

LIFESTYLE MAPPING



After personally going through a major career change and coaching thousands of other people on finding their purpose, I've found the happiest people are the ones who align their careers to their core values and the lifestyle they want to live. This worksheet will help you get there.

Step #1: Get Clear On Your Priorities

People become unhappy with their lives/careers when their time and energy isn't aligned with their priorities. If money is your top priority, being paid less at a company with "impact" and flexibility won't matter. If impact is your driving force, getting paid tons of money won't fill that void. **Your job is to rank the priorities below in order of most important to least important:**

Priorities

- Money
- Flexibility (Work/Life Balance)
- Work That Impacts Others
- Loving Your Colleagues/Manager
- Visibility
- The Product You Work On

Your Ranked Order

1. _____.
2. _____.
3. _____.
4. _____.
5. _____.
6. _____.

Step #2: If You Could Do Anything In 5 Years, What Would It Be?

Let's start there and work backwards. Set limitations aside -- skills, experience, qualifications, connections -- none of that matters. If you could wave a magic wand and be doing anything 5 years from now, what would it be? World famous fashion designer? Software Engineer II at Amazon? SVP of Sales at a startup? Founder and CEO of your own business? **Fill in the blanks below (it's ok to have multiple paths!):**

1. If I could be doing anything 5 years from now, I would be a(n) _____ at _____.
2. If I could be doing anything 5 years from now, I would be a(n) _____ at _____.
3. If I could be doing anything 5 years from now, I would be a(n) _____ at _____.

Step #3: What Activities Give You Energy? Which Take It Away?

Think about what you do every day at your job and in your personal life. Which activities give you energy and bring you joy? Which activities do you hate because they sap your energy?

I Enjoy Doing:

1. _____.
2. _____.
3. _____.
4. _____.
5. _____.

I Hate/Avoid Doing:

1. _____.
2. _____.
3. _____.
4. _____.
5. _____.