Vision board, with the obstacle and the plan

Picture the wish, then look honestly at what's in the way, then plan for it. In studies, picturing the outcome alone went with less effort. Adding the obstacle and a plan is the part with evidence.

1. WISH

What I want

One wish that matters to you, is a stretch, and is possible.

Draw or paste one picture of it here

2. OUTCOME

How it would feel

The best part of it coming true, in your own words.

3. OBSTACLE

What's in my way

The main thing inside you: a habit, a fear, a feeling.

4. PLAN

My if-then plan

One specific thing you'll do when the obstacle shows up.

If

then I will

Picture the steps, not only the finish

Step 1

Step 2

Step 3

Step 4

Weekly check

Wk 1 | Wk 2 | Wk 3 | Wk 4 | Wk 5 | Wk 6 | Wk 7 | Wk 8 | Wk 9 | Wk 10 | Wk 11 | Wk 12

The four panels follow WOOP (Wish, Outcome, Obstacle, Plan), a method developed by psychologist Gabriele Oettingen from her research on mental contrasting.

Made by Joel Dean, Joyful AI Journal. The guide behind this sheet is at joyfulaijournal.com/journaling/vision-board

If you are thinking about harming yourself, call or text 988 (US) or contact local emergency services.