

Life Map



Purpose  
8

- Do I have a sense of purpose and direction in life?
- How do I want the world to be different?
- What is my philosophy of life?
- Do I believe in my values?



Effectiveness  
10

- Do I have good systems?
- Am I too organized?
- Do I have good routines?
- Is there too much complexity in my life? Do I need to simplify?
- Am I doing any deep work?
- Am I operating in my unique ability?



Health  
6

- Is my diet healthy?
- Am I generally tired or alert?
- How often do I get sick?
- How is my exercise?
- Do I get enough sleep?



Education  
10

- Am I spending time learning new things and developing my mind?
- How much have I read in the past 12 weeks?
- What training or coaching have I invested in?



Well-Being  
8

- How do I feel about my life? Am I enjoying life?
- Am I generally optimistic or pessimistic?
- Do I have good self awareness on my emotions?
- Do I have a regular mindfulness practice?



Spiritual  
8

- Am I spending time daily with God?
- Am I making a difference?



Relationships  
3

- How is my relationship with Erin?
- Am I meeting her needs?
- Do I have good friends and am I investing into those relationships?



Work  
10

- Is my work having a bigger impact?
- Do I have more control over my work time?
- Am I making enough money?
- How stressful is my career/work?



Adventure  
2

- Am I experiencing what I want to experience in life?
- What creative things have I done lately? In general?
- What are my hobbies? What do I do for fun?
- What fun things have I done lately? In general?



Money  
5

- Are savings and emergency fund in place?
- Am I avoiding debt?
- Are we sticking to a budget?
- How are my investments?