

Life & Story Map Worksheet

1. Title Your Map

Give your map a name that captures the spirit of your journey.

Examples: *Becoming*, *Crossroads*, *The Long Climb*, *Finding My Voice*, *The Return to Myself*.

2. Identify Your Life Chapters

Divide your life into 4–7 chapters. These can be based on age, major transitions, or emotional eras.

- Chapter 1 —
- Chapter 2 —
- Chapter 3 —
- Chapter 4 —
- Chapter 5 —

For each chapter, write a short description of what defined that period.

3. Mark Your Milestones

List the major events, turning points, relationships, or experiences that shaped you.

For each milestone, note:

- **What happened?**
- **What symbol represents it?** (rock, storm cloud, sunshine, mountain, bridge, river, seed, compass)
- **How did it shape you at the time?**
- **What belief did you form because of it?**

Example format:

- Milestone:
- Symbol:
- Impact at the time:
- Belief formed:

4. Map Emotional Patterns

Look across your milestones and chapters. Identify patterns that repeat.

- Recurring emotions:
- Recurring roles you played (caretaker, achiever, outsider, peacemaker):
- Recurring beliefs or thoughts:
- Recurring conflicts or challenges:
- Recurring sources of strength:

This is where the map becomes a mirror.

5. Identify Your Survival Beliefs

These are beliefs that once protected you but now limit you.

- Old belief:
 - Where it came from:
 - How it helped you survive:
 - How it limits you now:
 - What new belief wants to emerge?
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6. Name Your Turning Points

Choose 2–4 moments where you changed direction, perspective, or identity.

For each:

- What shifted?
 - What did you learn?
 - What strength did you discover?
 - What part of your old story did you release?
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The Future Self: Who You Are Becoming

7. Describe Your Future Chapter

Imagine your life as a story. What is the title of the next chapter?

- Chapter title:
 - Central theme (healing, mastery, reinvention, contribution, freedom):
 - What qualities define the future you?
 - What habits or patterns support this version of you?
 - What environments or relationships help you grow?
 - What do you no longer tolerate?
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8. Create Your Future Symbols

Choose symbols that represent the person you are becoming.

- Symbol for clarity:
- Symbol for courage:
- Symbol for peace:
- Symbol for purpose:
- Symbol for joy:

These become visual anchors for your map.

9. Write Your Guiding Narrative

A short paragraph that answers:

- Who am I becoming?
 - What matters most to me now?
 - What story am I choosing to live from this point forward?
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10. Integrate the Past and Future

Reflect on how your past prepares you for your future.

- What strengths were forged through difficulty?
 - What wisdom did you gain?
 - What patterns are you ready to release?
 - What new identity are you stepping into?
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