

Personal vision board.

Our lives, now to 75.

Buffaloes, on Tuesday afternoon each of us gets **30 minutes** to show the forum where our life and family are headed, from today until we're 75. Here's what to make, how to make it, and how the afternoon will run.

TUESDAY, OCTOBER 27, 2026 · 1:00–4:30 PM · MONT-TREMBLANT, QC

30 min each, back to back	Now → 75 the time frame	8 life areas, one slide each	4 photos per area, your pick
------------------------------	----------------------------	---------------------------------	---------------------------------

THE POINT

Picture the life, not just the stuff.

Wednesday and Thursday are for our five-year business plans. Tuesday is for everything the business is supposed to be *for*. Picture your life and family from today to 75: where you want to be, who you want to become, how you want to live, and why it matters to you.

It's not a shopping list. A boat can go on the board, but tell us who's on it with you and why. Business shows up only where it shapes the life: how much you work, your role, when you step back.

WHAT TO PREPARE

A vision board, built in our Google Slides template.

- **Cover.** Your name, age today, family, **your word for this chapter**, and **why this matters**, in two or three sentences.
- **Eight life-area slides.** Up to four photos per area, one for each milestone you choose between now and 75. Your own photos or ones from the web.
- **A line under each photo:** finish “Why this matters to me:” in your own words.
- **Big 5 by 75.** The five biggest things you want to have done, been, or experienced.
- **Presentation notes.** A few honest prompts to get you ready for the 30 minutes.

YOUR COPY

<https://docs.google.com/presentation/d/1uArpckObJo6fneo6pRr-8o-gWGU3Tjpw/copy>

Opening this link makes your own copy of the template. Steps are on page 3.

THE EIGHT LIFE AREAS

One slide each. Use the questions to get started.

01 Family & relationships

- Who's around the table, and how close are we?
- What would my spouse and kids say about me at each stage?
- Which friendships have I kept and fed?

02 Health & energy

- What can my body still do at 60, 70, 75?
- How do I sleep, move and eat, and how do I feel waking up?
- What am I doing now that I'll thank myself for later?

03 Wealth & freedom

- What does "enough" look like for us?
- What does money buy me: time, choices, peace of mind?
- When does work become optional?

04 Business & work

- How much am I working, and in what role?
- When do I step back, and what does that look like?
- How does the work serve the life, not the other way round?

05 Adventure & experiences

- Where have I been, and who was with me?
- What's the trip I keep putting off?
- What stories will we be telling?

06 Home & lifestyle

- Where do we live, and what does an ordinary Tuesday look like?
- City, lake, mountains, somewhere warm?
- What do I want less of?

07 Growth, faith & mind

- What am I learning or getting better at?
- What do I believe, and how do I practise it?
- Who challenges me to grow?

08 Legacy & giving back

- Who is better off because of me?
- What do I give: time, money, know-how?
- What do I want people to say about me at 75?

Business & work is the dashed one on purpose. Keep it to how work fits the life. The numbers belong to Wednesday and Thursday.

THE MILESTONES

Four milestones you choose.

AGE __ · 20__	AGE __ · 20__	AGE __ · 20__	AGE __ · 20__
Milestone 1	Milestone 2	Milestone 3	Milestone 4
e.g. the kids leaving home	e.g. stepping back from the business	e.g. the big trip	e.g. retirement

We're all at different stages of life, so there's no fixed timeline. For each life area, pick up to four milestones that matter in *your* life, anywhere between now and 75: the kids leaving home, stepping back from the business, a big trip, retirement, or something only you would think of. Over each photo, fill in your age and the year at that milestone ("Age __ · 20__"). If an area doesn't need all four, leave a column blank. What matters is the arc, not the maths.

BUILDING IT

The template, step by step.

- 01 **Make your copy.** Open the [template link](#) and click **Make a copy**. Or open the template and use **File > Make a copy**.
- 02 **Rename it** "Vision Board to 75 — Your Name".
- 03 **Fill in the cover and your milestones.** Click any grey text and type over it, including each "Age __ · 20__" across the top of the life-area slides: your age and the year at each milestone you pick.
- 04 **Add photos.** Click near a grey frame, then **Insert > Image** (upload, Drive, or search the web). You can also drag a photo straight onto the slide.
- 05 **Size it over the frame.** Drag the corners until it covers the grey box. If the frame shows on top, right-click the photo and choose **Order > Bring to front**.
- 06 **Say why.** Under each frame, finish the line "Why this matters to me:" in a sentence or two.
- 07 **Finish** the Big 5 by 75 and Presentation notes slides. Delete the "How to use" slide if you like.

ON THE DAY

How your 30 minutes run.

15–20

minutes: you present

Walk us through the board. Start with your word and why it matters.

10–15

minutes: the forum responds

Questions, reflections, and what we heard.

The slots run back to back from 1:00 to 4:30, so keep to time and we'll all get our turn.

Forum rules apply: what's shared stays in the room, and we share experience, not advice.

BEFORE WE LEAVE

Checklist.

- ☐ **Finish your slides by** [date TBD].
- ☐ **Check every photo shows up** on the laptop you're bringing.
- ☐ **Save a backup: File > Download > PDF**, in case the Wi-Fi is slow.
- ☐ **Bring your laptop** and charger, or print your slides if you'd rather present on paper.
- ☐ **Fill in the Presentation notes** slide. Be honest with yourself.

Show the feeling, not the thing.

A quiet dock at sunrise can say more than a photo of a cottage.

Your own photos first.

Your people, your places. Web images for what hasn't happened yet.

Be honest.

If an area is a mess right now, say so when you present. That's where the good forum conversation is.

Looking forward to seeing where everyone's headed. — *Ford*