**YOUR NAME’S Life Trajectory Worksheet**

**What I DON’T Want**

LIST the things you don’t want in your life…

**VISION for a GOOD LIFE**

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

**Future Life Experiences**

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

**Past Life Experiences**

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

* LIST
* List

Write current age here

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

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

* LIST
* List

