

# The Life Thread Workbook

Find your throughline. Build the next chapter.

*This workbook is designed to help you analyze your life experience from childhood to now, uncover strengths you may be dismissing as "just me," and map a more honest direction forward. There is no perfect way to do it. You are not trying to prove anything. You are extracting truth.*

**Name**

---

---

**Date**

---

---

## How to Use This Workbook

Move through this in one sitting if you want, or take it in pieces. The goal is not to remember every detail. The goal is to notice what repeats. If a prompt does not fit, skip it. If a prompt hits you in the chest, slow down and write.

- Write the first true thing. Do not over-edit.
- Look for patterns across time: roles, themes, problems, environments, and what you naturally do to handle them.
- Purpose is not a single job title. It is often a consistent way you are built to serve, build, guide, protect, translate, heal, or lead.
- At the end, you will craft a simple Life Thread statement and a next-chapter direction you can test.

*Optional: If you want to include an intuitive layer, use one card or one rune at the end of a section to mirror what you already wrote. Do not let divination replace honesty. Let it reflect honesty.*

# 1. Where You Are Right Now

Start in the present. What is asking for change? What feels heavy, flat, or no longer true? Keep this simple.

**What are you navigating right now that you do not know how to move through yet?**

---

---

---

---

---

---

---

**What would feel like relief or progress in the next 30 days? (Not perfection. Relief.)**

---

---

---

---

---

---

---

**What feels non-negotiable in your life right now? (Kids, health, money, time, care responsibilities, etc.)**

---

---

---

---

---

---

---

**What are you afraid might happen if you change direction?**

---

---

---

---

---

---

---

## 2. Childhood Clues

Childhood does not define you, but it often reveals your raw wiring before the world trained you to shrink or perform. This is about noticing early signals.

**When you were a kid, what made time disappear? What did you naturally do for fun?**

---

---

---

---

---

---

---

**What did adults praise you for? What did they criticize you for?**

---

---

---

---

---

---

---

**What were you responsible for too early, if anything?**

---

---

---

---

---

---

---

**What did you need back then that you did not get enough of? (Safety, attention, freedom, quiet, encouragement, stability, etc.)**

---

---

---

---

---

---

---

## Family Roles

Many people unconsciously carry a role from childhood into adulthood. Check any that fit and add notes.

The peacekeeper or mediator

The helper or rescuer

The achiever

The invisible one

The parentified child

The rebel or truth-teller

The caretaker

The entertainer

The problem solver

The protector

The translator (emotions to words)

The scapegoat

**Notes: How do these roles show up in your life now?**

---

---

---

---

---

---

---



## 4. What Keeps Repeating

Purpose often hides inside repetition. Your repeated challenges are not just problems. They are training grounds.

**What kinds of problems keep finding you? (People problems, system problems, crisis problems, meaning problems, money problems, boundary problems, identity problems, etc.)**

---

---

---

---

---

---

---

---

**What patterns show up in work settings for you? (Examples: becoming the fixer, being underused, being over-relied-on, being unseen, being bored, being emotionally exhausted.)**

---

---

---

---

---

---

---

---

**What patterns show up in relationships or family dynamics for you?**

---

---

---

---

---

---

---

---

**What do you keep outgrowing, even if it is uncomfortable?**

---

---

---

---

---

---

---

---



## 5. The Strengths You Do Not Count

Your strongest skills are often the ones you dismiss because they feel natural. This section helps you name them. You are allowed to take yourself seriously.

### Moments of Competence

Pick 3 to 5 moments in your life where you handled something hard, led something, solved something, or helped someone in a way that mattered. Then write what you actually did.

