

The Life Mapping Workbook

a personal development resource
from happyblackwoman.com



happy black woman

personal development for success in life, love & business

What's a Life Map?

- A life map is essentially a visual/text representation of what your ideal life looks like. It's your "map" for the path to your own happiness.
- My version of a life map involves visualizing (and then putting into writing) EXACTLY what you want your life to look like in 7 specific areas: lifestyle, work, education, finances, health, family and relationships.
- There are a number of ways to create a life map, but this workbook replicates the five-step process for my favorite method.

How Do I Create a Life Map?

- Step 1: Print out pages 5-11, preferably in color. Color makes your brain happy!
- Step 2: Look at the colorful map on page 5 and visualize each of the 7 areas of your life as a sort of wheel with you at the center.
- Step 3: On pages 6-11 write out your vision for each of the 7 areas of your life. Be as specific as possible and think big! Break each area down into smaller chunks (like my mom did) if you get stuck.

How Do I Create a Life Map?

- Step 4: Now, using the colorful map from page 5, draw your own spokes out from each of the 7 circles with just the main points from each of the 7 areas (use my life map on page 13 as a guide if you get stuck). This becomes your “cheat sheet”, the short version of your life map for you to stick near your computer or post on your wall as a reminder of what you’re supposed to do with your life.
- Step 5: Leave a comment on the blog and tell me how the process worked for you!



Lifestyle

Work

Education

Finances

Health

Family

Relationships

Rosetta's Life Map

