**Lifewide Activities Map September 2013**

Take a few minutes to think about your life and ask yourself the question, *what are the main areas in my life where I have my everyday experiences through which I interact with other people and learn and develop as a person? Use a different box for each domain e.g. study, work, volunteering, caring for someone, looking after yourself and the other areas of your life. For each area - briefly describe the situations you experience and the significant people you interact with? Are you trying to achieve something? What are your GOALS? What are the CHALLENGES & OPPORTUNITIES for your development? Adjust headings and text boxes to reflect your situation. Start with a brief statement about where you are in your life journey to provide a context for your map.*

***Personal Context - e.g. I am about to start a 1 year Masters course***

**SIGNIFICANT RELATIONSHIPS (eg FAMILY / PARTNERS SIGNIFICANT FRIENDS)**

*What I do, who I do it with, how much time I spend, how I am learning and developing*

**GOALs**

**FORMAL STUDY***What I do, who I do it with, how much time I spend, how I am learning and developing*

**GOALs**

**PHOTO**

**Hobbies/other significant interests and activities in my life**

*What I do, who I do it with, how much time I spend, how I am learning and developing*

**TRAVEL** *When, where why?*

**PAID WORK/VOLUNTARY WORK** *What I do, who I do it with, how much time I spend, how I am learning and developing*

**GOALs**

**Other**