

Life Trajectory Worksheet

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

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



Write current age here:

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

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



VISION for a GOOD LIFE

LIST what you want your “good life” to look like ...

What I DON'T Want

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



Past Life Experiences

List past life experiences and events that have supported your vision for a good life

Moving Forward

List current or future life experiences or goals that will continue to support your good life vision

Vision for What I Want

List what you want your “GOOD LIFE” to look like

List past life experiences that pushed your trajectory toward things you don’t want

List things to avoid that could keep you from your good life vision or lead to what you don’t want

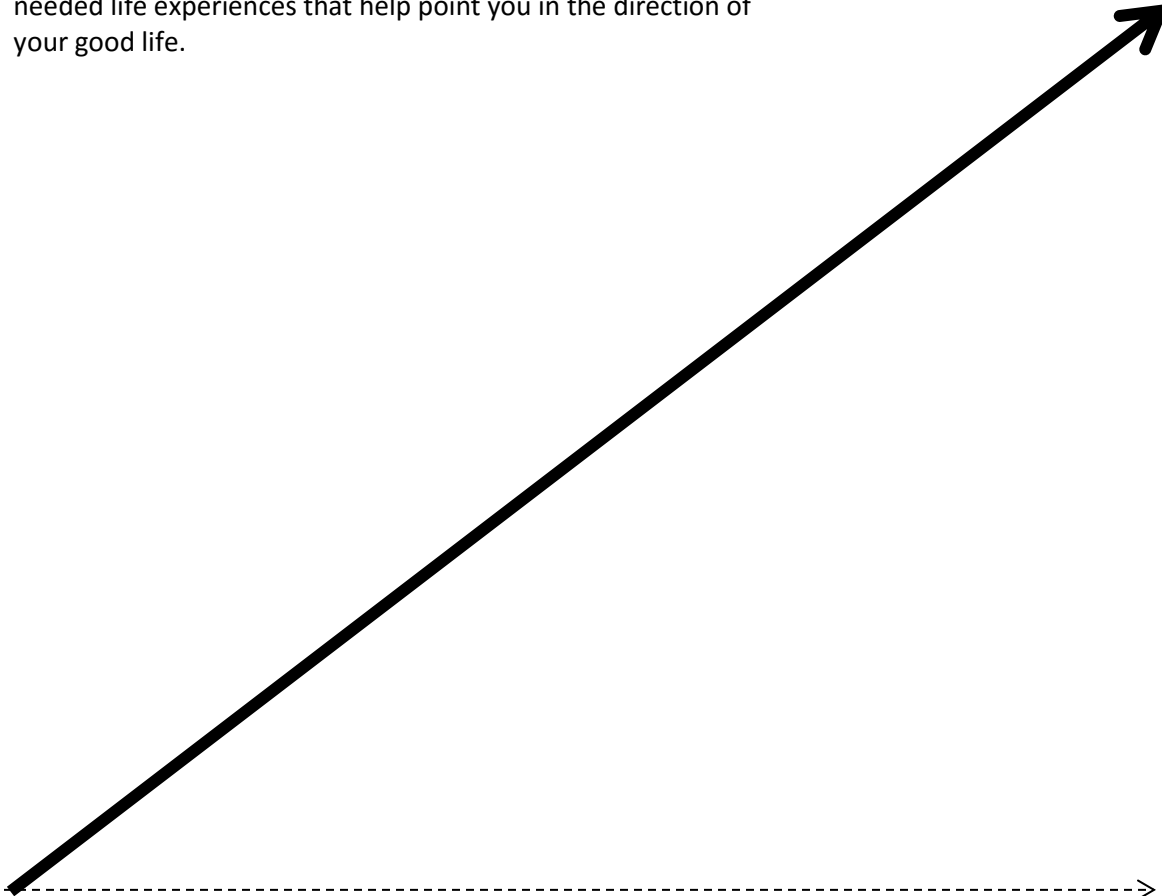
What I Don’t Want

List the things you don’t want or what is NOT a “good life”

CHARTING the LifeCourse

Life Trajectory Worksheet: Individual

Everyone wants a good life. The bubbles on the right will help you think about what a good life means for you or your family member, and identifying what you know you don't want. You can use the space around the arrows to think about current or needed life experiences that help point you in the direction of your good life.



