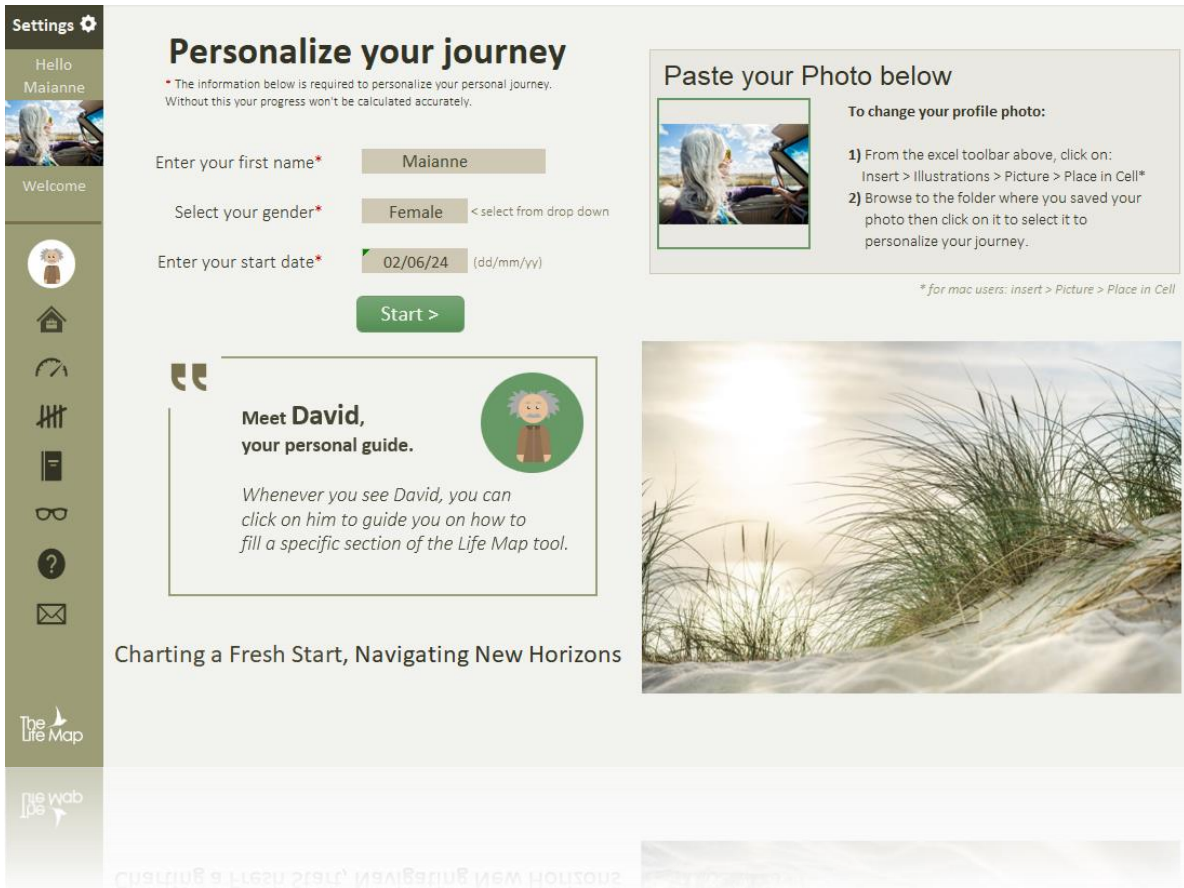


A man with grey hair, glasses, and a blue button-down shirt stands with his arms crossed in a vast desert landscape. The background features rolling sand dunes under a warm, golden light. A single green tree stands on a small patch of ground to the left. In the upper right, a flock of birds is flying across the sky.

The Life Map tool: Navigating Your Path to Fulfilment

The Life Map tool is your compass for transformation—a powerful resource designed to empower individuals seeking positive change in their personal and professional lives. Whether you aspire to redefine your career, enhance relationships, or cultivate well-being, the Life Map provides the structure you need to achieve your life vision.



