

Life Trajectory Worksheet

Past Life Experiences

LIST past life experiences and events that supported your vision for a good life.

Future Life Experiences

LIST current/ future life experiences that continue supporting your good life vision.

VISION for a GOOD LIFE

LIST what you want your "good life" to look like ...



Write current age here:

LIST past life experiences that pushed the arrow toward things you don't want.

LIST life experiences to avoid because they push you toward things you don't want.

What I DON'T Want

LIST the things you don't want in your life...

