The Vision Board Starter Kit

6 aesthetic templates · the 60-second daily practice
30 abundance affirmation cards

Design the life you keep promising yourself.

The Morning Manifest

A Board That Pulls You Forward

The one-page guide — read this before you build

1 · Choose feelings, not just things

Pick images for how you want your days to feel — calm mornings, meaningful work, ease around money — not only objects. Your brain chases states, and the things follow the states.

2 · Fewer images, chosen slowly

Six to nine images beat thirty. If everything is a priority, nothing is. Leave breathing room — the empty space on the board is where the next good thing goes.

3 · Put it where mornings happen

Beside the mirror, above the desk, inside the wardrobe door. A board you don't see is wallpaper; a board you see at 7 a.m. is a compass.

4 · Refresh it when it stops whispering

When you stop noticing the board, swap one image. Fresh eyes, same direction.

The 60-Second Daily Practice

1. Look at the board and pick ONE image.
2. Say one affirmation card out loud (yes, out loud).
3. Close your eyes: play the scene like a memory, 20 seconds.
4. Name one small action today that moves toward it. Do that one.

Template 1 · The Classic Grid

Nine frames, one center intention — print or rebuild digitally









✦

my year of









Template 2 · The Six Areas

One frame per life area — balance without clutter

Money

Career

Relationships

Health

Growth

Joy

Template 3 · The Single Focus

One image, one why — for a season with one priority

the one image that says it all

This matters to me because...

Template 4 · The Morning Page

A board and a micro-journal on one sheet — today's view

this morning's view

Today's affirmation

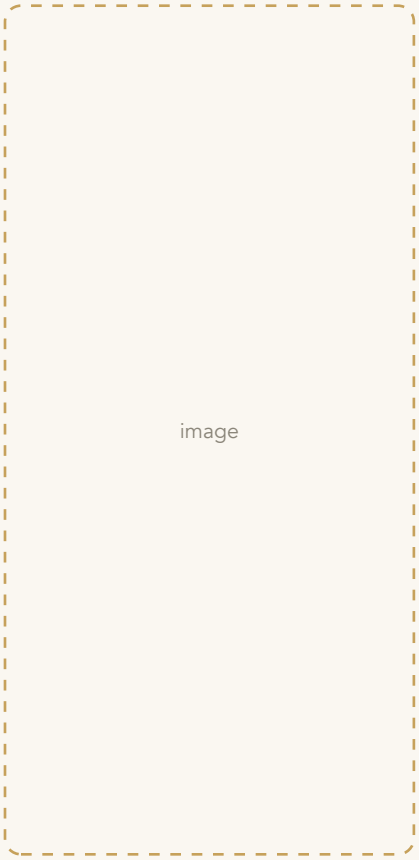
Three tiny gratitudes

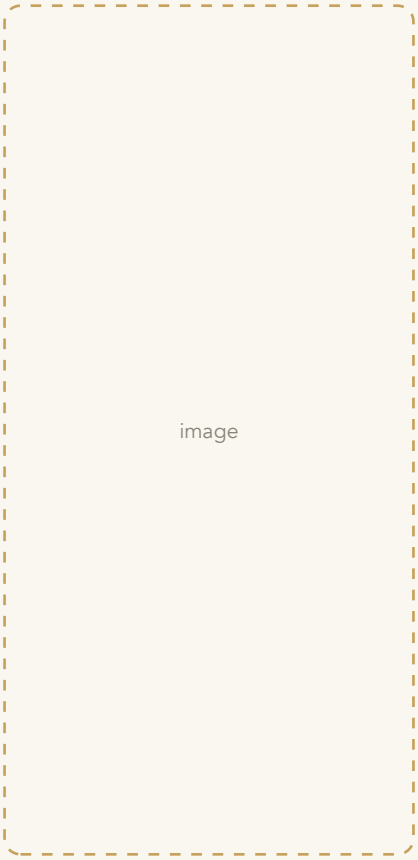
One inspired action

Template 5 · The Minimalist

A word and three images. Nothing else.

