What is LifeMapping?

There are at least four components:

1. LM helps you ___ surface and sequence your life events

2. LM gives order to ___ random pieces of your life and emotions

3. LM helps design ___ a plan for positive, personal growth and ___
   Growth in relationships

4. LM provides a ___ framework to help others gain a clear plan

Building on “positives” is crucial to successful LifeMapping

LifeMapping draws from three wells:

1. It is a ___ strengths-based, future oriented process
   Jeremiah 29:11

2. It gives ___ a graphic picture of your goals and life story

3. It is grounded in ___ authentic, biblical optimism
   “Genuine optimism always leads to action”!

A Working Definition of LifeMapping:

LifeMapping is a way of looking at your life by displaying its component parts so that you see key events, patterns, and your potential in a fresh, new way. It involves “storyboarding" your past and your future so that you become an active participant in rewriting your own life story. And its goal is to move you with clarity and conviction toward closer relationships, Christ-likeness, and a hope-filled future.
Two Major Uses for LifeMapping®

1. **Level 1** - “Short Form” LifeMapping can be used to map out a positive, solution-focused strategy to overcome a difficult issue.

2. **Level 2** - “Long Form” LifeMapping is a deeper step for mapping out a life story to redirect a person toward God’s best.

The Creative Tool Behind LifeMapping®

“**Storyboarding**” is the foundation of the process.

1. Anyone can use storyboarding to:
   - Plan and complete school projects
   - Write a book
   - Begin a new business
   - Reduce meeting time and increase productive time
   - Clarify your job description
   - Plan a major event or party
   - Design a spiritual growth plan
   - Go on a summer vacation or missions trip
   - Create a visual map of your life-story and future
   - Help others “map” out their life-stories and goals

2. History of the storyboard

3. Review of a storyboard project (creating a new restaurant – handout)

Remember: **Brainstorm** – give as many ideas as possible without criticism of other ideas. “Hitch hike” on ideas to cover every area and encourage creativity.

**Sharpen** – after all ideas are posted, edit, rearrange, and regroup the “keepers”. This streamlines it to the important aspects.

**Timeline** – assign tasks to individuals and completion dates for each project area.

**Let’s** practice storyboarding an important project! We’ll vote on one of the projects below to storyboard:

1.) Plan a fundraiser. 2.) A family camping trip. 3.) Company Christmas party.
Level I – Short Form LifeMapping®
Sorting Through Issues

Having a plan is essential to accomplishing anything. The short form LifeMap is a great storyboard to help people begin to move in a positive direction toward resolving issues and strengthening meaningful relationships with others and the Lord.

“The noble man devises noble plans; and by noble plans he stands.”
Isaiah 32:8

“The plans of the diligent lead surely to advantage, but everyone who is hasty comes surely to poverty.”
Proverbs 21:5

And remember, Jeremiah 29:11 – God has “…plans for a future and a hope”

1. Action is the essential element in LM and growth of any kind

   • “Life” in Greek means connection, movement toward

   • “Death” in Greek means separation

   • Look at three things our Lord lists as keys to renewing our love for Him. These same things can help us strengthen relationships and resolve issues. (Revelation 2, the Church at Ephesus)

     • “Remember”

     • “Repent”

     • “Do the deeds you did at first”
Let’s work through the short form of LifeMapping. Notice the specific “toppers” for each of the five elements.

- **Strengths**
  
  This is a crucial step in renewing or strengthening our love for the Lord and others. Identifying our strengths helps us recognize our potential in multiple areas and helps us tap into our abilities for dealing squarely with issues.

  Our **Strengths** may include a specific aptitude, a physical or spiritual gift or a God given personality trait

  **Examples of strengths:** “analytical”, “strong work ethic”, “determined”, “sensitive to others”, “personable”, “good with words”, etc.

- **Struggles**
  
  This quick, historical look at past and present hurts is an important way to “own” problems rather than “lease” them. Feel free to use letters or abbreviations if you want, but at least once, get those hurtful “pictures” out where you can see them.