There are three versions of the tool:

Version One (paid)

This version works with Microsoft 365 (or latest excel version for Mac).

It includes the “emojis” functionality that displays the relevant graphics and icons based on your gender and feelings throughout your entire journey.

Version Two (paid)

This version offers all the functionalities included in version 1. However, this version is designed for users who do not have a valid Excel 365 license.

The only difference resides in the fact that users won’t be able to have the “emojis” functionality enabled.

Version Three (free)

This light version is a “taster” version.

It includes one module only and has limited functionalities. It is designed to give you a taste of the tool and assess if this is the right plan for you.

Disclaimer:

To work properly, the Life Map tool requires to have a valid version of Excel installed on your computer. Each computer has different settings so rendering might defer from one to another. We recommend you adjust the settings to your liking (e.g. zoom %, excel toolbar settings etc.)

Let's explore how to fill in your Life Map tool and to unlock your journey toward purpose and fulfilment.

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The Life Map Journey

This is a guide for using the tool. It will take you through various steps and the results for each step can be documented in the different sections of the tool.

Each step will require lots of thought, honest self-reflection and will be iterative in nature as you hone your ultimate vision.

Please do not rush. This is a journey you are on to complete this thought process. It will yield tough but actionable goals that with effort will get you to the place that you want to be.

If at any point you need help or guidance, please contact us and we can provide both. Contact us at david@the-lifemap.com or use our [live contact form](#).

Step 1: Work out where you are starting from. This is important for any journey that you want to take. This requires a personal audit of where you are in life, no matter what your age.

To make your experience easier, use the following 7 modules.

It is better than starting from a blank page!



This exercise works better if you use old school methods.

Write it down somewhere and be prepared to be brutally honest with yourself. You must understand and accept where you are in any journey before you can plan where you are going to go and how you are going to get there. If any of these modules don't speak to you then ignore them for the moment but we are confident that each of these areas of your life need an audit no matter your age or place in life.

Step 2: Work out what you want out of life and why! (Fill in HOME page).

This action will give you your ultimate life vision, what you want your life to look and feel like. It may not be as easy as you would think to fill this section in but again use the modules above as a guide.

Tip: sometimes it is easier to start from the position of what you don't want and go from there.

This is where you can start to use the tool to structure your thoughts by documenting your Ultimate Vision and Ultimate Purpose.

As an example, for the Physical Body module, you may have an Ultimate Vision of being Fit, Healthy and Active, and then maybe an Ultimate Goal would be to eventually run a marathon or something similar (but don't worry, if you don't have an ultimate goal, that is fine too).

Repeat this thought process for each module so that you have an ultimate vision for each one.

While you do this think about having a corresponding Ultimate Purpose for each of the Ultimate Visions above. The idea is an ultimate purpose will have an emotional component and drive you forward in the times when you need to pull on some additional incentive to achieve your target. As an example, sticking with the Physical body module, the Ultimate Purpose may be to be proud and excited about your life (you may not have a goal linked to this purpose yet, but you will when you drop down to the next level of detail).

These thoughts from step 2 can be documented in the tool home page, see details below.

Suggestion: Go to the tool and start to fill in on the home page with your Ultimate Vision and Ultimate Purpose. Be aware that the thought process with the Life Map is an iterative process and you will almost certainly be adjusting these Ultimate Visions and Ultimate Purposes during your journey.

Step 3: Start to think about the detail, add information to each module and about current details for each section. e.g. For the Physical Body module, your weight, blood pressure etc or your current financial position for the Finances module.

- Go deep into detail for each module and the more detailed the better.
- Again, think about a purpose "a WHY" for this level of detail that you are going to.

- Come up with Goals that you would want to achieve e.g., Physical Body: Body weight, BP numbers, waist measurements, clothing size etc.
- Then Actions that you need to take to achieve those goals e.g. Gym sessions twice a week, 8,000 steps per day etc.

Note: We all overestimate what we can achieve in a year and underestimate what we can achieve in three years or more. Be realistic here and make your goals tough but achievable.

