

CHARTING the life course



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 want in my Good Life during Shut Down

- Routine (alarm set, dress to the shoes, maintain house, meals at the table)
- Sense of normalcy (still "see" family and friends, still have dinner plans, Check in and "help" my kids)
- MAINTAIN LAUNDRY!
- Maintain Work schedule and work efficiently (schedule meetings, set up webinars, maintain deliverables, get real family input, don't assume)
- Support Greg with move, one thing each day
- Maintain contact with Clare, help avoid isolation
- Cheer Luke on as he must GO to work, reduce anxiety
- Check-in on Mary, help think about new jobs and making rent
- Keep Ellen moving, setting up new room, creating a work/study space

What I DON'T Want

- The Virus, or any other illness
- Isolation from friends and family
- To lose my sense of humor
- To feel behind in tasks at home or work
- To feel as if I cannot support my children or husband in this difficult time
- To not be able to support families where I can, or feel as if what I am offering is "noise" and not innovative or helpful

