

*The*  
COACHING  
*Success Strategies*



CREATE YOUR  
VALUES  
VISION BOARD

On-demand coaching tips and tricks to help  
you get the life you deserve.

LINDEN FULLER

# Success Strategies

## CREATE YOUR VALUES VISION BOARD

Essential questions of life are questions of value.

Values represent what is important to you by creating a framework to guide you in life. Values outline what is important to us in terms of our actions, our interactions with others, and how we might live our lives in a meaningful way. However, gaining insight into your core values can be a challenging task. This tool was designed to facilitate awareness of values using a creative approach that anyone can master - a vision board.

A vision board is a collection of images, illustrations, and/or words that represent meaning for you.

### Goal

The goal of this exercise is to help you connect to your personal values



## Reignite your big dreams

I help mature, high-performing professionals discover and align with their true essence and meaningful life purpose.

I'd love to help you do that!



in a creative way. The exercise allows a playful and intuitive search for core values that, when finished, can easily function as a visual reminder. Living a meaningful life will likely be boosted by increased awareness of your core values.

### Instructions

Living your values means listening to what is important and acting accordingly. Simply put, it means saying: "I stand for this", "This is what is truly important to me" or "I want to be about living this".

In this exercise, you explore personal values completely up to you. They are personal and reflect what is important to you. Each person has different values. Examples include "connecting with nature" "being creative" and "helping others".

This collection of images, illustrations, or words can be created using the following three steps:

1. Collect images for your vision board. Find positive images that show your chosen values. Look for images that resonate with you. Look for images in magazines, photographs, and Pinterest as potential sources.
2. Choose words for your vision board. You can decide to keep your vision board completely visual, or you may decide to add words to it. Use words that reflect or relate to your values.

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3. Put your vision board together. Once you have selected your images and inspiring phrases, be creative with your arrangement.

### Advice

- 1 Being creative - here are some options:
  - use pen and paper to make drawings
  - use scissors to cut pictures and text from magazines and glue them to paper
  - use apps like Pinterest
  - use Powerpoint or Keynote to build a presentation with images, photos, text
  - use a whiteboard and markers
  - something else that you choose for the vision board.

- 2 Exposure to your board can be a reminder for you, so place it where you see it every day. If you consider it a private source of inspiration then you should think of a place that limits who can see your work. Just have it on show, so the ideas are always present. If you can see it, you're a step closer to achieving it.

- 3 As you create the vision board, enjoy the process and work intuitively. Create in a 'feeling' way rather than a logical way.



*"The power of vision is vital.  
My vision board is the  
place where I craft the life  
of my dreams"*

Lisa Messenger



It often works best to just go with the flow and not overthink it. Prioritising can be done later.

- 4 Vision boards can represent personal goals and desires, but it's important not to focus on specific outcomes you hope to achieve. Your board should represent general values you consider important to live your life by. Examples are freedom, creativity, courage, connectedness, autonomy ...

- 5 When you've created your board it can be used to evaluate how you think you are living your life aligned to your chosen values.

### Questions to self-evaluate:

- Can you explain to someone what they are looking at? (this could be your coach)
- How did you find the experience of creating this board? What did you experience while making it?
- What did you learn from this exercise?
- To what extent do you think you are living in line with the values included on this vision board?
- What could you do to live more in line with the values included on your board?

This exercise is often done at the start of a coaching series but could also be valuable to do at the end because values continue to provide useful guidance for you once a coaching series is completed. In this way, the vision board can serve as a reminder to stay on course

## Defining your Values

Here's a chance to get some standout help from a selection of values that may provide a kickstart.

Abundance  
Achievement  
Advancement  
Adventure  
Affection  
Authentic  
Balance  
Comfort  
Community  
Compassion  
Competitiveness  
Connection  
Cooperation  
Courage  
Creativity  
Culture  
Curiosity  
Education  
Empathy  
Energy  
Fame  
Family Happiness  
Financial Security  
Freedom  
Friendship  
Fun  
Generosity  
Gratitude  
Growth  
Happiness  
Health  
Humour  
Inner Harmony  
Inspiration  
Integrity  
Intelligence  
Involvement  
Joy  
Kindness



Love  
Loyalty  
Meaning  
Nature  
Passion  
Peace  
Personal Development  
Pleasure  
Power  
Purpose  
Recognition  
Relationships  
Respect  
Responsibility  
Romance  
Self-Respect  
Spirituality  
Stability  
Success  
Trust  
Wealth  
Wisdom

*"All great changes are preceded by chaos."*

Deepak Chopra





# Welcome!

I'm Linden, a dedicated Life Coach specialising in guiding mature professionals through life's various challenges and changes. My mission is to help you transition from feeling overwhelmed to gaining a clear understanding of your life's purpose and charting a confident path forward.

#### What I Offer:

- **Clarity and Commitment:** My coaching sessions provide a deep sense of clarity and unwavering commitment, helping you set and achieve truly inspiring and powerfully motivating goals.
- **Retirement Vision and Strategies:** I've developed comprehensive programs that help you envision your ideal retirement and equip you with strategies to manage the emotional aspects of this significant life stage. By the end of our coaching series, you'll have a game plan to navigate your retirement with purpose and fulfillment.

**About Me:** When I'm not coaching, you'll find me indulging in my passions—writing for both business and pleasure, enjoying serene walks with my dogs, and nurturing my peaceful balcony garden.

**My Superpower:** I excel in listening. By truly understanding and supporting your unique life journey, I help identify your needs, values, and aspirations, paving the way for a life filled with happiness and fulfillment.

**Explore More:** Thank you for downloading my resource! I'm confident it will be incredibly helpful for you. Explore my website for more coaching tips, resources, and packages tailored to suit your lifestyle needs.

Discover more at: <https://lindenfuller.com/>

*Linden x*

Linden Fuller. Expert Life Coach for Mature Professionals on the path to retirement



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