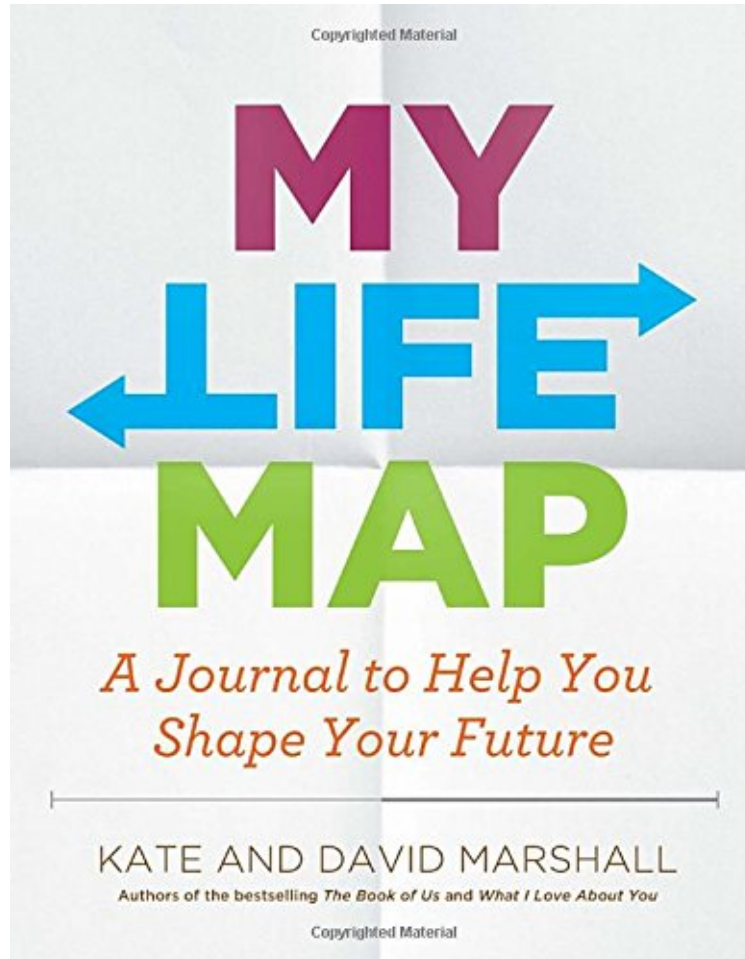


My Life Map: A Journal to Help You Shape Your Future

Kate Marshall, David Marshall

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Kate Marshall, David Marshall : My Life Map: A Journal to Help You Shape Your Future before purchasing it in order to gauge whether or not it would be worth my time, and all praised My Life Map: A Journal to Help You Shape Your Future:

2 of 2 people found the following review helpful. Awesome Gift For Yourself or a Loved One! By Sierra Palacios I gave this as a gift for my mom last week and she loved it! She sent me messages saying she was eager to get into it and has worked on it a lot over the course of the last several days since she started. She really seems to be getting a lot from it so we're both happy. If you or someone you know and love in your life is uneasy or unhappy with the direction of their life this is definitely a worthwhile purchase that offers rewards that far outweigh the price tag. Get it! :) 2 of 2 people found the following review helpful. My favorite gift!!!! By Leslie A. Yerkes Life is a series of decisions and opportunities to reinvent yourself and grow in different directions. Times have changed and the path you put yourself on won't necessarily be the path (career or personally) that you will remain on for the length of your life. The road to

living has many 'on and exit ramps' and driving it can be overwhelming with choice and even 'dead ends'. This lovely guided journal, *My Life Map*, is a wonderful way to look backwards and forwards, reflect on your life journey and re-envision the road ahead. I loved the process of 'mapping' my life. It helped me to recognize what I wanted to do with my time and talent. The book has become my favorite gift to friends and colleagues who find themselves transitioning. I know I will use *My Life Map* over and over and over again. 1 of 1 people found the following review helpful. Great book! By O. Anderson Providing so much direction. Life got a bit bogged down and this is helping realign. Great book!

An introspective fill-in-the-blank that helps readers reflect on their past, evaluate the present, and dream for the future. *My Life Map* helps people at any stage of life create a visual road map of both their past and their future in major life areas such as family, work, play, friends, and education. Charting the past highlights patterns you may not have noticed before. Seeing the years ahead encourages you to set goals and shape a future with intention and purpose. This interactive self-help journal includes innovative mapping and chapters on *Creating Your Maps* (warm-up exercises for envisioning your future and tips on how to fill out your maps); *Sample Journeys* (completed maps of fictitious people at different stages of life); *My Life Maps* (blank whole-life, ten-year, and subject maps to fill out); *Putting Your Maps into Practice* (tips and tools for establishing next steps and annual checkups); and *Reflections* (blank pages to record discoveries, challenges, or promises).

"An intriguing look at the age-old question of the pursuit of the good life. A must-read for anyone facing the 'what's next?' moment in life." — Richard Leider, bestselling author of *Repacking Your Bags* and *The Power of Purpose* About the Author Kate and David Marshall are husband-wife authors of bestselling guided journals for people with life stories, love and wisdom to share. Their goal is to make it easy for anyone to write about their life, relationships, and experiences, and to offer ways to deepen family communication. Their journals include: *What I Love About You*; *What I Love About You, Mom*; *The Book of Myself*; *The Book of Us*; *Picture of Me*; and *My Life Map*. marshallbooks.net