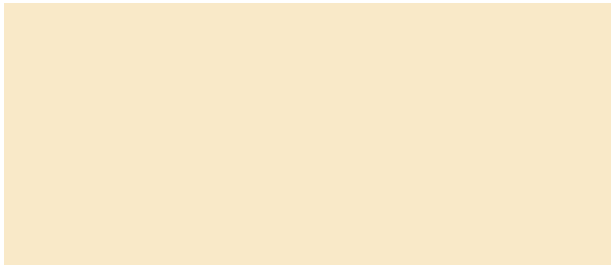
WHAT I'D LIKE TO ATTRACT

A large, empty rectangular box with a light beige background, intended for a user to write or paste content related to what they want to attract.

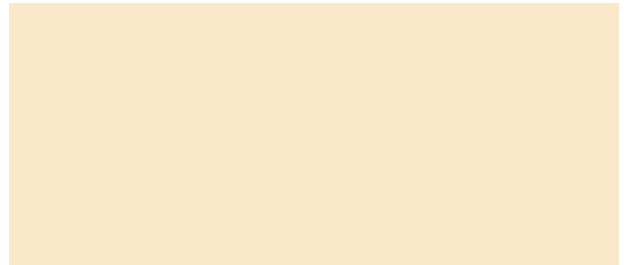
SPIRITUALITY

A large, empty rectangular box with a light beige background, intended for a user to write or paste content related to spirituality.

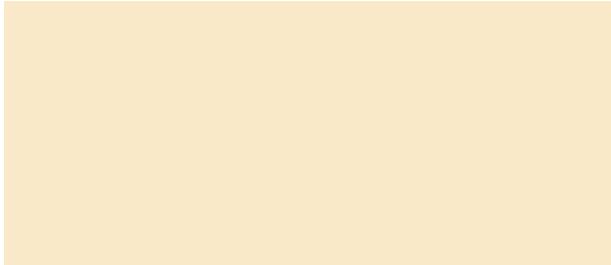
PHYSICAL HEALTH

A large, empty rectangular box with a light beige background, intended for a user to write or paste content related to physical health.

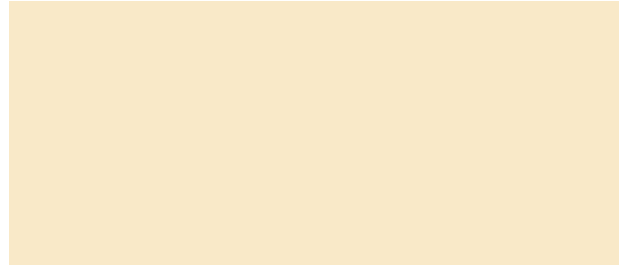
SELF LOVE

A large, empty rectangular box with a light beige background, intended for a user to write or paste content related to self love.

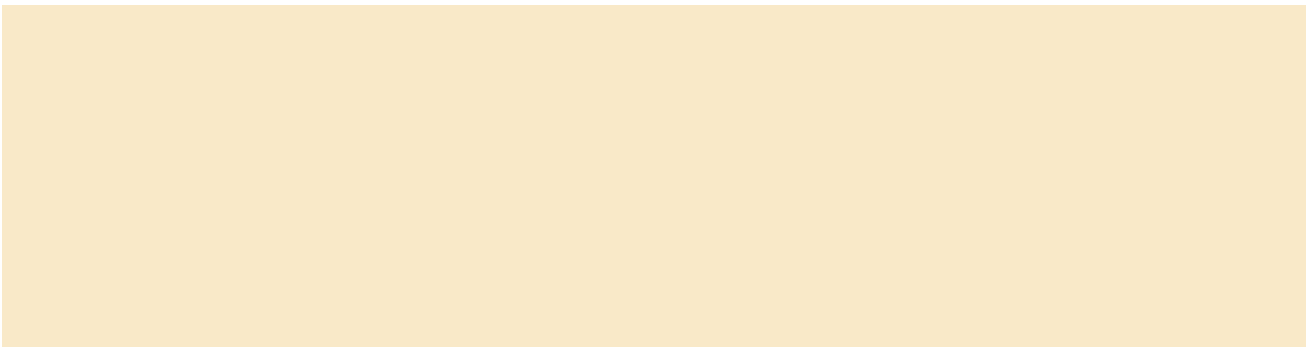
MY FAMILY

A large, empty rectangular box with a light beige background, intended for a user to write or paste content related to their family.

