



Visual Frames™

Better Conversations

Features & Benefits

- All your cards in a single A3 Visual Frame.
- Includes printing instructions and a print license.
- More flexibility.
- Less reliance on additional materials.
- No recurring purchases.

We experience more than we can always put into words. We face situations we struggle to make sense of. And sometimes, the conversations that matter most are the hardest to have.

What if we had a simpler way to explore what we're experiencing, recognize what we might be missing, and find the words to talk about it?

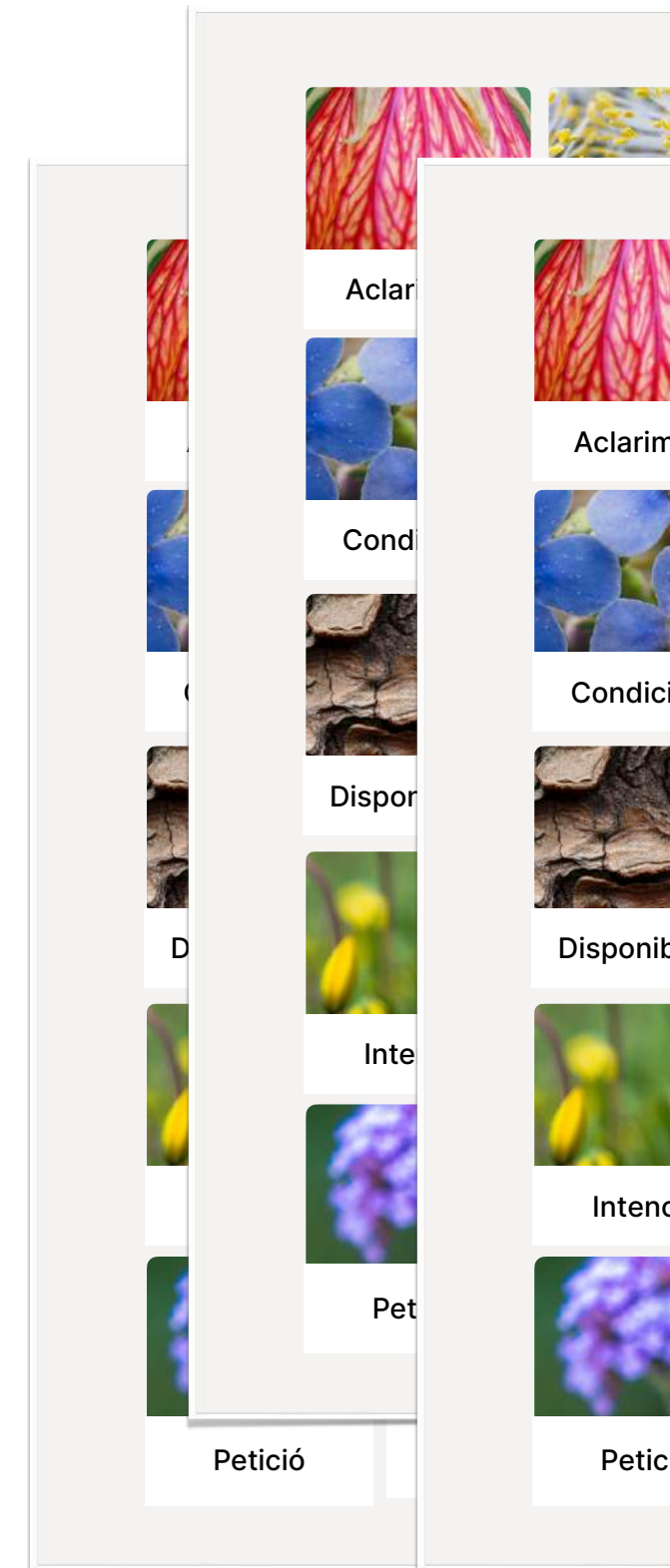
Meet Visual Frames™ by CANVAS FOR YOU®.

Three visual exploration tools. Three different dimensions of human experience. One shared purpose: helping people notice more, understand better, and have more meaningful conversations.

