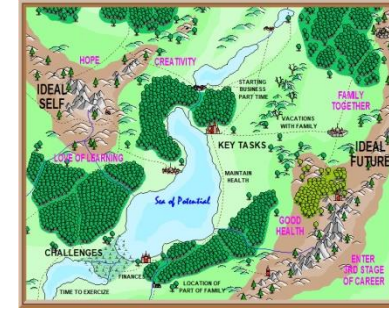


Your Life Map

What is a Life Map?



- You have desires for your future, that you have spelled out using Your Life Navigator or in a session with a Life Coach.
- Your Life Map is a image of all these desires: how you see your future.
 - The old saying is “A picture is worth a thousand words”.
 - Your Life Map makes your future easy to see and communicate.
- Your Life Map is creates motivation and mystery about your future life.
 - When you look at your Life Map, it reminds you about where you are going, and makes you want to find ways to make that future happen.
 - There are parts of the Life Map that you don’t yet understand, which creates a desire to explore your future life more deeply.
- Your Life Map is a storytelling tool.
 - It helps you develop deeper relationships.
 - It also helps others ask questions and give you feedback about yourself, so that you learn important things about yourself.

From Your Life Navigator: 4 vital aspects about life

- **Your Ideal Self:** The kind of person you would like to be in the future.
- **Your Ideal Future:** What would you be proud of having achieved during your whole life. [Imagine you are telling close friends or your grandchildren about what you have achieved in your life near the end of your life]
- **Your Challenges:** Facing and mastering the challenges in your life is a key part of the way forward.
- **Your Key Tasks:** What are you going to do in the next 3 to 5 years to bring about Your Ideal Self and Your Ideal Future, and overcome Your Challenges?

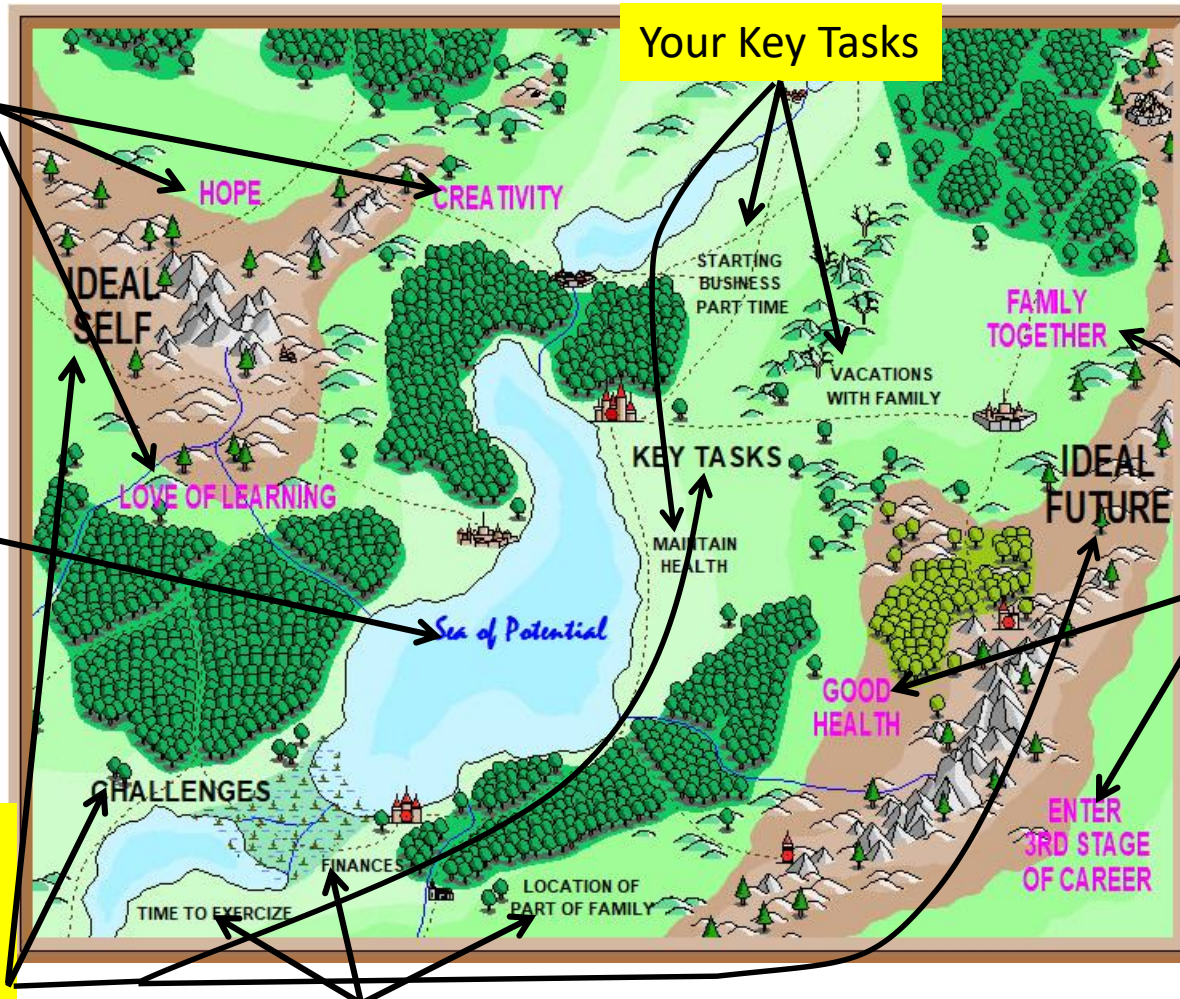
Understanding the basics about Life Maps

Attributes of Your desired Ideal Self

An important named feature of your life

Your Key Tasks

Attributes of Your desired Ideal Future



These are the four vital aspects of life from Your Life Navigator (See next page)

Your Challenges

Other important things about your Life Map

- You selected the template so its features say important things about your unconscious views of your life
 - In the example, The Sea of Potential was named by the Life Mapping expert who interpreted your answers from Your Life Navigator. Exactly why that means is a mystery for you to uncover.
 - There are many other unnamed features, eg, woods, mountains, roads, rivers etc, which also have some possible meaning for you, that you should explore.
- The relationships among the various aspects of your future are also important. The Life Mapping expert who created the map, arranged your data in a certain way, which you ought to try to discover.
 - For example, in the sample Life Map, in the area of the Ideal Self, Hope and Creativity are placed close together. Why is that important?

Why it's important to tell the story of your Life Map

- It helps other people to understand, relate with, and support you better
 - They understand what's important to you in life
 - They understand your unique perspective on the world
- It helps you to understand yourself better
 - As you tell the story you may hear yourself say some new or creative things about the way you see yourself and your future
 - It reinforces your desires about the future and gives you more energy to do the important things on your Life Map

The Johari Window