MONEY MINDSET

A large, empty rectangular box with a light beige background, intended for a user to write or paste content related to their money mindset.

MY BIG GOAL

A large, empty rectangular box with a light beige background, intended for a user to write or paste content related to their biggest goal.

MY VISION BOARD

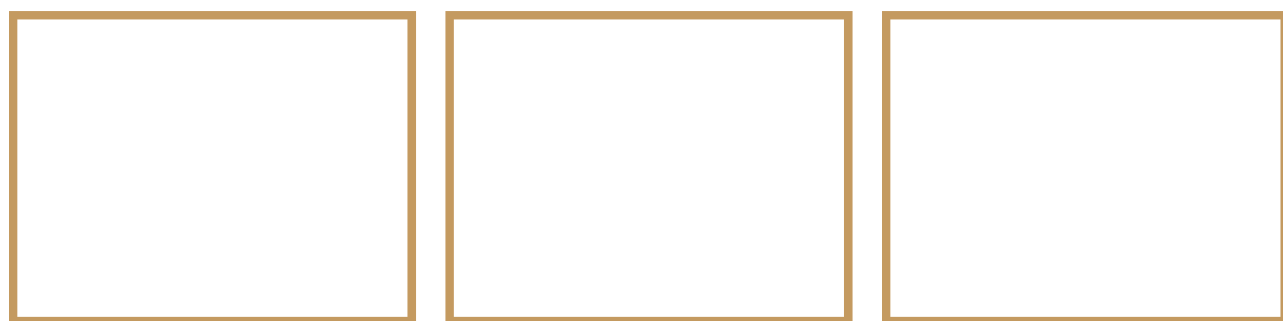
MY FAVOURITE QUOTES

Three circular frames, each with a brown outline and a pair of brown quotation marks at the top-left and bottom-right positions, arranged horizontally for writing favorite quotes.

MY SAFE SPACE TO RELAX

Three banner-shaped frames, each with a brown outline and a pointed bottom, arranged horizontally for describing a safe space to relax.

MY GOALS

Three square frames, each with a brown outline, arranged horizontally for writing personal goals.

MONTHLY VISION

Celebrate Last Month

Goals, accomplishments, blessings

Envision

What do you want to happen this month?