No complicated frameworks to memorize. No right or wrong answers. Just carefully selected words that open up new ways of looking at familiar experiences.

Choose a word. Explore its meaning. See where the conversation takes you.

CFY Visual Frame™ is built on a simple idea: **Sometimes, it's not answers we're missing. It's the distinctions we need to better understand what we're experiencing.**



Three tools. Three ways to explore.

CFY

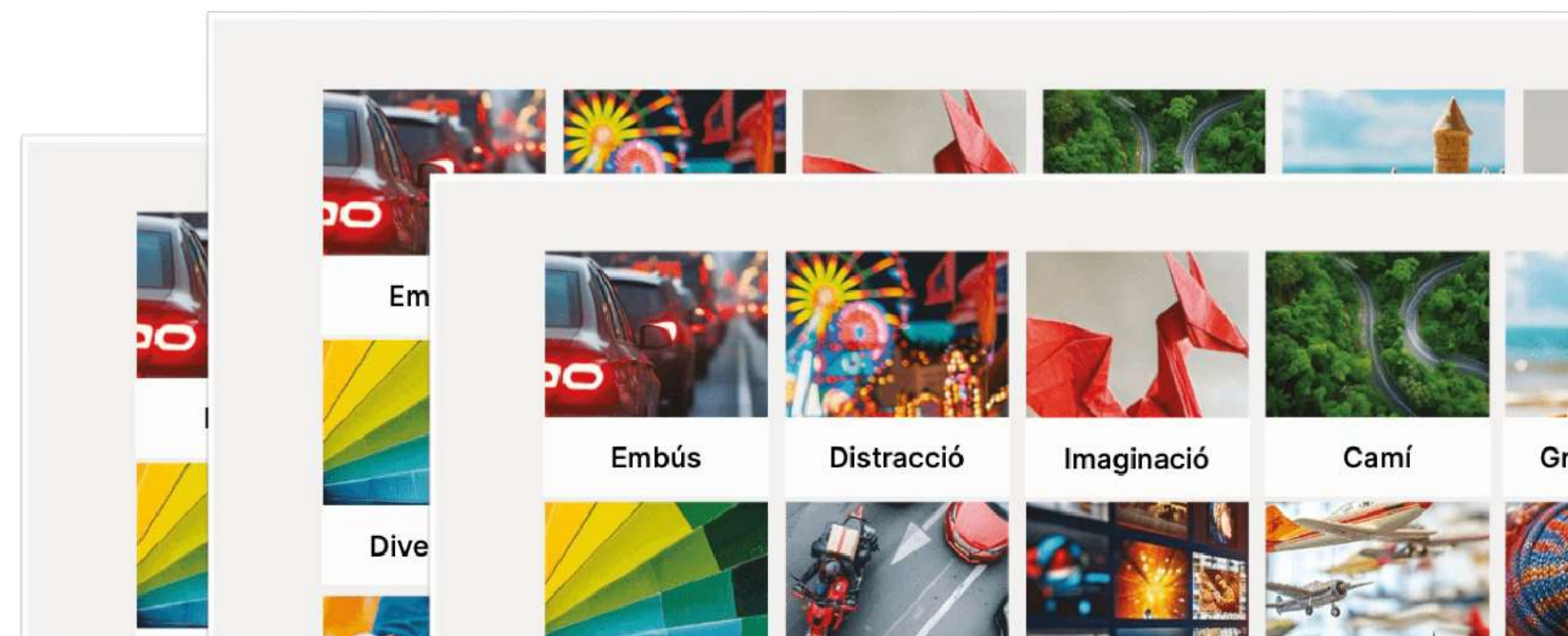
Focus Visual Frame™

Focus Visual Frame™ is a visual tool developed by CANVAS FOR YOU® featuring 35 key words that help us explore how we experience, manage, and respond to the demands on our attention in everyday life and high-pressure environments.

Designed to encourage reflection and meaningful conversations about distraction, overstimulation, and the costs of constant attentional demands, it helps us recognize what competes for our attention, examine how we set priorities, understand our habitual responses, and notice aspects of our experiences we might otherwise overlook.

