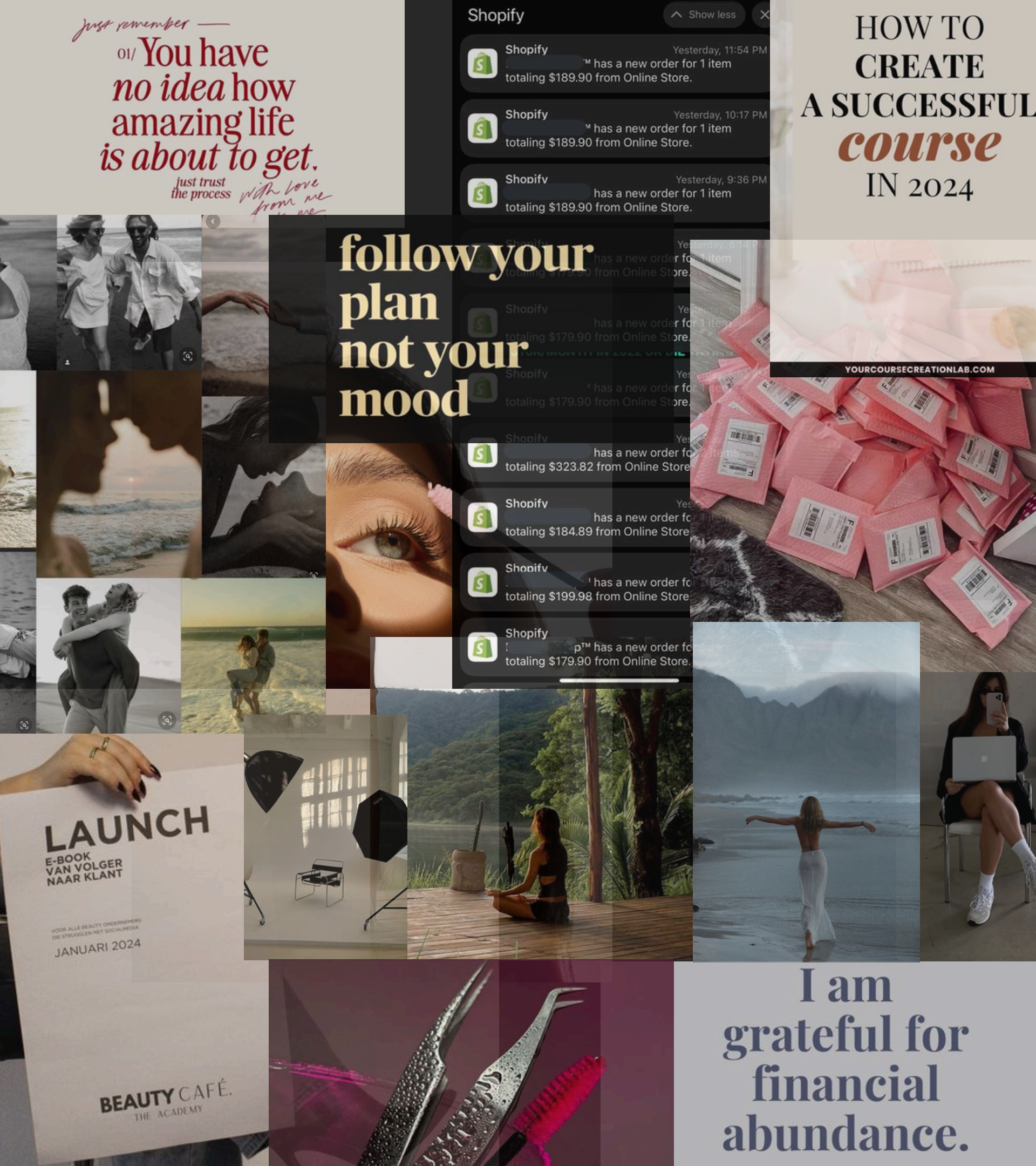


Vision Board Toolkit

*Your dreams deserve your commitment.
Let's get started.*



About Me

I'm Kathy, a makeup artist and founder who believes in the power of clarity and vision to transform our lives. Through vision boarding, I've manifested a life I once only dreamed of—becoming a full-time bridal makeup artist, growing a six-figure business in my second year, and building a community of artists I get to teach and inspire. I know firsthand that having a vision isn't just a wish; it's a roadmap to becoming the person capable of achieving it. And I'm here to cheer you on, knowing that you can absolutely do this too!

