

*LIFE-MAPPING:  
A SPIRIT-LED GUIDE TO  
CLARIFYING YOUR PATH*

Aligning Your Plans with God's  
Purpose and Your Current Season



Bright Labs

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*“Commit your work to the Lord, and  
your plans will be established.”*

*Proverbs 16:3 (ESV)*

## Welcome & Introduction

Welcome to ***Life Mapping: A Spirit-led Guide to Clarifying Your Path.***

This workbook is designed to help you stop, take a breath, and make intentional choices about where your life is heading.

It can be easy to get caught up in a constant cycle of activity — juggling responsibilities, reacting to urgent needs, and moving from one task to another without considering the bigger picture. Over time, this can leave you feeling scattered, unfocused, or unsure if your daily actions reflect what you truly value.

The Life Mapping process helps you:

- Understand your current reality (where you are right now)
- Identify what matters most to you and what inspires you
- Create a practical, step-by-step plan for moving forward
- Make sure your plan fits with your current stage of life, time, and energy

This workbook is practical. It is built around simple reflection questions, easy-to-complete tables, and step-by-step planning templates. It also draws on principles from respected personal development authors like Michael Hyatt, Stephen Covey, and Donald Miller, alongside wisdom from the Bible and Christian thinkers such as Rick Warren.

As you work through the exercises, keep your Bible nearby, your heart open, and your pen ready. This is not about creating a rigid life plan. It's about seeking God's direction, making space for His voice, and aligning your daily steps with His purposes.



# *Where I Am Now*

## **Purpose**

Before you can make God-honouring plans for the future, you need to be truthful about where you are today. This is like looking at a map — you cannot plot a route until you know your exact starting point. In the Bible, Psalm 90:12 says, “*Teach us to number our days, that we may gain a heart of wisdom.*” This means we are to live intentionally, making decisions with an awareness of the time, energy, and opportunities God has given us in this current season.

In this section, you will:

- Take an honest inventory of your current responsibilities and commitments
- Recognise what is life-giving and what is draining
- Identify patterns in how you use your time
- Begin to see where your life is already aligned with God’s Word — and where changes might be needed

This process is not about self-criticism. It is about looking honestly at the reality God has placed you in, so you can make wise, faith-filled decisions about the steps ahead.

## **Reflection Prompts**

Take time to pray before answering. Ask the Holy Spirit to help you see your life truthfully, without fear or pride. Then, respond to each of the prompts/questions in the boxes provided.

## Helpful Tip

Think of this section as locating your position on the map of your life. If you are honest now, your plan will be more accurate later.

**1. Describe your current stage of life. List your main God-given roles (for example: wife, mother, student, employee, leader) along with your daily responsibilities and top priorities.**

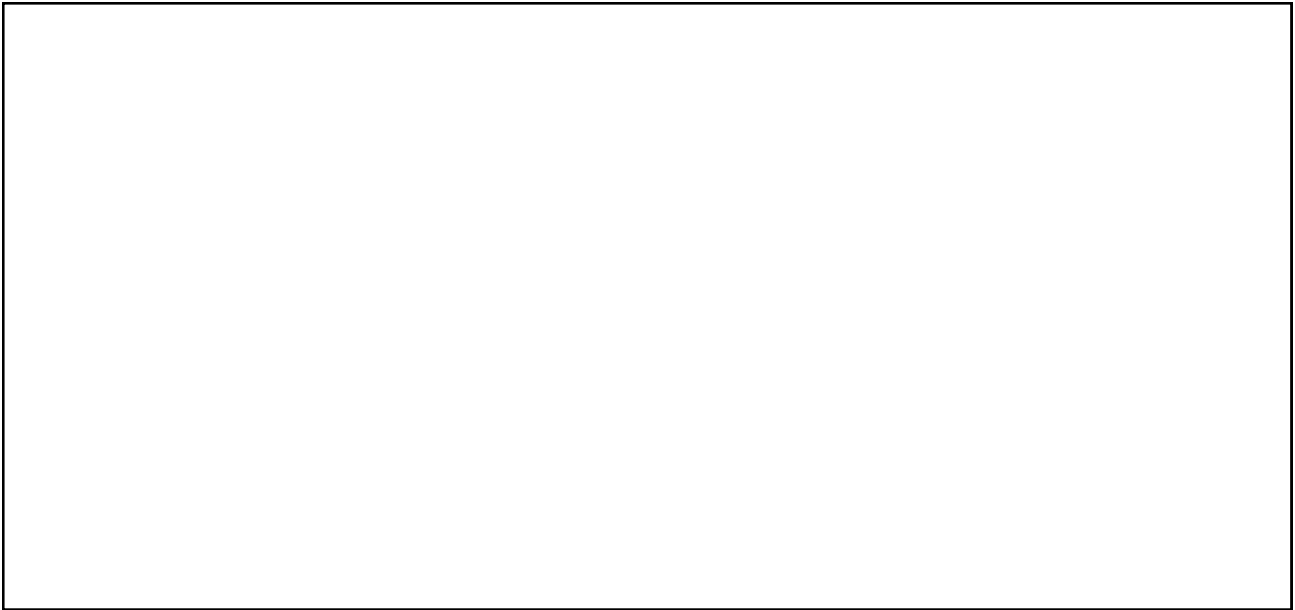
**2. Which activities, relationships, or commitments bring you joy, strengthen your faith, or refresh your spirit?**



**3. Which activities, situations, or relationships drain your energy, distract you from God's purposes, or consistently leave you discouraged?**



**4. How do you typically spend your time each week? Try to list approximate hours you give to work, ministry, family, rest, leisure, study, and other regular activities.**



**5. Which of your current commitments align with your values (for example: integrity, service, love, good stewardship)? Which ones pull you away from these values?**



**Scripture for Reflection:**

“Teach us to number our days, that we may gain a heart of wisdom.”

Psalm 90:12 (NIV)

# *What God is Stirring in Me*

## **Purpose**

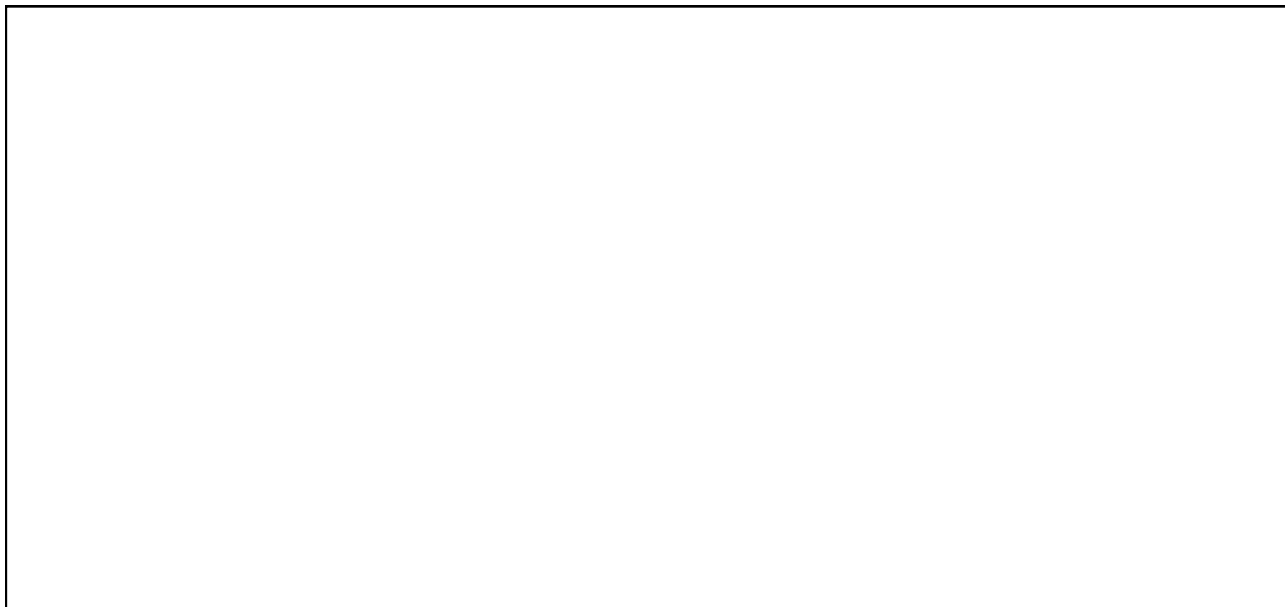
Once you know your current reality, the next step is to listen for God's leading. John 10:27 reminds us: *"My sheep listen to my voice; I know them, and they follow me."* God speaks in many ways — through His Word, prayer, wise counsel, and the nudges of the Holy Spirit.

In this section, you will prayerfully consider what themes, desires, and burdens have been resurfacing in your life. These may be indicators of where God is calling you to focus in the season ahead.

## **Helpful Tip**

**Pay attention to what you feel drawn to over and over again. Often, God confirms His leading by repeating a message in multiple ways.**

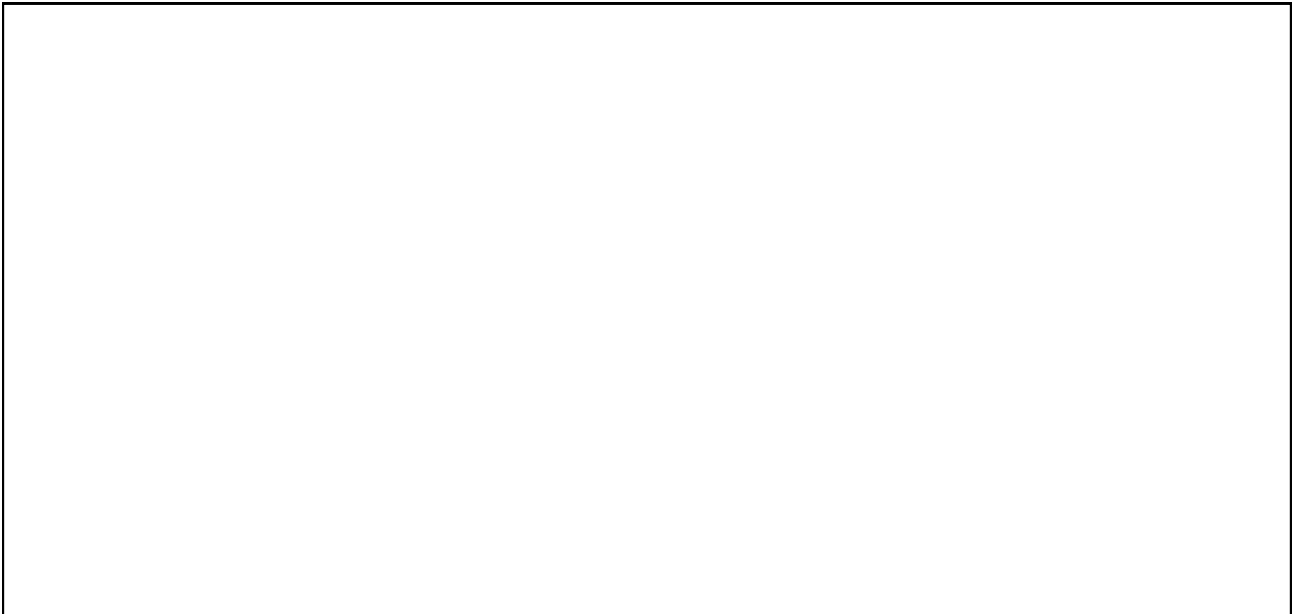
**1. What themes, ideas, or opportunities have you noticed repeatedly in prayer, Scripture reading, or conversation?**



**2. What activities, areas of service, or topics of interest make you feel deeply engaged, energised, or fulfilled?**



**3. Have there been any moments recently — during Bible study, prayer, worship, or conversations — where you felt like you were experiencing God’s clear guidance?**



**4. If fear, lack of time, or lack of resources were not an obstacle, what would you be most curious to explore, try, or learn more about?**



**Scripture for Reflection:**

“My sheep listen to my voice; I know them, and they follow me.” John 10:27 (NIV)

# Mapping the Path

## Purpose

This section brings together your reflection and prayer into a concrete plan. Proverbs 16:3 says: *“Commit to the Lord whatever you do, and He will establish your plans.”* Your goal here is not to create a rigid to-do list, but a flexible, Spirit-led plan that honours your current season, capacity, and calling.

Before you begin, take a moment to pray and invite the Holy Spirit to guide your thoughts. This section is not about creating a rigid to-do list — it’s about capturing a sense of direction that honours God’s leading and your current season. Keep your Bible nearby as you work through each step.

## 1. Vision Statement - Where God is Leading Me

*Write one or two sentences that capture the future you believe God is calling you towards. You’ll refer to this statement as you set goals and make decisions. Your vision statement should be:*

- *Rooted in Scripture and God’s character*
- *Inspiring enough to guide your daily decisions*
- *Clear and realistic*

Example: “To build a peaceful, Christ-centred home where love, grace, and hospitality are practised daily and to develop a ministry that encourages, teaches, and serves women in my family, church, and wider community. I will seek God’s wisdom in every decision, rely on His strength when challenges arise, and steward my time and resources faithfully so that all I do reflects His truth and love.”



### 3. My Goals for This Season

List your top 5 goals for the season. Each goal should be:

- *Specific — clearly stated*
- *Measurable — you can tell when it's complete*
- *Time-bound — it has a deadline*
- *Aligned with God's Word — consistent with biblical principles*

Example: Goal 1: Complete my women's Bible study series by 30 June.

#### Goal 1

#### Goal 2

#### Goal 3

#### Goal 4

#### Goal 5

#### **4. Action steps for each goal**

*Large goals can feel overwhelming if they are not broken down into smaller, manageable parts. For each goal, list the specific steps you need to take in the order you will do them. Each step should be small enough to complete in one sitting and have a realistic due date.*

Example: Goal 1: Complete my women's Bible study series by 30 June.

Step-by-step actions:

1. Choose topic and outline sessions: 1 April
2. Gather materials and Scripture references: 7 April
3. Write one session per week: 14 April–19 May
4. Prepare discussion questions: 26 May
5. Review and finalise content: 9 June
6. Print or distribute materials: 23 June

#### **Goal 1: Step-by-step actions and due dates**

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#### **Goal 2: Step-by-step actions and due dates**

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**Goal 3: Step-by-step actions and due dates**

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**Goal 4: Step-by-step actions and due dates**

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**Goal 5: Step-by-step actions and due dates**

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## 5. Identify Resources and Support

*Every goal requires certain resources — these may be tools, finances, information, or people. List what you will need for each goal and who can provide guidance, accountability, or practical help.*

Example: Goal 1: Complete my women's Bible study series by 30 June.

Resources/tools needed: Study guides, Bible commentaries, printer access.

People who can help: Mentor, small group leader

Goal	Resources/Tools Needed	People Who Can Help

## 6. Plan for Accountability

Accountability ensures that the goals and action steps you created in the previous steps are actually followed through. Choose a trusted person or group who understands what you are aiming for and why it matters. Share your goals, your action steps, and your deadlines with them, and ask them to check in regularly to see:

- Whether you have completed the actions you planned
- Any obstacles or challenges you've faced
- How they can pray for you and encourage you to keep going

Agree together how and when you will connect — whether by phone call, message, video chat, or in-person meeting.

<b>Who will check in</b>	<b>How often</b>	<b>Method (call, message, meeting)</b>
Example: Mentor	Example: Every two weeks	Example: Phone call

## 7: Review and Adjust Every 3 Months

A quarterly review helps you evaluate the goals and action steps you set earlier and see how they are working in real life. Set a date every three months to:

- Look back at the goals and action steps you committed to in Steps 3 and 4
- Celebrate the progress God has enabled you to make
- Identify any unfinished actions and decide whether to continue, modify, or remove them
- Pray for fresh wisdom to ensure your next steps still align with your current season (Step 4: Seasonal Alignment Check)

This review ensures you remain faithful to your commitments while staying flexible to God's leading.

<b>Goal &amp; date of review</b>	<b>Key wins / progress made</b>	<b>Changes needed</b>
Example: Goal 1 - 30 June	Example: Completed 6 Bible study sessions	Example: Add one extra discussion session

**Scripture for Reflection:**

“Commit to the Lord whatever you do, and He will establish your plans.” Proverbs 16:3 (NIV)



# Seasonal Alignment Check

## **Purpose**

Ecclesiastes 3:1 reminds us: *“For everything there is a season, and a time for every matter under heaven.”* God has designed life to have different rhythms — seasons of planting, seasons of growth, seasons of rest, and seasons of harvest.

Understanding your current season helps you set goals that are realistic for the time, energy, and resources God has entrusted to you right now. Without this step, it’s easy to set goals that look good on paper but are unsustainable in real life.

This section invites you to:

- Prayerfully reflect on the key areas of your life that demand your time and attention in this season
- Honestly assess your available capacity — physical, emotional, and spiritual

Adjust your goals so they are achievable, life-giving, and in step with God’s timing for you

## **How to use the alignment check table on the next page:**

1. Pray for wisdom to see your current season clearly.
2. For each life season factor listed, write down your “Current Reality” (what is true right now).
3. In the “Effect on My Goals” column, note how this factor might shape, limit, or guide your goals for this season.
4. Use your answers to decide whether any of your goals need to be delayed, simplified, or re-prioritised.

<b>Life season factor</b>	<b>Current reality</b>	<b>Effect on my goals</b>
<b>Family demands</b>	Example: Caring for two young children at home	Example: Goals may need to be flexible and allow for interruptions
<b>Work commitments</b>		
<b>Health/energy</b>		
<b>Ministry/service</b>		
<b>Learning/growth</b>		

**Scripture for Reflection:**

“For everything there is a season, and a time for every matter under heaven.” Ecclesiastes 3:1 (NIV)



# *Recommended Resources*

The following books and websites will help you continue growing in the areas of life planning, personal development, and spiritual alignment with God's purposes. They have been chosen for their biblical foundation, practical wisdom, and proven strategies for intentional living.

## **How to Use These Resources**

These materials are not meant to overwhelm you or become another to-do list. Instead, choose one or two that speak to your current season of life and your goals from this workbook. You might use them to deepen your understanding of goal-setting, to strengthen your faith, or to find practical tools that help you carry out your action steps. Pray before engaging with each resource, asking God to highlight what is most relevant for you right now.

## **Books**

### **Michael Hyatt — *Your Best Year Ever***

A goal-setting guide that blends practical planning tools with mindset shifts to help you pursue meaningful goals without burnout.

### **Stephen R. Covey — *The 7 Habits of Highly Effective People***

A timeless framework for living with principle-based discipline, clarity, and balance — easily integrated into a Christian worldview.

### **Donald Miller — *Hero on a Mission***

Helps you clarify your life's story, understand your role in God's larger plan, and stay focused on what matters most.

### **Rick Warren — *The Purpose Driven Life***

A 40-day spiritual journey to discover how God uniquely designed you for His purposes, with practical daily applications.

## **Websites**

[fullfocus.co](http://fullfocus.co)

Resources and tools from Michael Hyatt's Full Focus system for structured goal-setting and time management.

[franklincovey.com](http://franklincovey.com)

Leadership and productivity training built on the principles from The 7 Habits of Highly Effective People.

[donaldmiller.com](http://donaldmiller.com)

StoryBrand and personal development resources to help you live and communicate with greater clarity and purpose.

[pastorrick.com](http://pastorrick.com)

Bible-based teaching, devotionals, and life-purpose tools from Pastor Rick Warren.



## ***Conclusion: Walking Forward in Faith***

You have now worked through the process of identifying your current season, listening for God's leading, and mapping out a practical, faith-rooted plan for the months ahead.

This is not the end of the journey — it is the beginning of a more intentional, Christ-centred way of living. Your life map is a tool to help you stay focused on what matters most, while remaining flexible to God's direction as He opens new doors, closes others, and grows you through every season.

As you take your next steps:

- Keep reviewing your plan prayerfully
- Celebrate the progress you make, no matter how small
- Allow the Holy Spirit to guide your adjustments along the way
- Stay anchored in God's Word, letting it shape your decisions and priorities

Remember, the aim is not to complete a checklist but to live each day faithfully, making the most of the time, gifts, and opportunities God has entrusted to you.

### **Final Scripture for Reflection:**

“Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to Him, and He will make your paths straight” Proverbs 3:5–6

(NIV)

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