

Map Your Life to Make Changes

What to Know

Maybe you're tired of how your life is going. You want to make changes, but you don't know how, or you might not know exactly what needs to change – you just know something *must* change! You can map your life to begin to identify how to make positive changes in your life.

What to Do

First, answer the following questions.

Why do you want to make changes in your life?

What parts of your life do you want to change?

Is there something you wish you could do? Somewhere you would love to visit? Do you wish you had more time to build a skill? Are you longing for new friendships? Pinpoint the thing or things that you desire the most to change or accomplish.

How willing are you to make changes to attain the things you want? A little? A lot? Explain.

What beliefs are keeping you stuck?

Where did these beliefs come from?

What else keeps you stuck?

Look at the page with the large rectangle that has three sections.

Imagine this is a map of your life. The left side of the map represents the land where you are living now. The right side of this map represents the land where you would like to live. Between the two pieces of land (the narrow section in the middle) is a river that you must cross.

Without putting too much thought into it, draw the land you are living in now. Use symbols, pictures, and words to describe your current “landscape,” or life.

Now, move to your ideal landscape – the place you would like to be. Fill this space with words, symbols, and images that represents everything you’d like to have in your life.

Look at the river that separates the two lands. What’s in the river? What’s stopping you from getting from where you are to where you want to be? Describe on the lines below, then use words, symbols, or pictures to represent the obstacles you need to overcome in the river.

Now, draw a bridge that will allow you to cross the river. What is it made of? Who can help you cross from one land to the other?

After you finish, write down the first three steps you can take to cross the bridge and move into the land where you'd like to live.

1. _____
2. _____
3. _____

When will you take these steps? _____

Are there any resources, people, or other things that can help you accomplish these first steps? Explain.

What else can help you make the changes necessary to cross the bridge? Consider resources, people, and so forth. Be specific.

Was there anything that surprised you about this exercise?

The Land Where You Are Now

**The Land Where You
Would Like to Be**