- **Current Issues**
  
  These issues are related to the struggles you had in the past and/or are an indication of your strengths pushed to extremes. For example, the strength of confidence pushed to an extreme can create a current issue of being too aggressive with the kids. By honestly looking at issues you face today, you begin to "reframe a problem into a growth opportunity."

- **Positive Plan**
  
  Coming up with your own growth plan can be as simple as sitting down alone or with someone important to you and talking about what can be done differently. Any step to action in dealing with an issue is better than just hoping it will go away or get better on its own. A trip to a local bookstore or library can even trigger a start to a positive plan. There are many great books and devotionals to help develop a God-honoring, positive plan.

- **Loving Accountability**
  
  All you’ve done to this point will be an exercise in shuffling "emotional paper" if you don’t link your plan with loving accountability. That’s because people get what ________ .

  Your spouse or a loving friend can be a great help in living out your positive plan.
Level II - Long Form LifeMapping®
Storyboarding Your Life

LifeMapping’s long form is a hands-on process that can help people overcome their past, take control of the present, and chart their future.

Defining the Purpose of Your LifeMap

List or “brainstorm” possible purposes of your LifeMap ("Purpose" is Topper #1).

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

Sharpen your Purpose "subber" to one statement. Your subber may be a run-on sentence, which combines more than one purpose you listed above. Write your purpose statement in the box below the topper.

**Purpose**
Strengths, Successes and Acceptance Levels (Topper #2)

Looking Back
Long Form LifeMapping begins with a "positive" look back at key events in your life-story

1. Remember, our **Strengths** include ___aptitudes, physical or spiritual___ gifts or a God given personality trait

2. Our **Successes** may include ____ projects accomplished that ____
  have helped others or ourselves grow in significant ways

Examples of successes: “graduated from high school”, “good servant when called on”, “took care of my mother before she passed away”, “earned a job promotion”, “made the All Star team”, “saved the company a billion dollars”, etc.

3. Our **Acceptance Level** is based on ____ whether or not our ____
   strengths were celebrated by someone

List or “brainstorm” your Strengths, Successes and Acceptance Levels below:

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
Sharpen your list of strengths, successes and acceptance levels and write them in the subbers below.

In some cases, it can be difficult to list many strengths and successes. There are many factors that influence our ability to see the positives in our lives. For some people, this list is very short because they may be used to focusing on their shortcomings or weaknesses - or perhaps they have had difficulty overcoming negative circumstances.

Topper #3 is "Emotional Freeze Points"
Emotional Freeze Points

1. A Freeze Point is a ___ season of time in which unexamined and unprocessed ____ layers of hurt are laid down ___________

2. Freeze Points restrict ___ or block personal and spiritual growth ____

3. Three marks of an Emotional Freeze Point
   a. Pessimism becomes ___ a life-style choice __________
   b. Freeze Points can produce ___ procrastination __________
      1.) Fear of ___ failure __________
      2.) Fear of ___ success __________
      3.) Fear of ___ being controlled __________
      4.) Fear of ___ intimacy __________
   c. Freeze Points can cause us ___ to play God __________

   Brainstorm and list some Emotional Freeze Points you may have had in your life. Everything from a difficult home life, to a crushing work situation, to the break up of an important dating or marriage relationship, or going to war. One or some of these may be considered "unprocessed" Freeze Points for you. Give it a chance, remember that this is your LifeMap, there are no wrong answers as you honestly survey these difficult seasons of your life. Use the space below to list Freeze Points.

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
Sharpen your Freeze Points to a few that have had the most significant impact on your life.

