The 15-Minute Life Map

A practical starting point. Notice what matters, choose something manageable, then learn from trying.

01 / NOTICE YOUR LIFE AREAS

Spend five minutes scanning work, family, home, friendship, health routines, learning, financial life, community, everyday enjoyment, networks, workplace well-being and reflection. Where do you notice energy, strain or curiosity?

02 / CHOOSE ONE PRIORITY

If one part of life felt a little easier in two weeks, which would matter most? Choose one area within your influence. You do not need to improve every area.

03 / MAKE ONE SMALL EXPERIMENT

What could you try for ten minutes? State what you will do, when, and how you will know you tried. Keep the experiment reversible.

YOUR NEXT STEP

Use the worksheet on the next page. Explore the twelve journeys in any order; choose one to three priorities and keep no more than three active commitments.

Educational planning only. Not an assessment, treatment, or medical, legal or financial advice.

Make it your own.

MY PRIORITY FOR THE NEXT TWO WEEKS

Why does this matter now? What would a small improvement look like?

MY TEN-MINUTE EXPERIMENT

I will ___ on ___ . My smaller fallback is ___ .

MY REVIEW DATE AND DECISION

On ___ I will ask: what happened, what helped, and should I continue, adapt or pause?

Would a conversation help?

Explore Life Map & Next Step ($349 USD). Coaching is optional; availability and terms are confirmed before payment. SaaS membership is separate unless expressly included.

Explore the coaching program >

Free resources and coaching: https://twelve-life-journeys-live-coaching.douglascjohnson96.chatgpt.site/free-guides