



Navigating the Road to Renewal Worksheet: Your Life Map & Unlocking Your Vision

“The winds of grace are always blowing. But we have to raise our sails.” - Ramakrishna

*“Goal setting cannot really work until the vision takes form. The **what** and the **why** must be clear before tactical goals are set.” – Class Notes from Coach RICE Program, Doerr Institute for New Leaders*

Directions:

Step 1 is for reflection prior to the retreat.

1. **Think First About Your Past:** Before we develop our visions for the future, we recommend capturing and considering significant past events. Where did you experience energy peaks, when and where did you experience your most vibrant life? Write just a few words and try to come up with a headline...roughly 6 or 8 peak times. Some find it important to consider valleys as well. Be your own authority. *As you do this, consider all the systems and elements that make up your invisible terrain.*

Examples: “Your Invisible Terrain”

<u>Who</u>	<u>What</u>
<ul style="list-style-type: none"> • Self • Couple • Family • Friends • Work • Community • World <p>Source: Hudson & McLean (2000) <i>LifeLaunch.</i></p>	<ul style="list-style-type: none"> • Physical Environment • Fun/Recreation • Personal Growth • Relationship/Romance • Career/Work • Family / Friends • Health /Wellbeing • Financial Security / Money <p>Source: Co-Active Coaching Toolkit, Wheel of Life</p>

Process for Renewing Your Vision adapted from Kouzes & Posner (1995) *The Leadership Challenge.*

Life Phase <i>Adapt as needed.</i>	Peaks Remember to Include a 1-2 Word Label summarizing your peak. <i>Be high level. Consider a total of +/-5-8 Vignettes.</i>
Childhood (7-13)	
Youth/Adolescence (14-20)	
Early Adulthood (20-30)	
Next Chapter (30-40)	
Next Phase (40-50)	

Life Phase <i>Adapt as needed.</i>	Peaks Remember to Include a 1-2 Word Label summarizing your peak. <i>Be high level. Consider a total of +/-5-8 Vignettes.</i>
Next Phase (50-60)	
Next Phase (60-70)	
Next Phase (70-80)	



Navigating the Road to Renewal

Worksheet: Create Your Life Map – Inform Your Vision and Purpose

Questions we will explore at the Retreat:

2. Determine What You Want (includes Visualization time in class)

- What Themes and Patterns are Revealed?
- Given these themes and patterns: What describes a life will you find personally compelling in the future?

3. Anchor What You Want (includes Visualization time in class)

- What does it “look like” and “feel like” if it works out exactly as you want it to?
- What is exciting to you about this? What are the benefits?

*Use Additional Pages as Needed.
You will capture a summary vision for your navigation board.*