



Bloom
& Flow 360

Digital Vision Board Templates

Visualize. Anchor. Align.

These guided templates help you create vision boards that speak to how you want to feel, not just what you want to achieve. Designed with rhythm, intention, and wellness in mind, each layout gives you space to imagine, remember, and declare your desires—through an affirming, culturally grounded lens.

Use them during seasonal shifts, New Year intentions, or whenever you need to recalibrate your vision.

Vision Board Option 1: Core Values Grid

- Center image or quote
- 4 surrounding values or emotional anchors (e.g., peace, abundance, rootedness, freedom)
- Space for intentions and action steps

Vision Board Option 2: Seasonal Vision Spread

- One-page spread divided into four seasonal zones: Spring, Summer, Fall, Winter
- Each area includes space for a visual theme, word, and wellness goal

Vision Board Option 3: Rest & Rhythm Wheel

- Circular format (inspired by the cycle of breath or moon)
- Prompts around each quadrant: What I'm releasing, What I'm reclaiming, What I'm creating space for, How I will rest

Vision Board Option 4: Dream Map

- Freeform space with prompts around edges: "I envision...", "This matters because...", "This feels like..."
- Invite collage, doodles, poetry, or images

How to Use

- Print and build by hand or upload to Canva, Notability, or digital planning apps
- Use personal photos, magazine clippings, or online visuals
- Pair with journaling prompts, affirmations, and breathwork from the Rest Library

Suggested Ritual:

Light a candle, play calming music, take 3 grounding breaths. Set your intention for the vision board. Let the process be slow, honest, and sacred.

**This is not about productivity. It's about permission.
Make space for your most rooted, rested self.**

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