

THE Life Map EXPERIENCE

PARTICIPANT WORKBOOK

*Emotional Navigation
for Your Next Chapter*

CLARITY
CONFIDENCE
CAPABILITY
WHAT'S NEXT

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THE Life Map EXPERIENCE

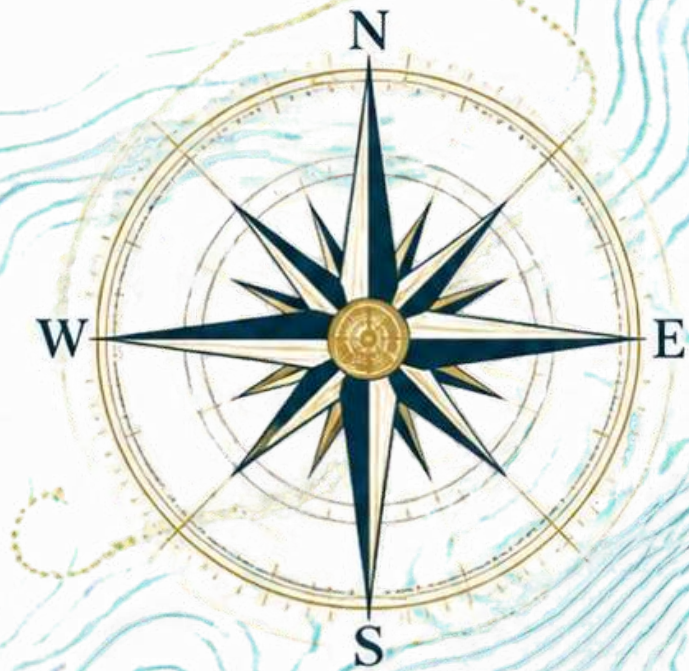


PARTICIPANT WORKBOOK

Emotional navigation for your next chapter

MY NAME

MY INTENTION



WELCOME

Your map belongs to you

“A private place to notice, name, reflect, and choose.

You decide how deeply you travel today.

Use these pages in the way that best supports you. Write in phrases or full sentences.

Circle, sketch, pause, or leave a page open.

You are always in charge of what you write and what you share.



BRAVE SPACE

What would help you feel present, grounded, and supported during this experience?

INTENTION

What do you want to understand, release, or choose today?

Five coordinates

for your next chapter

Reflection becomes transformative
when it leads to intentional direction.



01 MOMENTS

The landmarks



02 EMOTIONS

The signals



03 HEALING

Clearing the route



04 LESSONS

The wisdom



05 ROADMAP

The direction

Your current coordinates



Awareness begins with an honest location.

ENERGY



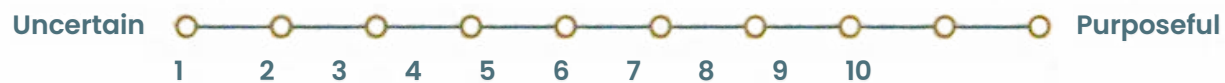
CLARITY



EMOTIONAL LOAD



DIRECTION



CURRENT LOCATION

What makes this location feel true today?

DESIRED OUTCOME

What do you most want from this experience?



01

MOMENTS

02

PATTERNS

03

PURPOSE

04

PATHWAYS

05

POSSIBILITIES

Some moments become landmarks

A defining moment may be joyful, painful, chosen, or unexpected.

LANDMARK 1: What happened, and why does this moment still matter?

LANDMARK 2: What happened, and why does this moment still matter?

LANDMARK 3: What happened, and why does this moment still matter?

LOOK CLOSER

What did you begin believing about yourself because of these moments?



Map the road without reliving every mile

Choose one defining moment. You decide
how much detail belongs on the page.



THE MOMENT — WHAT HAPPENED?



THE MEANING — WHAT DID I MAKE IT MEAN?



THE IMPACT — HOW DID IT SHAPE MY CHOICES?



THE TRUTH NOW — WHAT DO I UNDERSTAND TODAY?



02 EMOTIONS

Emotional Navigation Wheel

Begin with a base emotion, then choose the extended emotion that feels most accurate.