Understand how attention is shaped by everyday demands.

[Learn more at Focus Workshop](#)



A Small Distinction Can Open a **Bigger Conversation.**



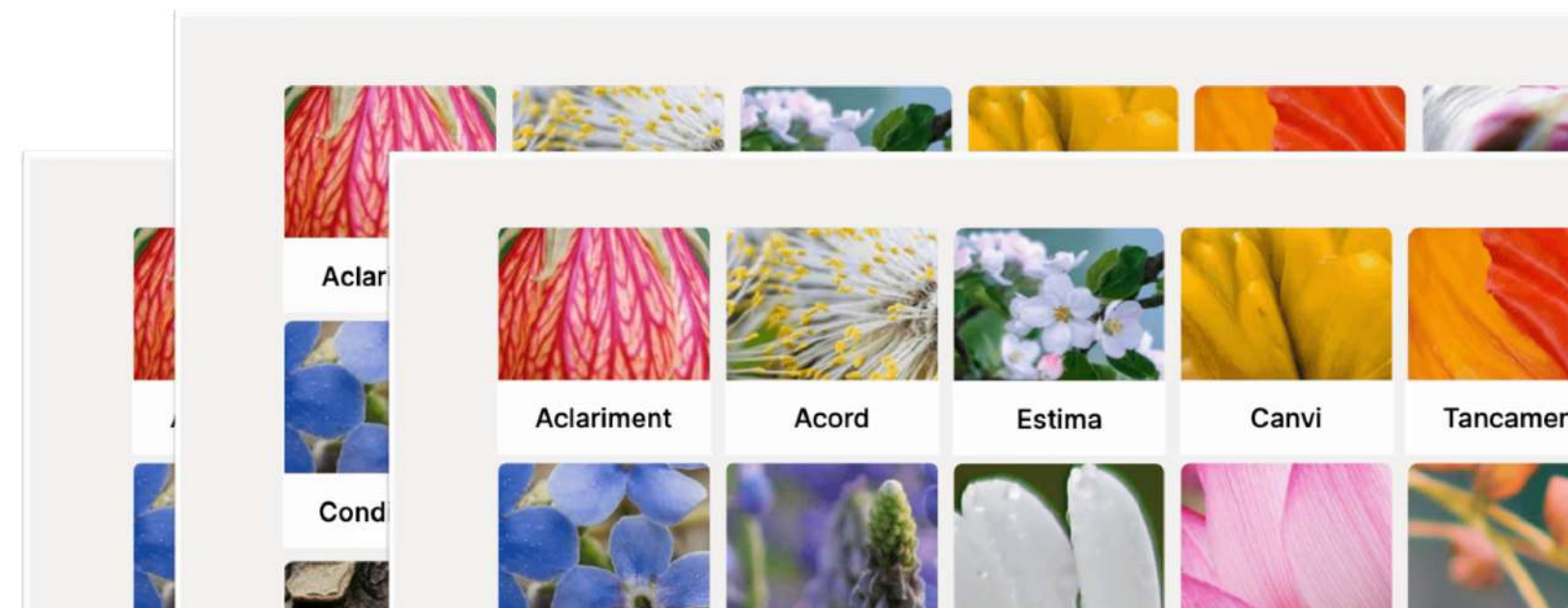
Voices Visual Frame™

Voices Visual Frame™ is a visual tool developed by CANVAS FOR YOU® featuring 35 key words that help us explore how we communicate, express ourselves, and relate to others.

Designed to encourage reflection and meaningful conversations, it helps us recognize needs, expectations, concerns, disagreements, and boundaries, while exploring what we struggle to express, why misunderstandings arise, and how different perspectives shape our relationships.

Explore how we communicate and understand one another.

[Learn more at Voices Workshop](#)



Different perspectives. **Different conversations.** More possibilities for understanding.