Must Do This Month

personal

people

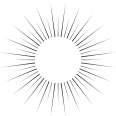
passion

purpose

projects

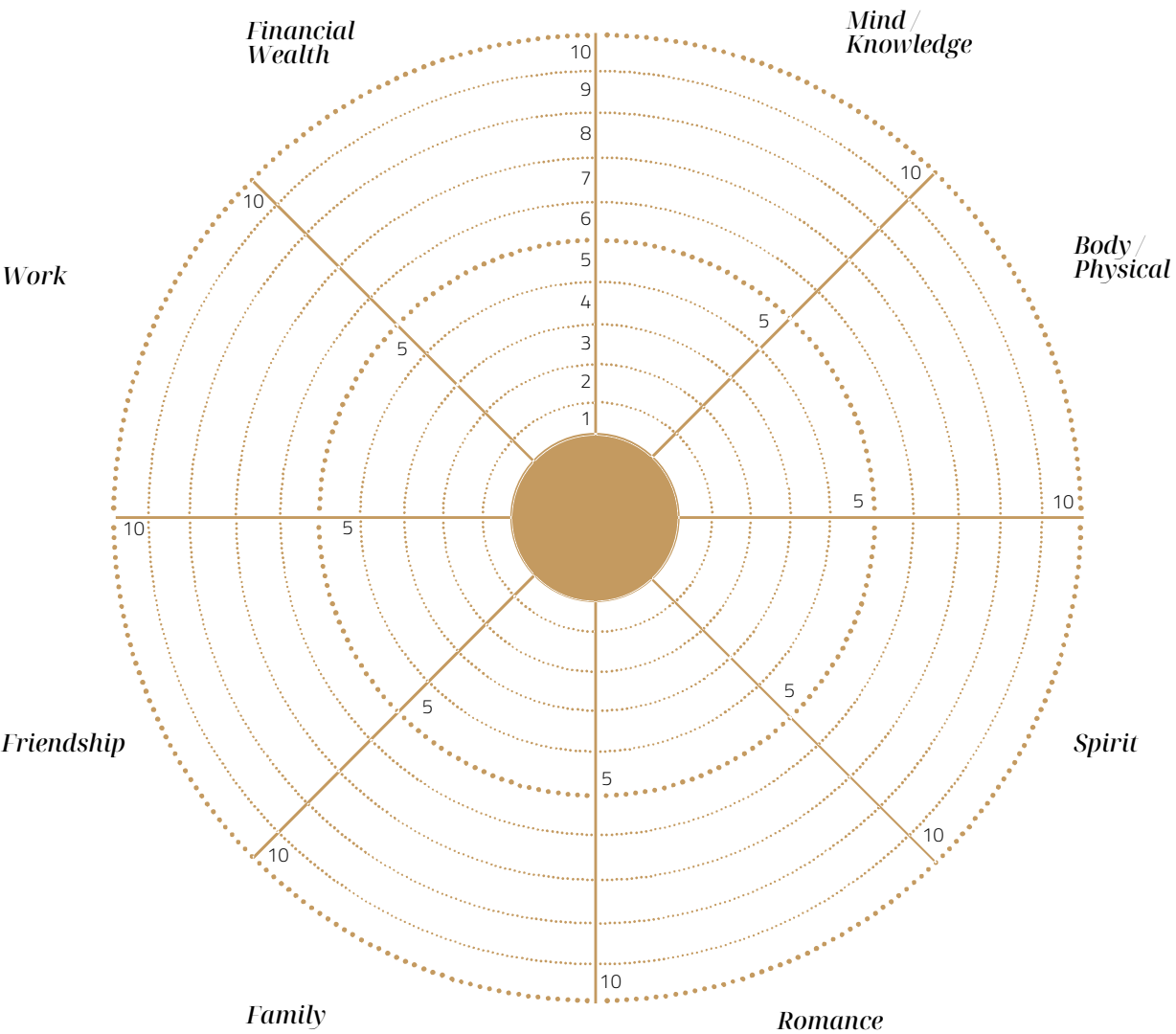
Events

MY AVERAGE DAY

	>>	>>	>>
	>>	>>	>>
	>>	>>	>>
	>>	>>	>>
	>>	>>	>>
	>>	>>	>>
	>>	>>	>>

LIFE WHEEL

MONTH _____



NOTES

YOGA LOG

TODAY'S DATE

MUSIC

POSITION/S	TIME	DONE
		☐
		☐
		☐
		☐
		☐
		☐

GOAL/S FOR TODAY'S YOGA SESSION

MEDITATION TRACKER

DAY	MEDITATION ACTIVITY	DURATION
MONDAY		
TUESDAY		
WEDNESDAY		
THURSDAY		
FRIDAY		
SATURDAY		
SUNDAY		
TOTAL MEDITATION TIME:		

VISUALIZATION

DURING MY VISUALIZATION I SAW:

DURING MY VISUALIZATION I FELT EMOTIONS:

USING MY 5 SENSES, I COULD SEE, HEAR, SMELL, TASTE, TOUCH:



WHAT I'D LIKE TO SEE MORE OF:

WHAT I'D LIKE TO SEE LESS OF:

BUCKET LIST

DATE: _____

☐	_____
☐	_____
☐	_____
☐	_____
☐	_____
☐	_____
☐	_____
☐	_____
☐	_____
☐	_____
☐	_____
☐	_____
☐	_____
☐	_____
☐	_____
☐	_____

☐	_____
☐	_____
☐	_____
☐	_____
☐	_____
☐	_____
☐	_____
☐	_____
☐	_____
☐	_____
☐	_____
☐	_____
☐	_____
☐	_____
☐	_____
☐	_____

_____	NOTES	_____

Write a letter to the future: set goals for yourself, make a prediction about the world. Envision the future, and then make it happen.