Notice the emotion 👁 Name the emotion 👁 Identify the need.

NOTICE

The emotion I notice most strongly is...

SIGNAL

This emotion may be signaling...

The Life Map Experience

01

AWARENESS

02

EMOTIONS

03

PATTERNS

04

CHOICES

05

ALIGNMENT

02 EMOTIONS

Follow the signal

A trigger can point to an old wound, an unmet need, or a threatened value.



WHEN THIS HAPPENS: Name the situation. Keep it observable and specific.



I FEEL: Name the emotion, not the story.



I TEND TO: Notice the automatic response.



WHAT I NEED: Identify the need beneath it.

01
CLARITY

02
VALUES

03
EMOTIONS

04
ACTIONS

05
LEGACY

What is this reaction trying to protect

Awareness creates a moment of choice.



BODY — WHERE DO I FEEL IT?



BELIEF — WHAT AM I ASSUMING?



NEED — WHAT FEELS THREATENED OR MISSING?



CHOICE — WHAT RESPONSE ALIGNS WITH WHO I AM BECOMING?





Clearing the road

*“You can acknowledge
what happened without
allowing it to remain in
charge.”*



WHAT MAY BE BLOCKING THE ROAD

- ☒ Unspoken grief
- ☒ Resentment
- ☒ Shame
- ☒ Fear of repeating the past
- ☒ The need to prove my worth

RELEASE

What are you ready to stop carrying alone?

SAFE NEXT STEP

What support, rest, boundary, conversation,
or professional care could help?

01
AWARENESS



02
CLARITY



03
HEALING



04
ALIGNMENT



05
ACTION



Forgiveness and grief do not follow straight roads

You are allowed to honor what was lost
and choose what you will no longer carry.



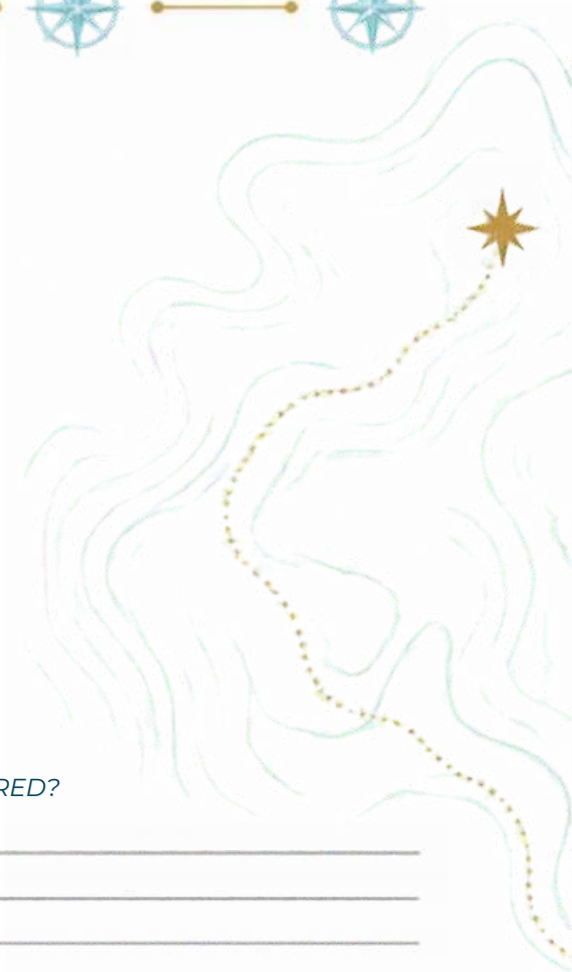
ACKNOWLEDGE — *WHAT NEEDS TO BE GRIEVED, NAMED, OR HONORED?*



FREEDOM — *WHAT TRUTH WOULD MAKE ROOM FOR YOUR FREEDOM?*



SUPPORT — *WHAT WOULD HONOR YOUR HEALING NOW?*



Pain feels like the lesson in the moment

Reflection separates what happened from
the wisdom you choose to keep.