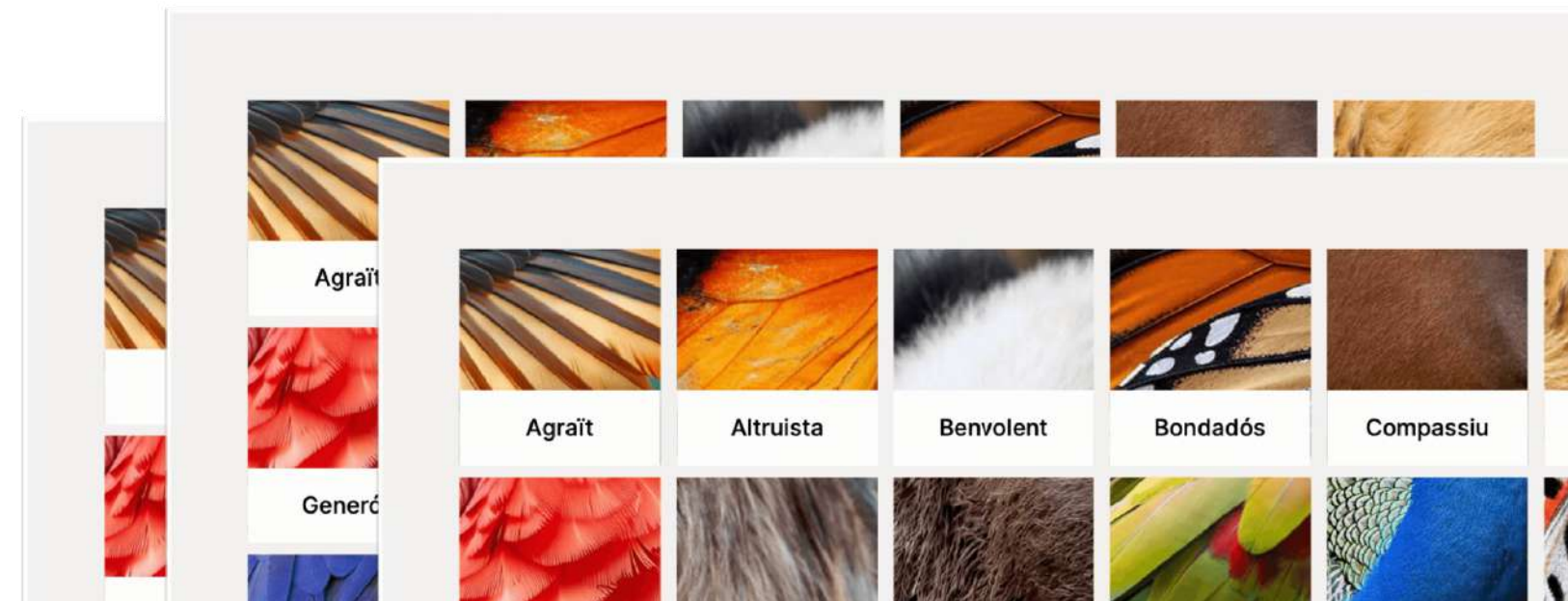
Integrity Visual Frame™

Integrity Visual Frame™ is a visual tool developed by CANVAS FOR YOU® featuring 24 moral traits that help us explore the personal qualities we recognize, value, and expect in ourselves and others.

Designed to encourage reflection and meaningful conversations about moral identity, relationships, and decision-making, it invites us to examine what it means to be honest, fair, responsible, or respectful, and how our interpretations of these qualities shape our expectations, judgments, and behavior.

Discover how we interpret the moral qualities that shape our relationships and decisions.

[Learn more at Integrity Workshop](#)



We don't always need a new theory to better understand our experiences.

Sometimes, all it takes is a word we hadn't considered. A question we hadn't asked. Or a perspective we hadn't noticed.

That's what Visual Frames™ are designed to make possible.

Not to tell us what to think.

Not to decide what's right for us.

But to help us explore what we experience with greater clarity, curiosity, and understanding.

35 words about attention. 35 words about communication. 24 moral traits worth exploring.

And countless conversations waiting to happen.

Visual Frames™ by CANVAS FOR YOU®.

See more. Understand better. Start a conversation.

Available in English, Spanish, Catalan, and Portuguese.



Designed by
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