## Treasure map checklist

I have set all the things you will need to think about when you develop your own treasure map.

|  |  |
| --- | --- |
| Preparing your treasure map (TM) checklist | Is it included in your TM? |
| **Your life partner** |  |
| If searching for a life partner, where will you be proactively looking for them? | Yes / No |
| Picture what you are looking for in a relationship | Yes / No |
| What things would you like to do as a couple in the year? |  |
| * The actions you are going to take that will improve the relationship.
 | Yes / No |
| * The number of weekend breaks you intend to take together in the year.
 | Yes / No |
| * The holiday locations and likely dates.
 | Yes / No |
| * The number of romantic meals a month.
 | Yes / No |
| * The new shared activities are you planning to start.
 | Yes / No |
|  |  |
| **Your family and friends** |  |
| The things you intend to do to maintain your connection to your family and friends. | Yes / No |
| The family visits you intend to make. | Yes / No |
| The time you will set aside to communicate or meet family and friends each week. | Yes / No |
| The phone calls you plan to make each week, e.g., at least two calls a week to my parents. | Yes / No |
| The things you are going to do to expand your circle of friends. | Yes / No |
|  |  |
| **Your living environment (answer where relevant)** |  |
| The features you want in your bedroom. | Yes / No |
| The features you want in the house you wish to purchase. | Yes / No |
| The changes you want in the house you own. | Yes / No |
| The country/area you want to resettle to. | Yes / No |
| The type of flatmates you are after. | Yes / No |
|  |  |
| **Your hobbies and interests** |  |
| The goals you wish to strive for in your main hobbies. | Yes / No |
| The hobbies and interests you want to develop.  | Yes / No |
| The proposed start date for new hobbies and interests  | Yes / No |
| The actions to grow your appreciation of the arts and culture. | Yes / No |
|  |  |
| **Your self-development and spirituality** |  |
| The self-development courses I wish to attend. | Yes / No |
| The proposed date to attend an enneagram course. | Yes / No |
| The goals for reading self-development books, e.g., two chapters a week | Yes / No |
| The proposed dates to complete the personal development courses you need to attend in order to process your emotional baggage. | Yes / No |
| Participating in a religion that fits your spiritual needs, if appropriate. | Yes / No |
| The initiatives that you want to do to help others. | Yes / No |
| The donations of time and money you want to make this year. | Yes / No |
|  |  |
| **Your health and wellbeing** |  |
| The realistic exercise regimes you are planning. | Yes / No |
| The health initiatives you are planning to undertake in the year. | Yes / No |
| The health checks you plan to have done. | Yes / No |
| The actions you are going to take to create and nurture a safe haven. | Yes / No |
| The bad health habits you want to jettison. | Yes / No |
|  |  |
| **Your career** |  |
| The career milestones you wish to achieve in the year. | Yes / No |
| The organization you wish to be working in at the end of the year. | Yes / No |
| The skills you want to gain. | Yes / No |
| The deadline for finding your mentor(s). | Yes / No |
| The management and leadership training you are going to do. | Yes / No |
| The date(s) to finish your crucial project(s). | Yes / No |
|  |  |
| **Your savings** |  |
| The long-term savings you wish to achieve in the year, e.g., \_\_% of income saved. | Yes / No |
| The initiatives you wish to start to future-proof your retirement. | Yes / No |
| The amount of loan repayments (house, student, car) you want to make in the year. | Yes / No |
| The date by which all short-term debt is to be repaid. | Yes / No |
|  |  |
| **Your legacy**  |  |
| The activities you are going to do this year that will make others’ lives better or the planet a better place to live. | Yes / No |
| Rewrite your legacy statement and put it on your treasure map ( each year, it will morph as you gain further clarity) | Yes / No |
| The help you are planning to give to people you do not know. | Yes / No |
| The help you are planning to give to your family and friends. | Yes / No |
| The help you are planning to give to your work colleagues and staff reporting to you. | Yes / No |
| The help you are planning to give to your neighbors and local community. | Yes / No |
| The number of gratitude letters you will write this year to thank those who have shone a light for you and guided you to this juncture. | Yes / No |