THE EXPERIENCE — *WHEN HAVE YOU SAID, 'I LEARNED MY LESSON?'*

THE INTERPRETATION — *AT THE TIME, DID YOU BELIEVE THE PAIN WAS THE LESSON? WHY OR WHY NOT?*

THE DISCOVERY — *WHAT DID YOU LEARN FROM THE PAIN ABOUT YOURSELF?*

04 LESSONS

Wisdom is what you carry forward on purpose

The lesson lives in the truth you can use.

IN ONE SENTENCE — WHAT IS THE LESSON YOU CHOOSE TO CARRY FORWARD?

NEW UNDERSTANDING — WHAT DO YOU KNOW NOW THAT YOU DID NOT KNOW THEN?

NEW PRACTICE — WHAT WILL THIS WISDOM INVITE YOU TO DO DIFFERENTLY?





04 LESSONS

Share Listen Discover

*Meaning deepens when
reflection meets safe conversation.*



SHARE —

What are you willing to
share from your reflection?



LISTEN —

What did you hear from others
that resonated with you?

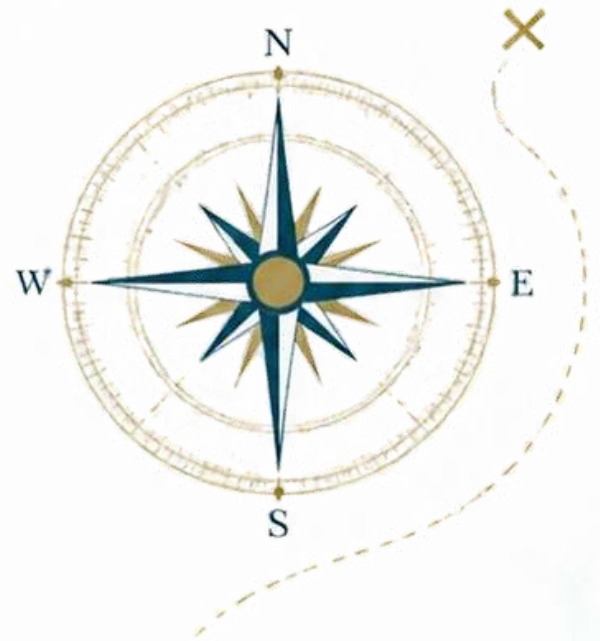


DISCOVER —

What do you understand
differently now?

05 ROADMAP

Direction for your next chapter



Choose the direction first.
Then take one intentional step.

★ **PRESENT COORDINATES** — *Where are you now?*

★ **DESIRED DIRECTION** — *Where do you want to move?*

★ **COURSE CORRECTION** — *What could pull you off course?*

★ **ALIGNMENT** — *What will help you stay true to your direction?*

01

CLARIFY

02

DISCOVER

03

ALIGN

04

DESIGN

05

ROADMAP

05 | ROADMAP

Turn insight into movement

Choose one action, one support, and one boundary.



MOVE

Within seven days, I will...



SUPPORT

The person or resource I will reach for is...



BOUNDARY

To protect this direction, I will stop or limit...



CHECK-IN DATE





I choose my direction

MY PERSONAL DECLARATION

[illegible]

Date _____

**CLOSING REFLECTION**

Your journey matters

Take what serves you. Continue with intention.



INSIGHT — One insight I am taking with me...

CHOICE — One choice I am committed to making...

SELF COMPASSION — One way I will care for myself on the road ahead...

FUTURE SELF — A message I want to remember...



