



MY MASTER MAP FOR 20__

DATE:

MY PERSONAL THEME (3–5 words only)

MY MOTIVATING STATEMENT, VISION OR MISSION (1–2 sentences only)

MY THREE MOST IMPORTANT ANNUAL GOALS OR PROJECTS (Choose one goal or project for each of the categories listed.)

1. Personal Growth
2. Relationships
3. Work/Creativity

MY DAILY PRACTICE FOR THE YEAR (The sole purpose of this practice is to connect with my higher self and body.)

MY TOOLS OF CHOICE

Calendar tool:

Tasks/Projects tool:

Journal/Creating tool:

Contacts tool (for names, addresses, telephone numbers, etc.):