This is why we have a one year and a three-year set of detailed vision, purpose, goals, and actions. Some of your visions may require more than three years but remember you are starting a journey, and it only works when you kick it off and act.

Your thoughts can be documented in the tool as you go through each module but remember, expect to change them as you proceed through the process as this is a continual process until you are happy with what you have documented.

Step 4: Chart your progress and review. I suggest that some aspects be reviewed daily, monthly, and yearly.

Aim to become 1% better every day if you can, however, maybe 1% better a week is a more realistic target. Work it out, 1% compounded equals a huge change.

Change is doable but it requires determination and dedicated action to your plans. This can look like unending baby steps.

Obtain new habits and follow them. This is the secret to achieving everything that you have documented in the Life Map tool so far. These habits are individual to you but changing your habits changes your life e.g. saying we don't have time to exercise may well be a case of getting up an hour earlier or spending an hour in the evening instead of watching television.

These new habits can be incorporated as first thing in the **morning habits** e.g. Drink a large glass of water, do some yoga etc.

During the day habits e.g. work hard for 40 mins and then take a break and walk around for 10 mins, have a salad for lunch 3 days a week.

Evening habits e.g. no screen time after 9pm, read a book to go off to sleep etc.

Remember that you need to change a lot less than you think to become a new person and make massive changes to your life.

Create the new you and become the person you want to be- The best version of yourself!

Note: In the tool you will see how to monitor your progress yourself at a detailed level and how you can document your new habits that you are going to incorporate going forward.

How to use the Life Map Tool

Settings Page

To personalise your journey in the tool please fill out this section first with a photo of yourself and your name and gender details. The start date will default to today’s date but is changeable if you want to start from a particular day of the year.

Life Map Menu

To help you navigate easily throughout your journey, we have included a static and intuitive navigation menu on the left-hand side of the Life Map tool. This navigation menu is designed to help you gain quick access to the following content:

Home Page: Setting the Course

There’s no wrong way to approach the Life Map. Begin by envisioning your ultimate life—whether you have one grand vision or multiple aspirations.

For each vision, create a corresponding ultimate purpose—the “why” behind your dreams.

Use dropdowns to express how you feel about each vision or purpose and identify any high-level goals.

Update as you are navigating your path.

Tip: Consider creating an ultimate vision for each of the seven modules (more on those below).



The Seven Modules

Mapping Your Year One

Dive deeper into each module by adding more detail. Don't worry about whether your vision or purpose is high or low level—what matters is recognizing your goals and the necessary actions to achieve them.

Take note of your emotions related to these goals and actions. Awareness is key.

Repeat for Year Three: The Power of Patience

It's normal to overestimate what can be achieved in one year and underestimate what's possible in three years.

Be patient with yourself. Revisit the same process, refining your vision, purpose, goals, actions, and emotions.

Monitor Your Progress: The Journey Unfolds

Now, it's time to track your progress and fill in the percentages.

Celebrate small wins—they add up!

Prioritize great sleep, a balanced diet, regular exercise, and most importantly, cultivate a positive mindset. Your new life vision awaits!

Tip: Craft a daily morning, daytime, and evening routine that aligns with your goals. Consistent small habits make a significant impact.

Dashboard

This is where monitoring of your percentage completion is shown, and you can track your progress visually for your 1 and 3-year achievements.

Daily Rituals

Daily rituals/habits are the key to success.

This section of the Life map is unique to you but make sure you include in each module (morning, day, evening) mindset habits as well as practical habits.

Tip: Mindset changes are so important to fuel and sustain your journey and the recommendation is to give this section a lot of thought.

Reading List

This is a subset of the recommended reading list; further information can be found by referring to the website.

These books have become the base for the Life Map tool and contain all the wisdom that we believe you may ever need.

This maybe future reading for you after the creation of your own life Map plan.

FAQ's

A section of frequently asked questions about the Life Map tool.

You can also find more questions answered [on our website](#).

Remember, the Life Map isn't just a tool—
it's your guide to intentional living.

Let's embark on this transformative
journey together!