KATHY TRUONG
STUDIO



Watch the Video

This workbook is your toolkit for designing the life of your dreams. Before you dive in, take a moment to watch the accompanying video to set the mood and align with your vision. Let it inspire and ground you as you start mapping out the future you want to create.



KATHY TRUONG
STUDIO

Step 1. Prepare Your Mindset

Before we dive into creating your vision board, it's essential to set a strong foundation. Your vision board is a tool to represent your goals and dreams visually, but it's your mindset and intentions that breathe life into it. By taking the time to reflect on your intentions, release limiting beliefs, and adopt empowering ones, you're setting yourself up to approach your vision with clarity, confidence, and commitment.

Step 2. Reflection

Setting Intentions

Take a moment to reflect on why you're here. What do you want this journey to bring to your life?

Prompt: "My intention for creating this vision board is to..."

Write down your intention and commit to it.

Releasing Limiting Beliefs

Identify the beliefs or stories that have held you back. Let's let go of anything standing in the way.

Prompt: "What limiting beliefs am I ready to release to fully commit to my vision?"

Write them down, acknowledge them, and let them go.

Setting Empowering Beliefs

Replace those old beliefs with empowering ones that align with your vision.

Prompt: "What new beliefs will support me in achieving my dreams?"

Write 3-5 affirmations that represent your new mindset.

Setting Intentions

“My intention for creating this vision board is to...”

Releasing Limiting Beliefs

“What limiting beliefs am I ready to release to fully commit to my vision?”

Setting Empowering Beliefs

“What new beliefs will support me in achieving my dreams?”

Envisioning Your Best Self

To create a powerful vision, start by connecting with the version of yourself who is already living the life of your dreams. Imagine every detail of her life—how she thinks, how she feels, and how she moves through each day. Let this version of you guide your decisions, actions, and goals.

- *Who is that version of you that's truly thriving?*
- *What does her day-to-day look like?*
- *What does her morning and night routine consist of?*
- *How does she consistently show up for herself?*
- *How does she talk about and represent her business?*
- *How does she handle challenges or setbacks in her journey?*
- *What kind of relationships does she nurture, and how do these connections support her growth?*
- *What boundaries does she set to protect her time, energy, and well-being?*

The more you operate from this identity, the quicker you become her.

**Who is that version of
you that's truly thriving?**

**What does her day-to-day
look like?**

**What does her morning and
night routine consist of?**

**How does she consistently
show up for herself?**

**How does she talk about and
represent her business?**

**How does she handle challenges
or setbacks in her journey?**

**What kind of relationships does
she nurture, and how do these
connections support her growth?**

**What boundaries does she set to
protect her time, energy, and
well-being?**

What does her week look like?

- She works 4 days a week, 5 hours a day when working on projects 9-2pm and when working bridal or teaching, she goes with the flow and genuinely loves working
- She works out every morning, whether it is a 20 min walk or a 1hr work out
- She teaches max 2 days a week
- She has all her emails automated and doesn't spend much time on admin
- She spends time on walks, in nature at least once a week exploring either by herself or with her friends/partner

Audit

- Working 4-5 days a week
- Works out 1-2 times not consistent
- Walks 1 time every 2 weeks
- Spends lots of time on emails and feels frustrated

How does she show up?

- She puts makeup on almost everyday, because it helps her feel more put together
- She wears clothes that she can confidently go out in everyday and feel good about herself. Feels put together and comfortable.
- She is confident, always going with the flow and says no to things so that she can say yes to things that really actually matter
- Her actions reflect the love she gives herself and others
- She shows up to others as a mentor, a teacher and a student. What ever that moment calls for.

How does she speak to herself?

