Your Wayfinding Life Tree Worksheet

(Week 7)

This exercise helps you translate the Future Self you met in Week 6 into a living picture you can return to. Use this to see the full picture of your Future Self—where she's thriving and where she needs you to focus your attention today.

What Makes an Authentic Life?

You've already touched this. In Week 4, you named the values that are critical to you. In Week 6, you met your Future Self and actually saw what living in alignment looks and feels like.

You don't need a definition of an authentic life - you experienced it in the visualization. This exercise gives that feeling a structure you can return to. The Life Tree exercise helps you see what fullness looks like across three dimensions of your Future Self's life.

The Three Dimensions

🌿 Spirit (Deeper Dimension) *Your foundation, the roots that sustain*

- **Purpose & Contribution:** Meaningful work, impact, feeling useful, legacy
- **Presence & Joy:** Mindfulness, pleasure, appreciation, being fully alive
- **Guiding Values & Spiritual Connection:** Deep principles, connection to something bigger

🧠 Mind (Inner Dimension) *Your core, the trunk that supports*

- **Mental & Emotional Wellbeing:** Psychological health, emotional regulation, resilience
- **Self-Expression & Creativity:** Creative expression, living your truth, authentic voice
- **Growth & Learning:** Intellectual development, curiosity, new skills, personal evolution

🌳 Body (Outer Dimension)

Your life reaching into the world, your branches

- **Physical Wellbeing:** Health, energy, movement, rest, how your body feels
- **Security & Stability:** Financial wellbeing, home, safety, basic needs met
- **Connection & Belonging:** Relationships, community, intimacy, being truly seen

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How to Use This Exercise

Think about your Future Self—the woman you met in Week 6, living in alignment with her values.

For each of the nine areas below, write words or phrases that describe what that area of her life looks like when it's full and thriving.

This isn't about goals or metrics. Just what fullness looks like in that area. Nor is this about *fixing* anything. It's about acknowledging what is and choosing where to focus your energy. In the visualization, your body recognized that feeling of alignment. That feeling is your guide.

Where do the words come from?

- Your core values from Week 4 (they should show up throughout this exercise)
- How her life *feels* when that area is thriving (peaceful? energized? connected? free?)
- What she's doing, experiencing, or prioritizing in that area
- What makes her feel alive and whole