VISION for a GOOD LIFE

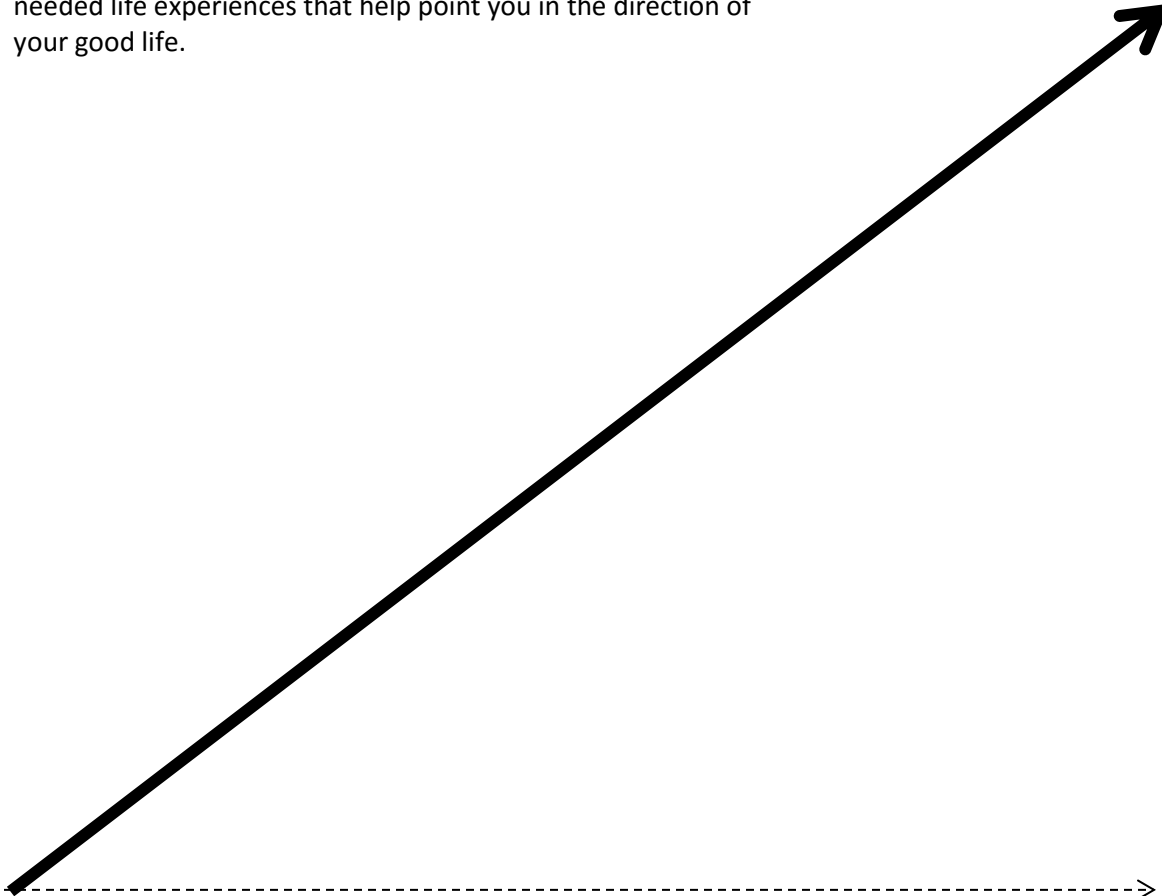
What I DON'T Want



CHARTING the LifeCourse

Life Trajectory Worksheet: Family

Everyone wants a good life. The bubbles on the right will help you think about what a good life means for you or your family member, and identifying what you know you don't want. You can use the space around the arrows to think about current or needed life experiences that help point you in the direction of your good life.



VISION for a GOOD LIFE

What I DON'T Want



