

Where is your life going?

When you make a life map, you write down important details about your journey through life. By answering questions like the ones below, a life map can help you to decide what you'd like to do in the future.

A What's your life like at the moment?

What do you like about it? What don't you like? What things do you enjoy? What would you like to change? Think about your job, friends and family, studies, money, the way you live, etc.

B What are your goals?

Set yourself some goals. How ambitious are you? Do you want a better job and more money or do you want to spend more time with friends and family? How creative are you? Do you want to learn a new skill or try a new sport or hobby? Decide what you really want and make a list of goals for each area of your life.

C How are you going to achieve them?

Now you need to decide what actions you can take to achieve your goals. What can you do now and what are you going to do in the future? Make a list of all the things – big or small – that you can do to achieve your goals. Here are some examples:

I'm going to ask my boss if I can work part time.

I'm going to stop staying late at the office.

D When are you going to achieve them?

When are you going to look for a new job or join the gym? When are you going to ask your boss for more money? When are you going to take that holiday? Decide on a date for each action. And finally, be patient ... you can't do everything at once, but remember your goals, start working to achieve them and you really will change your life!

Match statements 1–4 with questions A–D in the article.

- 1 'I'm happy with my family life and I enjoy my hobbies, but my work life is very stressful.'
- 2 'I'm meeting her next week to discuss my ideas.'
- 3 'I'm going to ask my boss if I can apply for a new role in the company.'
- 4 'I really want to have a job where I can have more fun and get to know the people I work with.'