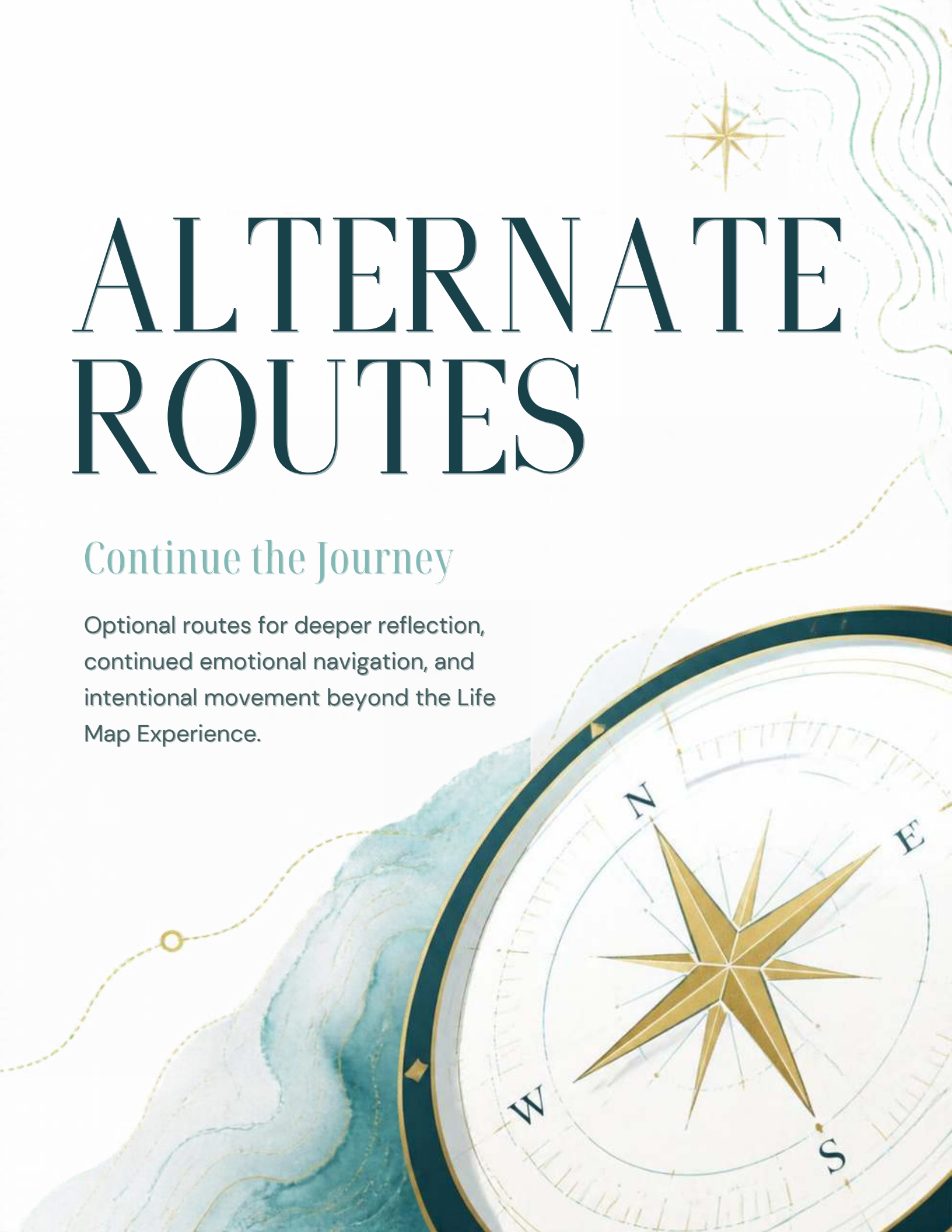
PERSONAL NOTES

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins or other markings on the paper.

ALTERNATE ROUTES

Continue the Journey

Optional routes for deeper reflection, continued emotional navigation, and intentional movement beyond the Life Map Experience.



My Life Map at a Glance



Integration

See the journey. Name what matters. Choose what moves forward.



MOMENT - THE LANDMARK I UNDERSTAND DIFFERENTLY NOW...



EMOTION - THE SIGNAL I WILL PAY ATTENTION TO...



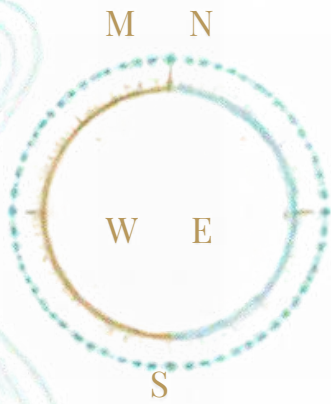
HEALING - WHAT I AM CHOOSING TO RELEASE...



LESSON - THE WISDOM I AM CARRYING FORWARD...



