

PERSONAL LIFE MAP

LIFE MAPPING:

Typically a life map is a visual time line that traces key moments in your life from the time you were born until the present day. As a tool, life mapping can help to focus your purpose by planning out your next steps as you navigate your life from this point forward.



TODAY:

IN 30 DAYS:



IN 60 DAYS



IN 90 DAYS



IN 120 DAYS



REASSESS

- What worked?
- What didn't work?
- What goals have I completed?
- What goals am I still working on?
- Do I need a different goal or a different method?