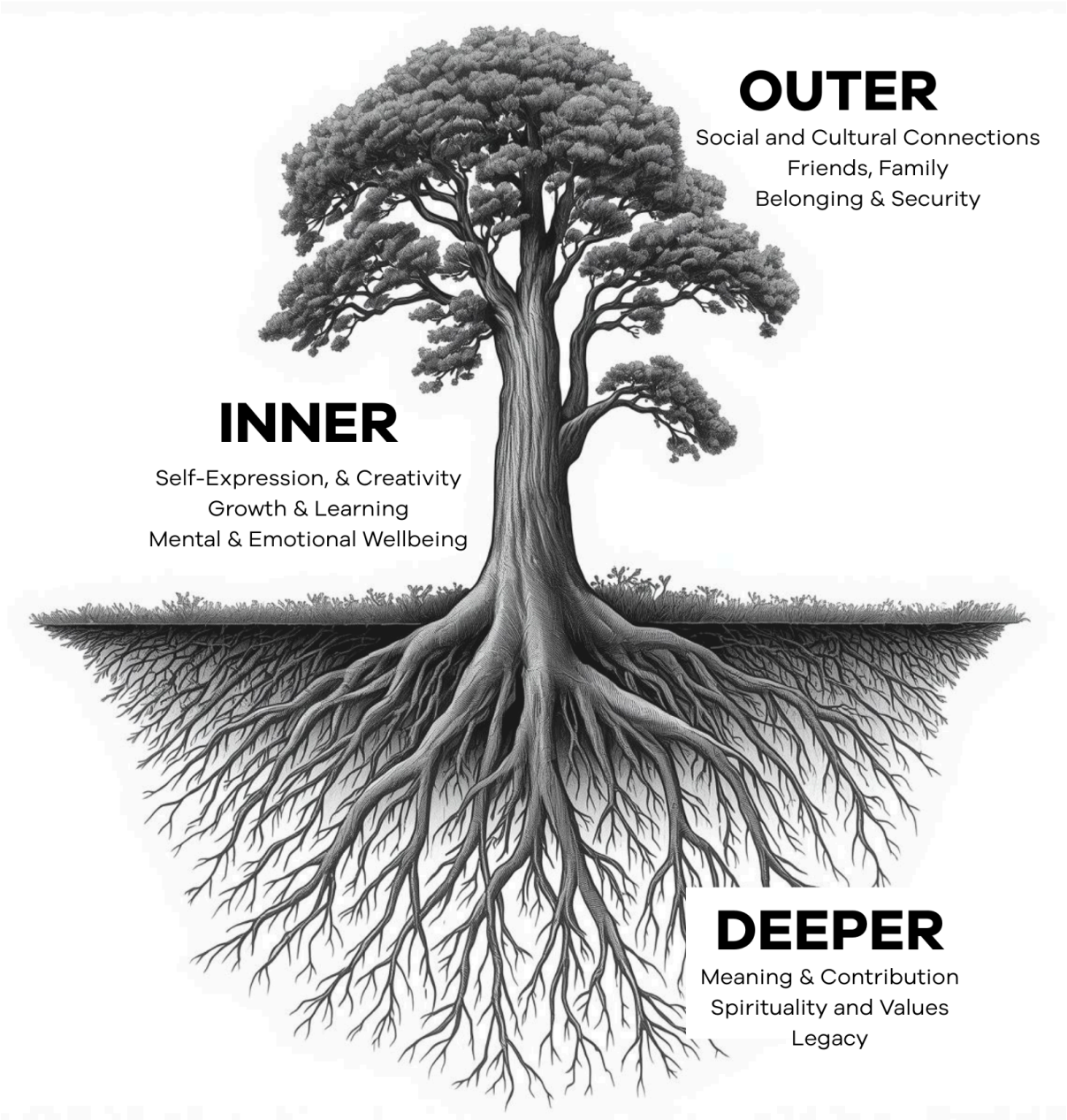
Examples:

- Physical Wellbeing: "Strong, rested, moving daily, energy for what matters"
- Connection & Belonging: "Deep friendships, honest conversations, feeling truly seen"
- Purpose & Contribution: "Teaching what I know, mentoring, leaving something behind"

After you've filled in all nine areas, notice:

- Which areas feel full and alive for you today?
- Which areas feel empty or neglected?
- Where does your attention need to go?

WAYFINDING LIFE TREE



Spirit (Deeper Dimension): Your Foundation

Purpose & Contribution

When your Future Self is living with purpose and contributing meaningfully, what does that look like?

Presence & Joy

When your Future Self is present and experiencing joy, what does that look like?

Guiding Values & Spiritual Connection

When your Future Self is living by her values and feeling connected to something bigger, what does that look like?

Mind (Inner Dimension): Your Core

Mental & Emotional Wellbeing

When your Future Self's mental and emotional health is thriving, what does that look like?

Self-Expression & Creativity

When your Future Self is expressing herself authentically and creatively, what does that look like?

Growth & Learning

When your Future Self is growing and learning, what does that look like?

Body (Outer Dimension): Your Life in the World

Physical Wellbeing

When your Future Self's physical health and energy are thriving, what does that look like?

Security & Stability

When your Future Self feels secure and stable, what does that look like?

Connection & Belonging

When your Future Self's relationships and sense of belonging are thriving, what does that look like?

