



Vision Board - Workshop

We all have hopes and dreams; this class helps you to turn those hopes and dreams into goals and intentions. You will come to understand the importance of targeting and focusing your attention on your goals.

During this two hour workshop you will make your personal vision board. Pictures, words and phrases that are meaningful to you will go onto your personal board. This board can focus on one aspect of your life, for example: fitness, the home, finances or it can encompass all aspects. It's completely up to you and your vision of what you would like your future to look like.

You may experience this exciting workshop in two different ways. This workshop is offered regularly at public locations or privately in your home. Invite your friends and family and make it a fun learning experience for everyone.

This workshop can uncover some real surprises for participants! A family participating in this workshop may learn more about one another than they ever expected. Likewise friends will have the opportunity to share and grow together.

Please bring scissors and glue stick

Registration may be accomplished online at www.SandyWalden.com/workshops.php.

Alternately, call 414-378-8764 or mail registration along with payment to:

Sandy Walden

13825 W National Ave Suite 100

New Berlin Wisconsin 53151

Workshop date: _____

Name _____

Phone _____

Address _____

Email _____

Sandy Walden | 414-378-8764 | www.SandyWalden.com