

**INSTRUCTIONS**

Print out 4-5 copies of the LIFE MAP, one for every decade or two of your life.

Create your own LIFE MAP similar to the example to the left. Be sure to include each of the following elements:

- **HIGH POINT** — An experience or season of life when you felt especially happy or fulfilled.
- **LOW POINT** — An experience or season of life when you felt particularly sad or unfulfilled.
- **TURNING POINT** — A specific event or season that significantly changed the direction of your life. (May be a High Point or Low Point, but doesn't have to be. For example, "moved to Thailand" could be a Turning Point that you felt neutral about overall.)
- **DEFINING MOMENT** — A specific event or season that significantly changed the way you see yourself.
- **LIFE CHAPTER** — A name you would give to a particular portion of your life.