



Life Map

To help yourself, you can ask yourself **four questions**.

You ask the questions within each **life area**:

Health, **Work/activity**, **Relationships** and **Leisure**.

Health	
What's important?	What will I do?
What prevents me?	How handle obstacles?

Work/activity	
What's important?	What will I do?
What prevents me?	How handle obstacles?

Relationships	
What's important?	What will I do?
What prevents me?	How handle obstacles?

Leisure	
What's important?	What will I do?
What prevents me?	How handle obstacles?

What's important?

Life values and motivation

What will I do?

Goal behaviors

What prevents me?

Thoughts, emotions, bodily reactions, lack of skills, poorly adapted environment, insufficient aids or resources, etc.

How handle obstacles?

Focus training, perspective, acceptance, life values, goal behaviors, adapt the environment, use aids and resources, ask for help, social support, etc.



Question 1

What's important?



Write what's **important** to you within the four life areas. Use the questions below as a help.

- What do I find **important**?
- What have I done in the **past** that has been important?
- What do I **like**?

Health

Work/
activity

Relationships

Leisure



Question 2

What will I do?



Write what you want to **do** within the four life areas. Use the questions below as a help.

- What do I want to **do** that is important to me?
- What have done in the **past** that has been important?
- What do **like** to do?

Health

Work/
activity

Relationships

Leisure



Question 3

What prevents me?



Write what **stops** you from doing what you want within the four life areas. Use the questions below as a help.

- What **avoidance behaviors** do I have?
- Hindering **thoughts, emotions** or **bodily reactions**?
- Poorly adapted **environment**?
- Uninsufficient **aids**?

Health

Work/
activity

Relationships

Leisure



Question 4

How handle obstacles?



Write how you can **handle** the obstacles within the four life areas. Use the questions below as a help.

- Which **strategies** can I use? Examples: focus training, perspective, acceptance, life values and goal behaviors
- **Other** strategies? Examples: Ask for help, use the smart phone
- How can I adapt the **environment**?
- Which **aids** can I use?

Health

Work/
activity

Relationships

Leisure