A simple line drawing of a quill pen resting in a small inkwell. The inkwell is a rounded container with a dark grey rectangular area at the bottom representing ink. The quill is a feather with a central shaft and several barbs, angled upwards and to the right. The background consists of horizontal lines, with a thicker brown line above the quill and a thinner brown line below the inkwell.

LETTER TO UNIVERSE

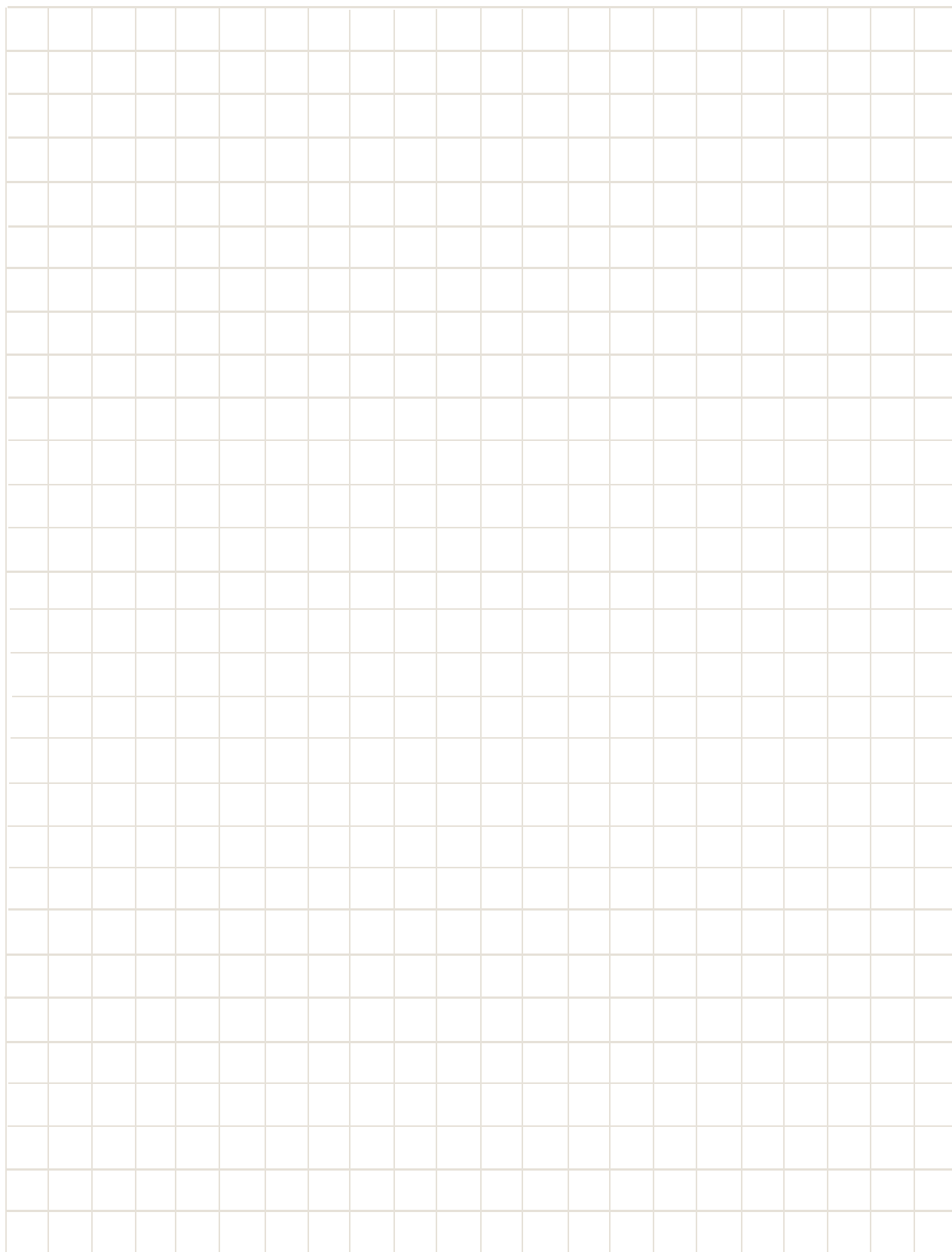
This letter exercise will help you clear your mind from fears holding you back. Therefore, clearly state your desire and do not forget to show your gratitude and be proud of what you've been able to accomplish.



