

Life Mapping WORKBOOK

Design Your Ideal Life in 7 Key Areas



Rosetta Thurman

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HOW TO USE THE LIFE MAPPING WORKBOOK

As a coach, mentor and founder of the personal development website HappyBlackWoman.com, my mission is to empower women all over the world to create their ideal lives, careers and businesses.

I often hear from people who feel that **their life has gotten “off track”** at some point and need to get back to being who they really are. If you’ve ever felt like you don’t know what the hell you’re doing with your life, a life map can help you sort things out and figure out your next steps.

What is a life map, anyway? A life map is a clear representation of what your ideal life looks like. It’s a practical “roadmap” for the path to your own happiness.

A life map involves visualizing (and then putting into writing) exactly what you want your life to look like in 7 specific areas: lifestyle & fun, career & work, money & finances, health & wellness, family & friends, love & romance and personal growth & spirituality.

This workbook will take you through a linear process to create your own life map.

STEP 1: Print out pages 3-12, preferably in color. Color makes your brain happy!

STEP 2: Conduct a life assessment. (See the worksheets on pages 3-4.)

STEP 3: On pages 5-11, write out your vision for the 7 key areas of your life. Take a moment to close your eyes and picture how you want to experience every aspect of your life, and then put those images into words. Be as specific as possible! If you get stuck, try to break each area down into smaller chunks using the questions listed as prompts.

STEP 4: Now, using the blank map on page 12 (titled “my life map”), summarize each area of your ideal life in just a few sentences or bullet points, using only the main ideas from each of the 7 areas (feel free to use MY actual completed life map on page 13 as a guide!).

STEP 5: Your completed life map from page 12 is now your “cheat sheet!” Think of it as the “cliffs notes” quick and dirty version of your life map for you to stick near your computer or post on your wall as a reminder of what you really want to be doing with your life.

CONDUCT A LIFE ASSESSMENT

Many of us have a love/hate relationship with the current state of our lives.

There are some things that we enjoy and appreciate about our circumstances, but if we're honest with ourselves, there are some things we want to change about them, too. But before you can get clear about how you might improve, you have to have a good sense of where you are right now.

The first thing you need to do is to take an honest assessment of your current reality in seven specific areas of your life:

1. Lifestyle & Fun

Satisfaction with your living environment including where you live, quality of your leisure time.

2. Career & Work

Satisfaction with your job, career or business, including the substance of work.

3. Money & Finances

The current state of your budget, money management, personal wealth, salary, net worth, debt-to-income ratio

4. Health & Wellness

Satisfaction with the state of your physical and mental health, level of self-care

5. Family & Friends

Quality of your relationships with family and friends, including parents, siblings and children

6. Love & Romance

Satisfaction with romantic relationship(s) including intimacy and sexual life

7. Personal Growth & Spirituality

Satisfaction with attainment of your educational and learning goals as well as the quality of your spiritual life and how you honor your spiritual beliefs

For each of these specific areas of your life, ask yourself two questions.

- ✓ What do I LIKE about this area of my life?
- ✓ What do I DISLIKE about it?

Use the Life Assessment worksheet on the next page to fill in your answers.

LIFE ASSESSMENT WORKSHEET

Lifestyle & Fun	What I Like: _____ What I Don't Like: _____
Career & Work	What I Like: _____ What I Don't Like: _____
Money & Finances	What I Like: _____ What I Don't Like: _____
Health & Wellness	What I Like: _____ What I Don't Like: _____
Family & Friends	What I Like: _____ What I Don't Like: _____
Love & Romance	What I Like: _____ What I Don't Like: _____
Personal Growth & Spirituality	What I Like: _____ What I Don't Like: _____

LIFESTYLE & FUN

Close your eyes and imagine your ideal lifestyle. Where are you living? Which city, state, country? Are you living in an apartment, condo or house? Are you living in a big, exciting city or in the quiet seclusion of the countryside? What does your everyday routine look like? How are you spending your free time? These questions will help you visualize and create your ideal living and leisure environment.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

CAREER & WORK

Close your eyes and imagine your ideal career. What kind of work are you doing in the world? Do you have a job working for an amazing company or run your own business from home? What kind of impact is happening in people's lives as a result of your hard work? These questions will help you visualize your ideal career and work aspirations and turn them into a reality.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

MONEY & FINANCES

Close your eyes and imagine the ideal state of your finances. How much money are you earning per year? How much money do you have saved up in the bank? Have you paid off your student loans? Have you paid off your consumer debt? These questions will help you visualize your ideal financial situation and get started on those goals.

[illegible]

HEALTH & WELLNESS

Close your eyes and imagine the ideal state of your physical and mental health. Do you want to lose weight and get fit? Are you eating healthful food, drinking lots of water and exercising regularly? Would you like to be supported by a good therapist? These questions will help you visualize and achieve your health and wellness goals.

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FAMILY & FRIENDS

Close your eyes and imagine the ideal state of your relationships with your family and friends. Are you spending more quality time with your parents, siblings, children and others? Are you taking frequent family vacations? Do you have friends who support your goals and are there for you in times of need? These questions will help you visualize your ideal relationships and bring them into your life.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Close your eyes and imagine the ideal state of your romantic and sexual relationship(s). What kind of partner/spouse do you want to attract into your life? What type of experiences do you want to have with your significant other? These questions will help you visualize your ideal love life and turn it into a beautiful reality.

[illegible]

Close your eyes and imagine your ideal level of educational attainment, ongoing learning and/or spiritual growth. Do you want to complete additional college degrees, university courses, art classes, read more books, attend conferences or get coaching? How do you most want to express your faith and/or spiritual beliefs? These questions will help you clarify your personal and spiritual growth goals and incorporate them into your life.

[illegible]

MY LIFE MAP

Lifestyle
& Fun

Career
& Work

Money &
Finances

Health &
Wellness

Family
& Friends

Love &
Romance

Personal
Growth &
Spirituality

ROSETTA'S LIFE MAP

Lifestyle & Fun

- Location independent – based in Hawaii/other warm place
- Frequent travel, go abroad at least once a year
- Apartment with large kitchen, room to cook + entertain

Career & Work

- CEO of Me: writing, teaching, speaking, coaching
- Build #1 personal development company for women
- Leave a legacy of empowered women all over world

Money & Finances

- No student/consumer debt, donate 10% income to charity
- 6 months of living expenses in savings account
- Ongoing "travel fund" for annual trips abroad

Health & Wellness

- Team of doctors for annual checkups + preventative care
- Regular therapy and mental health support
- Clean eating, daily exercise – walking + yoga practice

Family & Friends

- Regular happy hours/social events with old + new friends
- Visit family at least once a year – holidays, birthdays, etc.
- Talk to mom, grama, sis on phone at least once a week

Love & Romance

- Attract supportive partner with similar values + interests
- Have fun + try new things together, especially travel
- Romantic dates – beach, dancing, dinner/movies at home

Personal Growth & Spirituality

- Lifelong learning through books, classes, conferences
- Daily meditation + prayer
- Regular fellowship with people who are on the path

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