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 doing with your life.

• Step 5: Leave a comment on the blog and tell me how the process worked for you!
Lifestyle
Health
Family
Rosetta’s Life Map

- **Lifestyle**
  - CEO of Me: writing, speaking, helping people live their purpose
  - Frequent travel, beach/abroad 1x/year, apartment w/big kitchen & entertaining space

- **Education**
  - Lifelong learning through books, classes & conferences

- **Work**
  - No debt, good credit score, 6 months of savings, “travel fund”

- **Health**
  - Regular checkups, therapy, clean eating & exercise

- **Family**
  - Weekly phone calls, regular visits, big holiday get together

- **Relationships**
  - Regular happy hours with friends, host dinner parties, a romantic & supportive partner

- **Finances**
  - No debt, good credit score, 6 months of savings, “travel fund”