

Life Mapping Tool

Think carefully how you spend your time. As a reality check go through your diary for a typical working month, say February 2016, and look at how you used your time.

Write down the responsibilities you have across your life in the circles. If you have more than 10 just add some circles to the page. If one area, such as work has several LARGE responsibilities within it then you may want to itemise those in separate circles (E.g. work – sales, work – admin, work – clients). If you have one child that takes MUCH more time than the others, then you could make a separate circle for him/her.

Potential categories: personal growth & learning, life partner, wealth creation, community group(s), friendships, parents, wider family, business, home duties, fun/leisure & recreation, family, health & fitness, voluntary service