*** Thawing Out Emotional Freeze Points ***

Notes: ________________________________________________________________

_____________________________________________________________________

_____________________________________________________________________

_____________________________________________________________________

_____________________________________________________________________

While a Freeze Point is mostly negative and can happen over a season of time, there are many "defining" moments that have tremendous effects on our lives. These are called "Individual Flash Points", topper # 4.
Individual Flash Points

1. Flash Points happen __ suddenly ____________________________

2. Flash Points are __ unplanned ________________________________

3. A Flash Point is often __ unexplainable ________________________

4. A Flash Point is ______ individual ____________________________

Moving from Darkness to Light

Notes: _______________________________________________________

____________________________________________________________

____________________________________________________________

____________________________________________________________

____________________________________________________________

____________________________________________________________

Brainstorm and list some Flash Points that have impacted your life. Keep in mind that even subtle happenings may have had an influence on your direction.

____________________________________________________________

____________________________________________________________

____________________________________________________________

____________________________________________________________

____________________________________________________________

____________________________________________________________
Now, sharpen your Flash Points to add to your LifeMap. You may need to shorten some phrases in order to fit them in the boxes. Try to make them memorable with the important words (e.g. "Jr. High summer retreat", "Left home at 17", "Fired from IBM", "Made football team", etc.)

Changes in life are inevitable. The way we navigate through life's changes determines in large part our degree of growth. Transitions play a crucial part in your life-story, and have an impact on your ability to chart a positive future. "Major, or Untied Transitions" is topper #5.
Major or Untied Transitions

The last _______ look back _______ in the LifeMapping process.

Defining a Transition:

A Transition in LifeMapping is a major movement in your life, often outside your control, that ushers in a new season of life or a new way of relating, and closes off the old.

Transitions differ from Flash Points. Flash Points may usher you into a transition (like your wedding or graduating from college), but transitions include the time in which you make adjustments to your new situation. How successfully you handle (or handled) the new "season" of life can leave you with many emotions. Transitions can be likened to "mini rites of passage".

The four major Transitions that can shape your LifeMap. Think about these areas as you storyboard your Transitions.

1. Core _______ relationships ________________________

2. Physical _______ changes ________________________

3. Changes in _______ vocation or profession ____________

4. From lost to _______ found _______ - spiritual _______ changes _______

Brainstorm and list your Transitions in the space provided. Keep in mind which ones have shaped your life as well as Transitions that may be unprocessed or "untied" at this point in your journey.
Sharpen your list of Major or Untied Transitions for your LifeMap.

You have spent the first portion of your long form LifeMapping experience looking back. Now let’s shift our focus to the present and the future as you add more toppers to your LifeMap.
Image Management vs. Authentic Living

Looking Ahead!

The second phase of LifeMapping is about looking ahead. Now that you’ve captured the key events that have helped shape your past, you are at a crossroads. You can choose one of two ways to live with your past influences. Topper #6...

1. **Image Management** is _______ the attempt to support a public self _______
   __________________________ without dealing with private self issues __________________________

   This leads to ________ increasing inner tension __________________________

   And finally, a breakdown of values __________________________

2. **Authentic Living** is ________ honestly looking at our past, ________ owning the ________
   positives and negatives, so we’re truly free to move on in a healthy way __________________________

Five Marks of an **Image Manager**

1. Great at beginning spiritual commitments but lousy finishing them.
2. The fear of losing others’ approval "forces" you into increased compromise.
3. Your fabricated image becomes more "real" than reality.
4. You find that your repentance is sorrow over getting caught instead of over the act itself.
5. You refuse the counsel of others and the chance to change.

Notes: __________________________________________

__________________________________________

__________________________________________

__________________________________________

__________________________________________

The Antidote to Image Management: **Authentic Living**
Three life-style characteristics for developing Authentic Living

1. Exercise the strength it takes to be humble.
2. Commit yourself to a life of continual learning.
3. Be willing to build your own accountability base.

Notes: 

Brainstorm and list some areas of image management in your life and after each, list the authentic living alternative. For example, someone’s list may include something like “being dishonest to cover insecurity – honestly reveal feelings”. Note any differences between your public and private self and write them below.
**Sharpen** the Image Management/Authentic Living entries and add them to your LifeMap.

