



As we approach the new year, many of us seek ways to set our intentions and goals for 2025. A powerful way to do this is by creating vision boards, which can provide clarity, focus, and a daily reminder of what you aim to achieve. Here's how you can start crafting your dream year today!

## 1. Craft Your Word of the Year

Selecting a "Word of the Year" is an excellent method to capture the qualities or emotions you aspire to embody in 2025. Reflect on these prompts to get started:

1. What qualities or feelings do I want to embody in 2025?
2. How do I want to feel at the end of 2025?
3. What word feels like a bridge between where I am now and where I want to be?

Words to get the ideas flowing:

- Empower
- Courage
- Confident, Bold
- Perseverance, Resilient
- Innovation
- Commitment
- Gratitude
- Authenticity
- Inspiration, Wonder
- Growth,
- Collaboration
- Purpose, Alignment
- Adaptability
- Determination, Ambition
- Transformation, Magic
- Creativity, Integrity
- Passion
- Accountability
- Trust
- Motivation
- Service
- Leadership
- Wisdom, Intuition
- Success, Thrive
- Abundance
- Financial Freedom
- Optimistic
- Balance, Alignment, Purpose
- Vitality, Energy
- Focus, Clarity
- Breakthrough
- Connection, Unity
- Love, Self-Love
- Healing
- Strength
- Wellness
- Peace, Harmony
- Radiance
- Grounded
- Mindfulness
- Flow
- Rejuvenation
- Explore, Travel, Adventure
- Freedom
- Journey, Discover

Create a list of words using the above prompts. Then, review the words and see if one really resonates with you.

Your word will serve as a guiding principle throughout the year.

## 2. Define Your Goals

Identify one personal and one professional goal for the upcoming year. These may align with your word of the year or stand-alone. Keep these goals simple and achievable to maintain focus and motivation.

*“Simplify to Amplify” - Marie Forleo*

## 3. Create Your Vision Board

Gather your materials such as art supplies, a journal, a phone or a laptop. Start by adding the words and images that resonate with your intentions for 2025 on a blank page. This could be physical paper, a Word doc or even a PNG you create! Include symbols and anything else you wish to manifest in the upcoming year.

Once your vision board is complete, place it in strategic locations—your phone, a printed version around your home—to ensure you see it at least once daily. This regular exposure will keep your goals and intentions at the forefront of your mind.

*Wishing you a year filled with growth, bravery, and new beginnings! May 2025 be the year you embrace your strength, enjoy the journey, and create the life you've always envisioned. Remember, support is always available. Don't hesitate to reach out via email or through our social media!*

*With Love & Light Always*

*Jade Omardeen*

Ps, We'd love to see what you created! Send us a photo or tag us on Instagram @jadescrystalcatchers

