



# Map Your Life: A Group Process for Self-Examination

*Sean Post*

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## **Map Your Life: A Group Process for Self-Examination** Sean Post

If life is a race, why are you running? Is your life carefully architected to reflect your values or are you succeeding in things that don't really matter? Map Your Life offers helpful insight and powerful questions to spark discussion, reflection, and action. Through this process you will discover the subtle difference between happiness and meaning, learn how to identify the script you have accepted for your life, order your values, assess your strengths, design a personal mission statement, and build a routine that reflects the life you imagine.

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