- She is kind, she is loving and soothing
- She speaks to herself as if she is speaking to her inner child
- If there is a side of her that is speaking negatively, she can become aware and in that moment switch the words in a kinder way to create a habit of automatically speaking to herself kindly.

How does she talk about her business?

- She is passionate, loves to share all her knowledge.
- Not afraid of other people in business and is knowing of the abundance of money and business to go around to everyone.
- She speaks of her business in a high manner, and when people ask her about what she does she is very confident about it and speaks as if she has been doing this for many years and is helping those in need.
- She is confident of her service and it shows in her language

What standards does she set herself?

- She allows herself to step back and away from things, if that is what she needs in that moment.
- She sets standards of discipline, like exercising, moving her body everyday.
- She chooses to do the things she knows will benefit her life in the long run.
- She sets standards of believing in herself when a part of herself is saying otherwise.
- She sets standards of knowing that through and through, she knows that her dream life is in the palm of her hand.

What does success mean to her?

- Being able to live life first, before business
- Success is about building a business that compliments your life.
- Success to me is about trusting myself and the decisions I make about my life.
- Success to me is about being able to take a random day off work and being able to live life spontaneously
- Success to me is about being able to guide and set a blueprint for those around me to live their most authentic and true life.

As an example, these are
some answers to the
prompts that I wrote out in
June this year.

*I suggest you write your heart out! Your dreams
are worth the commitment.*

Gather Your Supplies

You'll need:

- A board (poster board, corkboard, or even a large sheet of paper).
- Printed images, or access to online images you can print out.
- Scissors, glue, and any decorative items (markers, stickers, etc.) you'd like to add.
- Optional: Use a digital tool if you prefer a digital vision board, such as Pinterest, Canva, or a photo collage app.

Choose Images and Words That Represent Your Goals

Take some time to find images, words, and quotes that reflect each area of your vision:

- Career/Business Goals
- Health and Wellness
- Relationships
- Financial Freedom
- Personal Growth
- Lifestyle Aspirations

Tip: Make sure each image or phrase deeply resonates with you and represents the life you want to create.

Add Personal Touches

Personalise your board with details that make it unique and meaningful:

- Write affirmations directly on the board.
- Add dates to goals if they're time-specific.
- Decorate with colours, stickers, or symbols that represent your style and goals.

Place It Somewhere You'll See Daily

To keep your goals fresh in your mind, put your vision board somewhere visible—above your desk, by your bed, or as your phone wallpaper if it's digital. Seeing it regularly will keep you connected to your vision and motivated to take action.



By following these steps, you're not just making a vision board—you're creating a visual reminder of the future you're working toward.

KATHY TRUONG
STUDIO



Thank You for Dreaming Big

Thank you for allowing me to be part of your journey toward creating the life you envision. I hope both the workshop & workbook has inspired you to take bold, purposeful steps toward turning those dreams into your reality.

But here's the thing about dreams—they need a solid plan and the right tools to truly take flight.

If you're ready to go all in on your dreams and transform your passion for artistry into a thriving business, I'd love to invite you to take the next step...

KATHY TRUONG
STUDIO

KATHY TRUONG
STUDIO

Introducing Artistry By Design

KTSTUDIO

Artistry By Design

Streamline your operations, so you can focus on serving clients and growing your brand with confidence.

Launching in February 2025, this course is designed to help makeup artists like you build a thriving business that aligns with your goals. Whether you're dreaming of booking more weddings, growing your client base, or working internationally, Artistry by Design gives you the tools to make it happen.

JOIN THE WAITLIST

Artistry by Design is more than just a course—it's a roadmap to building the business (and life!) you've always envisioned.

By joining, you'll learn how to:

- Attract your dream clients and deliver an unforgettable experience.
- Confidently set your prices and know your worth.
- Build a business that runs smoothly with systems that save you time.
- Position yourself as an industry expert and grow your online presence.
- Master the mindset shifts that will take you from stuck to unstoppable.

Ready to Make It Happen?

JOIN THE WAITLIST

I can't wait to see where this journey takes you. You have everything you need within you—now it's time to bring it to life. And I'll be here, cheering you on every step of the way!

KATHY TRUONG
STUDIO