

LIFE MAP

- A LIFE MAP will enable you to understand your unique operating style.
- A LIFE MAP will provide a visual model of your life experiences.
- A LIFE MAP will assist you in the discovery of your encoded thread of passion – what you really love to do!

Directions:

1. Divide your life into four stages: Early Years, Preparation Years, Formation Years and Clarification Years. You can determine when these stages begin and end.
2. Create an outline for each stage:
 - a. What were the high points?
 - b. What were the hard times?
 - c. What were the bridges or tunnels that enabled you to cross a barrier?
 - d. What are the centers of energy? (e.g., Times Square)
 - e. Who are you heroes?
3. Rate the positive or negative impact of each experience on a scale of -10 to +10. Using a pencil transfer your information to the Life Map.
4. Note the dominant peaks and valleys for each stage—what do they have in common? How do you feel during those times? What effect do they have on you today?
5. Rehearse your Life Map with at least one other person—invite them to ask questions.

