

LIFE MAP EXERCISE

Looking to deepen relationships in your next offsite?

This Life Map is a great way to learn more about your colleagues at a different level. The purpose of this exercise is for your team members to capture aspects of their personal history, aspirations, goals, and core values in a way that can easily be shared with others during your gathering.

INSTRUCTIONS:

- 1 Review the Life Map template
- 2 Take time to fill it out—you can print and hand-write or type in the document (it's an editable PDF).
- 3 As you respond, consider each category both personally and professionally.



Blue Beyond is a management consulting firm that specializes in the people side of business—culture, talent, organizational effectiveness, change management, communications, and diversity, equity, and inclusion. We serve clients throughout North America and globally, including Fortune 500 companies, non-profits, universities, and small- and mid-sized firms. Founded in 2006, Blue Beyond is headquartered in the San Francisco Bay Area with additional team members across the U.S.

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LIFE MAP

MY
hopes
AND
goals
FOR THE
FUTURE



MY history
AND
fun facts
ABOUT ME



MY CORE
values



WHO & WHAT IS
important
TO ME



MY
BIGGEST
learnings

