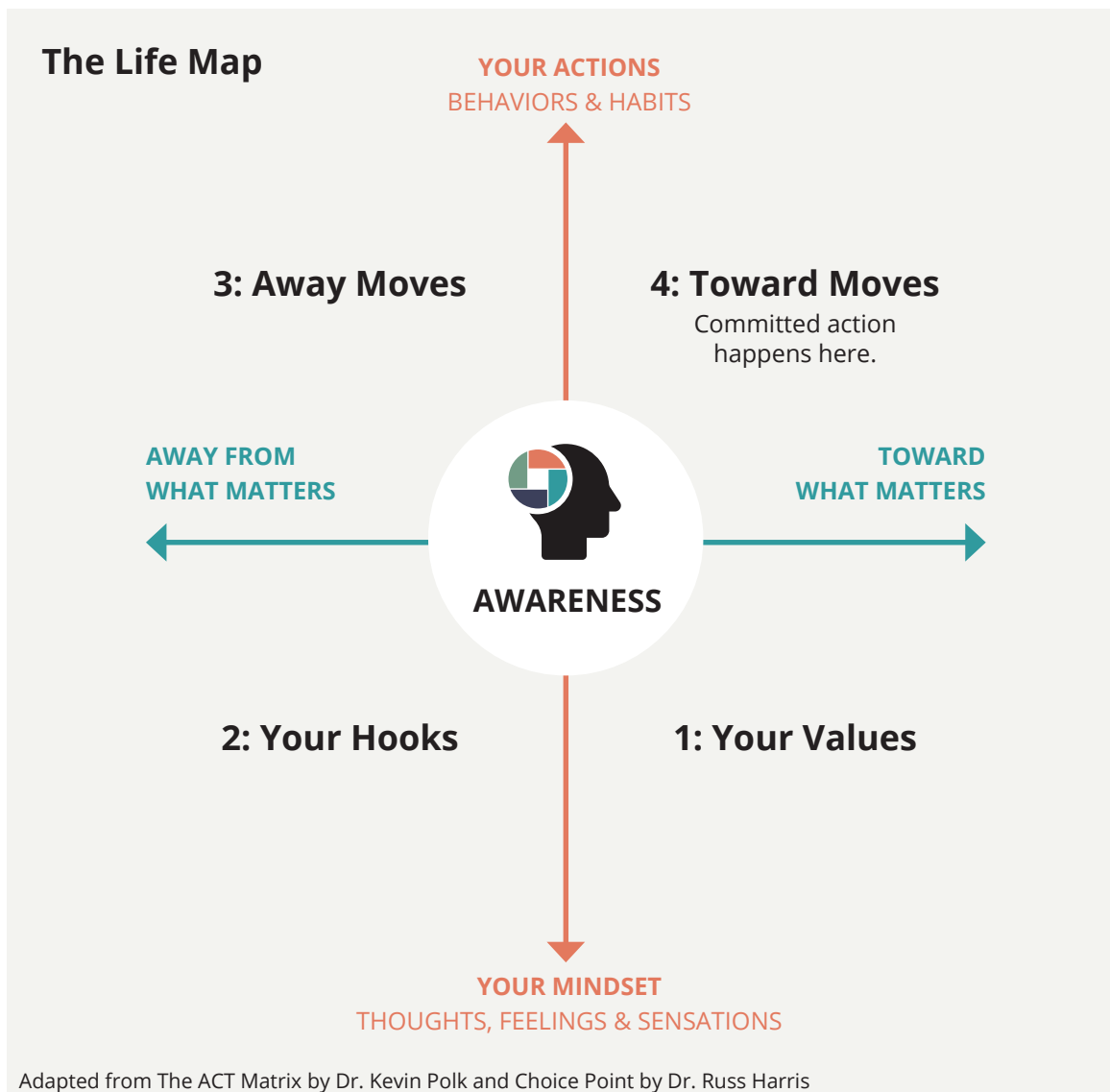


A Mind-First Wellness™ Tool

The Life Map

A flexible mindset is action-oriented and utilizes tools to move toward meaning and purpose, even when it's difficult or stressful.

You can use the Life Map as a tool to help you take a step back and look at your life in a new way. It will help you deepen your awareness of **1) your mindset** and **2) your actions** that move toward or away from what matters to you. It also helps you make a **Committed Action Plan** designed to help you live intentionally on your journey ahead.



A Mind-First Wellness™ Tool

Your Life Map



Adapted from The ACT Matrix by Dr. Kevin Polk and Choice Point by Dr. Russ Harris