Reflection: What This Reveals

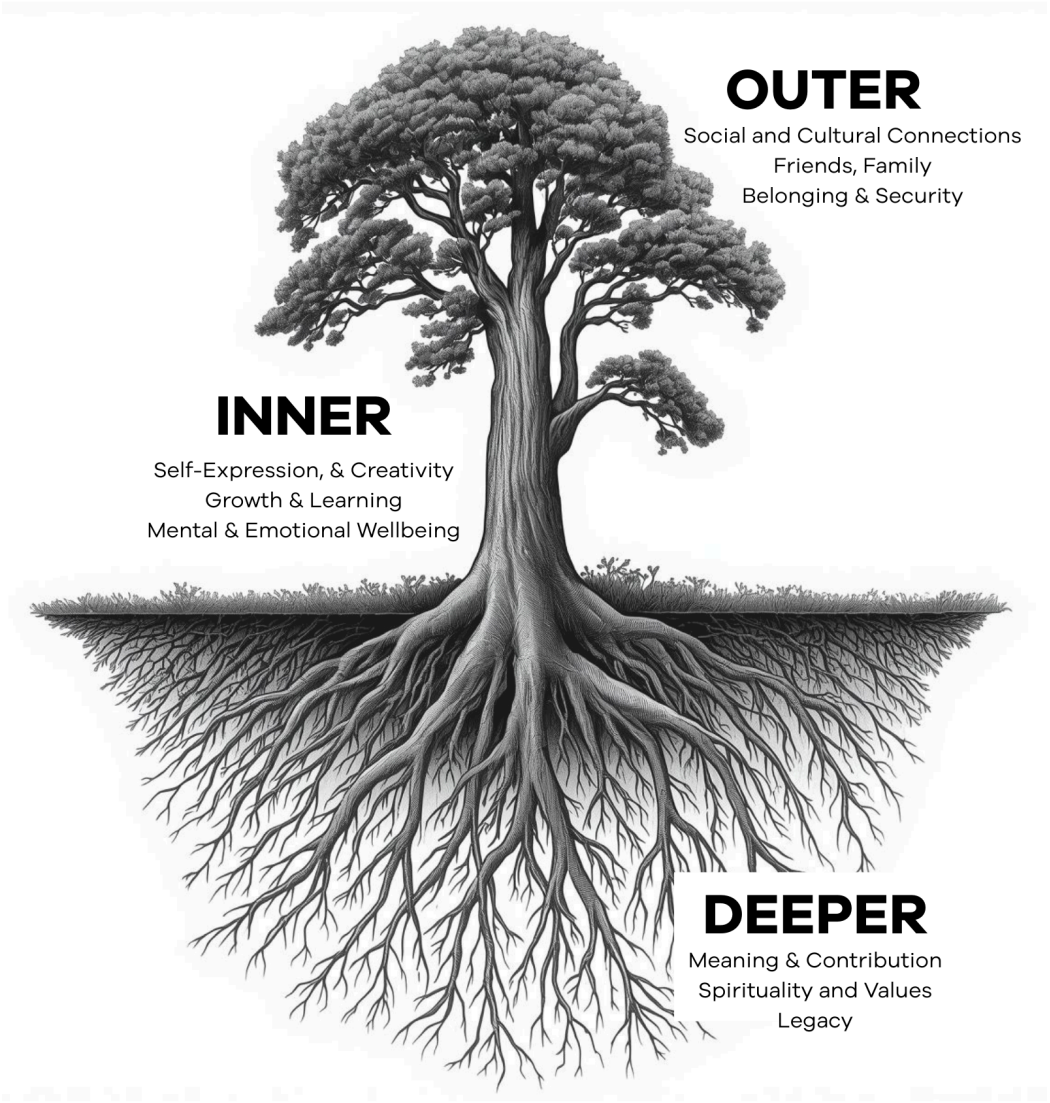
Looking at your Future Self's full life:

Which areas feel most alive and full right now in your current life?

Which areas feel empty or neglected?

Which area, if you gave it more attention, would have the biggest impact? Just notice. You'll work with it in the coming weeks.

Do your core values from Week 4 show up across all three dimensions? If not, where are they missing?

Keep this Life Tree nearby this week. Use it as a reference point, not a checklist.

Return to Week 7, take what you've seen here, and make notes in your daily pages. You're not trying to "fix" things but learning to see the whole picture.