LETTING GO

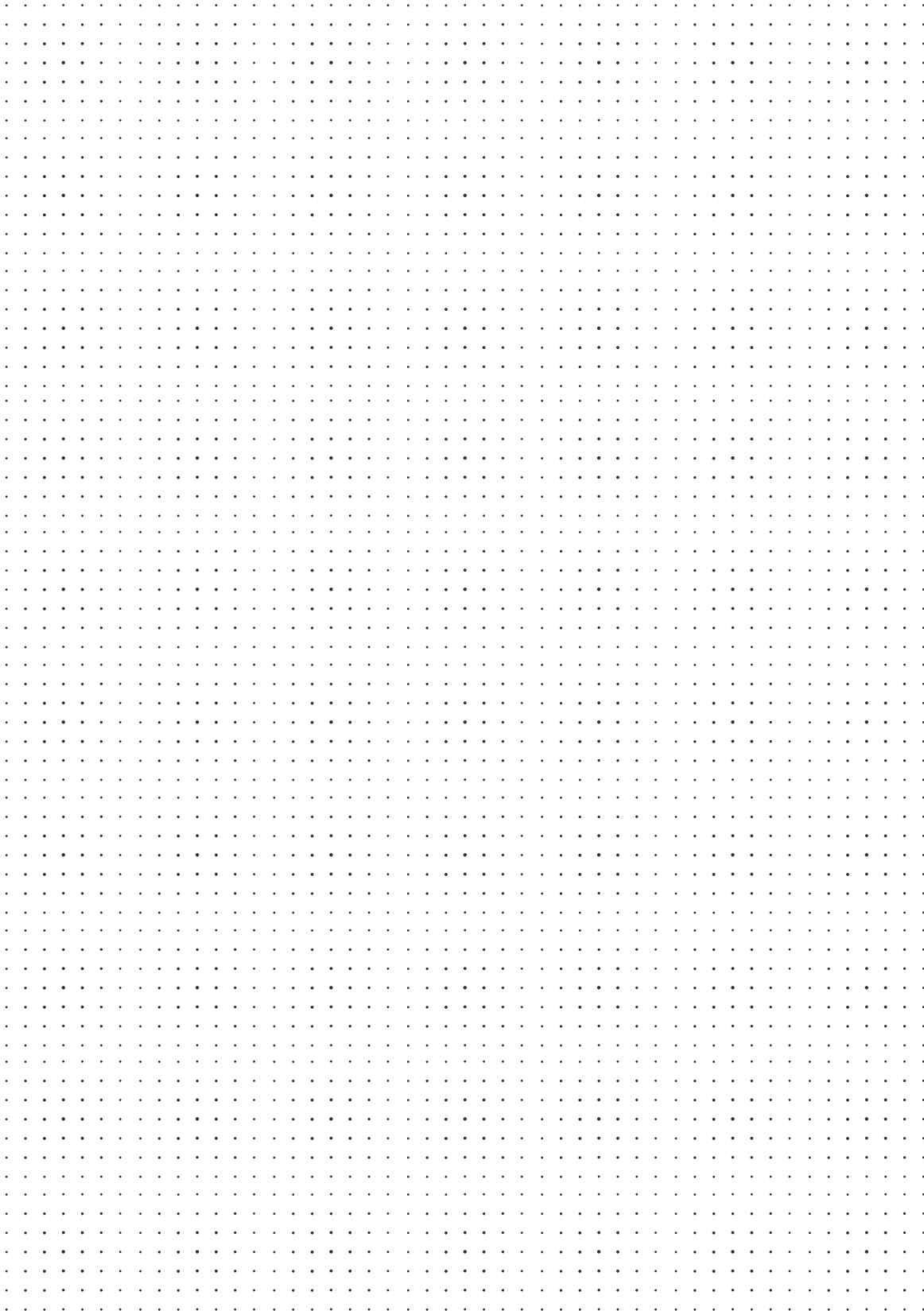


JOURNALING PAGES



JOURNALING PAGES

JOURNALING PAGES



JOURNALING PAGES



MY NEW REALITY

