



My Life Map: A Journal to Help You Shape Your Future

Kate Marshall, David Marshall

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An introspective fill-in-the-blank that helps readers reflect on their past, evaluate the present, and dream for the future.

My Life Map helps people at any stage of life create a visual road map of both their past and their future in major life areas such as family, work, play, friends, and education. Charting the past highlights patterns you may not have noticed before. Seeing the years ahead encourages you to set goals and shape a future with intention and purpose.

This interactive self-help journal includes innovative mapping and chapters on Creating Your Maps (warm-up exercises for envisioning your future and tips on how to fill out your maps); Sample Journeys (completed maps of fictitious people at different stages of life); My Life Maps (blank whole-life, ten-year, and subject maps to fill out); Putting Your Maps into Practice (tips and tools for establishing next steps and annual checkups); and Reflections (blank pages to record discoveries, challenges, or promises).

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