ROADMAP - THE DIRECTION I AM CHOOSING NEXT...



My Emotional Navigation Plan

WHEN THE SIGNAL SHOWS UP AGAIN



Awareness gives you choices you did not have on autopilot.

1

I NOTICE - THE EMOTION OR BODY SIGNAL...

2

I PAUSE - What I need to remember before I react...

3

I CHECK - The belief, assumption, or story I need to question...

4

I CHOOSE - The response that aligns with who I am becoming...

5

I REACH - The support I can access if I need it...

My Personal Compass

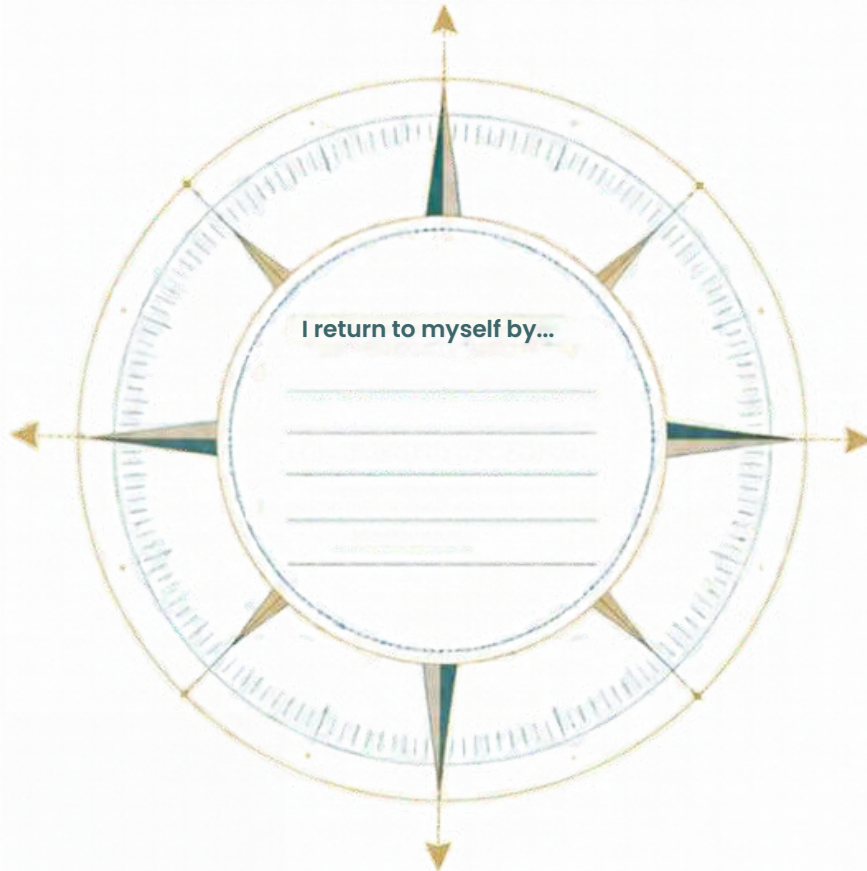
What keeps me true to my direction

Your compass is not perfection. It is what brings you back to alignment.

NORTH - VALUES - What must remain true for me?

WEST - BOUNDARIES -
What protects
my direction?

EAST - POSSIBILITY -
What am I
moving toward?



SOUTH - SUPPORT - What keeps me grounded?



30-Day Course Correction

Small shifts. Intentional direction.



You do not have to change everything. Choose what will create movement.



1

ONE THING I WILL START

2

ONE THING I WILL STOP

3

ONE THING I WILL CONTINUE

4

ONE CONVERSATION I WILL HAVE

5

30 DAYS FROM NOW, I WANT TO BE ABLE TO SAY...



CHECK-IN DATE





Letter to My Future Self

Remember who you decided to become



Write from this moment of clarity to the version of you who may need to remember.

Dear Future Me,

Do not forget...

Keep choosing...

Signature



The map was
never meant
to tell you who
to *become*.

It was designed to help
you see where you are,
understand what shaped
you, and choose your
direction with *intention*.

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Leadership Development Strategist | Executive Coach

