



VISION BOARD 2025

DITCH THE RESOLUTIONS, LEAVE BEHIND THE DAYS OF FAD DIETS AND FITSPO, AND SET THE TONE FOR AN INSPIRING 2025. DURING THE NEW YEAR, MAKE SOME TIME TO REFLECT ON WHAT YOU ENVISION FOR YOUR LIFE. BUILD YOUR VISION BOARD AND SHARE WITH US BY TAGGING @NEDA AND BY HASHTAGGING #NEDA2025

HERE'S SOME QUESTIONS TO SPARK YOUR IMAGINATION:

- **WHAT'S YOUR FAVORITE INSPIRATIONAL QUOTE?**
- **WHAT ARE SOME MOTIVATIONAL WORDS TO HELP YOU ACCOMPLISH YOUR INTENTIONS?**
- **HOW DO YOU WANT TO FEEL?**
- **WHAT ARE SOME AREAS OF YOUR LIFE THAT YOU'D LIKE TO PRIORITIZE?**
- **WHAT DOES SELF CARE MEAN TO YOU?**
- **WHAT ARE ANY NEW ACTIVITIES/HOBBIES YOU'D LIKE TO EXPERIENCE THIS YEAR?**
- **WHO CAN YOU LEAN ON WHEN THINGS GET TOUGH?**

SUGGESTED MATERIALS:

- **PICTURES OF YOUR LOVED ONES**
- **ARTWORK YOU CREATED**
- **STICKERS**
- **MARKERS AND CRAYONS**
- **GLITTER AND SPARKLES**

LOOKING FOR MORE INSPIRATION? YOU CAN USE NEDA'S VISION BOARD TEMPLATE.

