



Life Map (short)

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?