



Your LifeMap

A life map is an overview of key milestones, events, successes, and relationships that have shaped your life to date. This can help you 'connect the dots' of your life, reveal recurring patterns and themes, and give you greater context on where you now find yourself in order to help you move forward with greater perspective. This macro view can also help you remember key sources of inspiration, enthusiasm, and motivation on what is most important to you, what you back away from (and blind spots), and help you appreciate your strengths.

Create two versions of your LifeMap, the brief line overview (below), and the longer 'ages' chart. The first will be a rapid exercise birth-to-present line you will draw (below) to the right and left of which you will write one or two key words that include your 1) age, 2) major event/milestone, 3) one or two key adjectives to describe yourself or your life at that point, and 4) where most of your attention went, and 5) who or what meant the most to you. You can use the back side of this page for additional space. Make sure you have the most defining and impactful moments from that represent key ages from birth to present, but try to limit it to no more than twenty events. Look at the overview when you are done and revise as needed.

[LifeMap - LINE](#)

LifeMap – CHART

Here, you will offer a bit more granular list of the major milestones (positive and negative) of your life according to cue words (e.g. major interests, achievements, influencers, turning points, regrets, role models, best/worst decisions, key adjectives, etc.) by developmental ‘season’ of life. Key words only. Try to fill in each cue area, including age (write “N/A” if nothing special).

Birth – School Age

Influencers/key others/role models (with one adjective descriptor):

Main interests/curiosities/dreams for the future:

Key events/milestone/turning point moments:

Major impressions/beliefs formed about:

a) self,

b) others,

c) life/the world/spirituality

If you could do it over, what would be different?:

Key adjectives descriptive of this time in your life overall:

Gratitude - Achievements/what you are and/or were thankful for and proud of:

Highs and Lows (+/-) you will never forget/shaped your outlook and self-image:

Obstacles and challenges you overcame:

Talents and strengths you discovered:

Risks successfully taken:

The most and least liked things/people in your orbit (with key adjective):

Lasting benefits/scars of this era that you think still affect you now:

High School → College → Early Career:

Influencers/key others/role models (with one adjective descriptor):

Main interests/curiosities/dreams for the future:

Key events/milestone/turning point moments:

Major impressions/beliefs formed about:

a) self,

b) others,

c) life/the world/spirituality

If you could do it over, what would be different?:

Key adjectives descriptive of this time in your life overall:

Gratitude-Achievements/what you are and/or were grateful for and proud of:

Highs and Lows (+/-) you will never forget/shaped your outlook and self-image:

Obstacles and challenges you overcame:

Talents and strengths you discovered:

Risks successfully taken:

The most and least liked things/people in your orbit (with key adjective):

Lasting benefits/scars of this era that you think still affect you now:

Early Career/Family → Mid-Career/Family

Influencers/key others/role models (with one adjective descriptor):

Main interests/curiosities/dreams for the future:

Key events/milestone/turning point moments:

Major impressions/beliefs formed about:

a) self,

b) others,

c) life/the world/spirituality

If you could do it over, what would be different?:

Key adjectives descriptive of this time in your life overall:

Gratitude-Achievements/what you are and/or were grateful for and proud of:

Highs and Lows (+/-) you will never forget/shaped your outlook and self-image:

Obstacles and challenges you overcame:

Talents and strengths you discovered:

Risks successfully taken:

The most and least liked things/people in your orbit (with key adjective):

Lasting benefits/scars of this era that you think still affect you now:

Mid-Career/Family → Present

Influencers/key others/role models (with one adjective descriptor):

Main interests/curiosities/dreams for the future:

Key events/milestone/turning point moments:

Major impressions/beliefs formed about:

a) self,

b) others,

c) life/the world/spirituality

If you could do it over, what would be different?:

Key adjectives descriptive of this time in your life overall:

Gratitude-Achievements/what you are and/or were grateful for and proud of:

Highs and Lows (+/-) you will never forget/shaped your outlook and self-image:

Obstacles and challenges you overcame:

Talents and strengths you discovered:

Risks successfully taken:

The most and least liked things/people in your orbit (with key adjective):

Lasting benefits/scars of this era that you think still affect you now:

LifeMap Reflection Prompts:

Take some time to reflect on your completed LifeMap and sense into what it is telling you.

- 1) What three key adjectives, resources, and strengths define me?
- 2) The values I hold dear that stand out for me are?
- 3) What matters most and least to me is?
- 4) What I am really interested in that lights my fire and gives me energy is?
- 5) What I haven't yet let go of that I think I probably should is?
- 6) The conclusions about myself, others, and the world/life/spirituality that I want to update?
- 7) The way I've learned to be in relationships is? Relationships are?
- 8) My favorite strategies to get what I want that continue to work for me are?
- 9) What clearly didn't work then and won't work now is?
- 10) If my life map were someone else's, I would think/feel that person is?
- 11) My biggest positive awesomeness is in?
- 12) What I thought I knew but really didn't is?
- 13) Obstacles, challenges, and hardship to me is?
- 14) What helped me develop and shaped my life the most is?
- 15) Based on what I have learned the biggest take-aways that I can apply going forward are?
- 16) How this relates to my goals for coaching is?
- 17) What I need to remind myself of, based on my successes, when the going gets tough is?
- 18) Any "do-over" wish feelings I have will be used as fuel going forward by?