Now that you have charted your present location, it’s time for your LifeMap to get active! Begin to step forward in Authentic Living. Making a positive plan for where you want to go in life is the next part of the LifeMapping process – topper #7.
Gaining a Clear Life Plan

Your plan begins with the Key ________ roles you play in your life and ________
the responsibilities you have for yourself and others

• List the major responsibilities, roles or aspects of your life (e.g. Father, Mother
Spiritual Life, Vocation, Profession, Marriage, etc.). These can be used as toppers for
each box under the Gaining a Clear Life Plan heading.

• For each heading, list a goal or plan for authentic living in the space below. (For
example, if “Father” is a role you have listed, in the same box under Father you can
list your goals – “use compliments”, “quality, daily time with kids”, “pray Scripture
for kids”, “have breakfast with sons”, etc.).

Four questions to help you create your Clear Life Plan:

• What do I need to do in this area?
• What do I want to do beyond the essentials?
• How can I accomplish it?
• Who am I encouraging to help keep me accountable for my goals?
Three Words to Guide Your Goal-setting Process

1. _______________ Credibility _______________
2. _______________ Confidence _______________
3. _______________ Communication _______________

Sharpen your roles and goals and transfer them to the subbers below.

"My positive plan looks great, but what if life doesn’t cooperate with my plan?"
Let’s add a concept to your LifeMap that can give you long term staying power. It’s
called Learned Hopefulness and serves as Topper # 8.
Learned Hopefulness

You Have Two Choices in Life:

Choice #1 _______ be dependent on a negative past_____________________
Choice #2 _______ confidently and positively face the future_____________________

A Deeper Look at Choice # 1

The definition of Learned Helplessness: a practiced way of viewing the__
future that keeps you dependent on the past______________________________

Learned Helplessness helps us internalize three perspectives.

1. Effort _______ doesn’t match achievement__________________________.
2. Someone has______ stolen the only key to genuine change__________.
3. I’m all__ alone in my pain______________________________________.

A Deeper Look at Choice # 2 - Learned Hopefulness

The definition of Learned Hopefulness: ______ a practiced way of viewing the__
future with confidence and a positive mindset, based on the promises of God________
__________________________________________________________

Learned Hopefulness is built on three solid steps.

1. LH starts with _______ Commitment_________________.
2. LH is maintained through _______ self control_______________.
3. LH centers on a______ significant challenge_____________________.

B-52
List a few Learned Hopefulness choices in the space below. Your entries can include attitudes (reckless optimism!), actions (establish and work on clear plan), or meaningful Bible verses that may go with your clear plan.

_________________________________________________________________________
_________________________________________________________________________
_________________________________________________________________________
_________________________________________________________________________
_________________________________________________________________________

Sharpen your entries for Learned Hopefulness and add them to your LifeMap.

Learned Hopefulness

Now that you have pictured where you’ve been, where you are and where you’re going, you need to add one more component to your LifeMap. It’s a tangible reminder of the process you’ve been through. This last topper will help you find
"pictures" of all you can become. You’re LifeMap will conclude with the last topper, "Memorial Markers".

Memorial Markers

Memorial Markers can serve two purposes:

They are a powerful way to (1) __________ record _____

and (2) __________ maintain _______ important gains in your life

What is a Memorial Marker?

A few examples from the Bible:

Joshua 4: 6-7

Numbers 21: 4-9

John 3: 14-15

There are usually some very important Memorial Markers or reminders in our lives of where we have been and how we want to live out our goals and convictions.

Add your important Memorial Markers to your LifeMap and remember that you will have new ones to add as God charts many new roads for your life ahead.
Using LifeMapping to Help Others

Brainstorm and list the most frequent presenting problems people bring to mental health professionals and church pastoral staff.

Discussion Items

• A person’s view of his or her mistakes and shortcomings
• Self worth, competence, acceptance level - the role of "The Blessing"
• The effects of trauma - type, severity and duration
• A person’s level of hope
• Coping styles based on personality and environment
• Action vs. analysis

Notes: