

# The Life Path Class

## Choosing: My Life Path and Turn-Around Plan

*More Control*



*More Meaning*

*Me on my path now...*

What do you want to control, avoid  
or get rid of?

What kind of life would you  
choose if you could choose?

1. Use an arrow to indicate the following:

*Where would you put yourself on your Life Path at this moment?*

*What direction are you moving now?*

2. What, if any, are the costs and benefits of pursuing control?

3. What behaviors would tell you that you are moving toward “more meaning”?

4. When you are stuck, how can you help yourself to keep moving toward “more meaning”?

Figure 12.1. Handout for the Life Path Class.