my word for this season

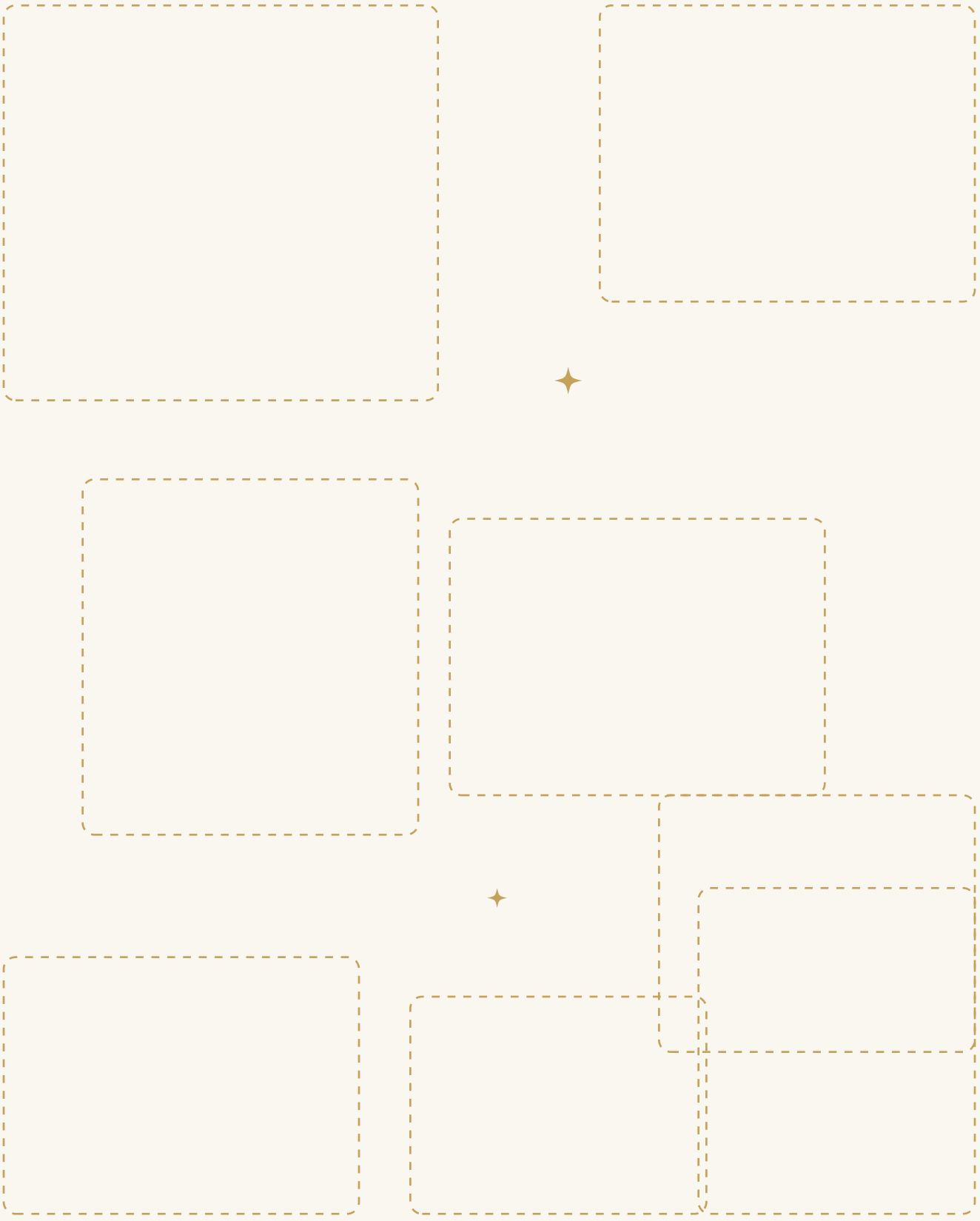






Template 6 · The Dreamscape

Freeform collage — tape, overlap, let it breathe



Abundance Affirmation Cards

Print · cut along the dotted lines · keep one where morning finds you

I am open to unexpected income.

01 · the morning manifest

Money flows to me with ease.

02 · the morning manifest

I am worthy of wealth and comfort.

03 · the morning manifest

Abundance is my natural state.

04 · the morning manifest

Every day I discover new opportunities.

05 · the morning manifest

I release every belief that kept me small.

06 · the morning manifest

My mind is calm, clear, and abundant.

07 · the morning manifest

I attract what I am becoming.

08 · the morning manifest

Abundance Affirmation Cards

Print · cut along the dotted lines · keep one where morning finds you

✦

Gratitude turns what I have into enough.

09 · the morning manifest

✦

I make room for more good things.

10 · the morning manifest

✦

Wealth and generosity grow together in me.

11 · the morning manifest

✦

I trust the timing of my life.

12 · the morning manifest

✦

My work creates real value for others.

13 · the morning manifest

✦

I am becoming the person my dreams require.

14 · the morning manifest

✦

Opportunities find me because I look for them.

15 · the morning manifest

✦

I act on inspiration quickly and calmly.

16 · the morning manifest

Abundance Affirmation Cards

Print · cut along the dotted lines · keep one where morning finds you

✦

My morning sets the tone for my whole day.

17 · the morning manifest

✦

I speak about money with confidence and peace.

18 · the morning manifest

✦

Small consistent steps are compounding for me.

19 · the morning manifest

✦

I deserve rest as much as I deserve success.

20 · the morning manifest

✦

My vision is clear and my path is unfolding.

21 · the morning manifest

✦

Abundance is not scarce; I celebrate every win I see.

22 · the morning manifest

✦

I am grateful before, not after.

23 · the morning manifest

✦

Money is a tool I use with wisdom.

24 · the morning manifest

Abundance Affirmation Cards

Print · cut along the dotted lines · keep one where morning finds you

✦

I let go of hurry and keep my direction.

25 · the morning manifest

✦

Everything I need is already on its way.

26 · the morning manifest

✦

I choose the thoughts that open doors.

27 · the morning manifest

✦

My future self is proud of today's choices.

28 · the morning manifest

✦

I turn envy into evidence of what is possible.

29 · the morning manifest

✦

I begin again every morning.

30 · the morning manifest



The board sets the direction.
The mornings do the building.

Keep your board where you'll see it tomorrow at 7 a.m.
Run the 60-second practice before your phone gets your attention.
And when you want the next step, it's waiting in your inbox.

— Kyle, The Morning Manifest