**Moment 1** (use if needed)

**What happened?**

---

---

---

**What did I actually do? (Skills, choices, instincts, actions)**

---

---

---

---

**What does this reveal about me?**

---

---

---

**Moment 2** (use if needed)

**What happened?**

---

---

---

**What did I actually do? (Skills, choices, instincts, actions)**

---

---

---

---

**What does this reveal about me?**

---

---

---

**Moment 3** (use if needed)

**What happened?**

---

---

---

**What did I actually do? (Skills, choices, instincts, actions)**

---

---

---

**What does this reveal about me?**

---

---

---

**Moment 4** (use if needed)

**What happened?**

---

---

---

**What did I actually do? (Skills, choices, instincts, actions)**

---

---

---

**What does this reveal about me?**

---

---

---

**Moment 5** (use if needed)

**What happened?**

---

---

---

**What did I actually do? (Skills, choices, instincts, actions)**



## Fire Skills Inventory

Circle or highlight the skills that feel true. Add your own. These are not soft skills. These are survival, leadership, and creation skills.

- |   |  |
|---|--|
| <input type="checkbox"/> Clarity under pressure       | <input type="checkbox"/> Pattern spotting                |
| <input type="checkbox"/> Reading a room               | <input type="checkbox"/> Translating emotions into words |
| <input type="checkbox"/> Calming and grounding others | <input type="checkbox"/> Building plans from chaos       |
| <input type="checkbox"/> Research and synthesis       | <input type="checkbox"/> Teaching or explaining          |
| <input type="checkbox"/> Leading without force        | <input type="checkbox"/> Creating safety                 |
| <input type="checkbox"/> Setting boundaries           | <input type="checkbox"/> Holding truth with compassion   |
| <input type="checkbox"/> Seeing future possibilities  | <input type="checkbox"/> Problem solving                 |
| <input type="checkbox"/> Creativity and improvisation | <input type="checkbox"/> Organizing people or systems    |
| <input type="checkbox"/> Advocating for others        | <input type="checkbox"/> Deep listening                  |
| <input type="checkbox"/> Conflict mediation           | <input type="checkbox"/> Strategic thinking              |

**What skills do you use that people regularly overlook or take for granted?**

---

---

---

---

---

---

---

**What do people come to you for without you advertising it?**

---

---

---

---

---

## 6. Values, Energy, and Environments

You can be good at something and still be miserable doing it in the wrong environment. This section helps you name what you need to thrive.

**What environments drain you? (Types of people, pace, chaos level, expectations, lack of autonomy, etc.)**

---

---

---

---

---

---

---

---

**What environments energize you? (Structure, creativity, helping others, quiet focus, teamwork, leadership, variety, etc.)**

---

---

---

---

---

---

---

---

**What do you need more of in your life right now? What do you need less of?**

---

---

---

---

---

---

---

---

### Your Values

List the values you refuse to betray. If you are unsure, list what makes you feel proud, steady, or aligned.

**Top values (examples: freedom, stability, truth, creativity, service, family, beauty, justice, mastery, peace, adventure)**

---

---



## 7. Naming Your Life Thread

This is not a forever label. It is a working statement. It should feel honest and usable. You can evolve it later.

### Purpose Lanes (choose one or blend two)

Builder

Guide

Protector

Translator

Alchemist

Advocate

Healer

Pathfinder

Which lane(s) feel most true right now? Why?

---

---

---

---

---

---

### Your Life Thread Statement

Use these sentence starters. Pick one and complete it, or write your own.

*Examples:*

- *I am here to bring \_\_\_\_\_ to people who feel \_\_\_\_\_.*
- *My life keeps training me to \_\_\_\_\_ when things get \_\_\_\_\_.*
- *I am at my best when I am \_\_\_\_\_, especially in situations involving \_\_\_\_\_.*
- *I tend to be the person who \_\_\_\_\_. That is part of my purpose.*
- *The thread running through my life is \_\_\_\_\_. The next chapter is asking for \_\_\_\_\_.*

Write your Life Thread statement here

---

---

---

---

---

---

---

---

---

---

## 8. The Next Chapter

Now that you can see your thread, map it forward. The goal is not to force certainty. The goal is to open doors and test what fits.

**If my Life Thread is true, what kinds of work or life paths could honor it? (Brain dump.)**

---

---

---

---

---

---

---

---

---

---

**What would a small, safe version of this look like right now? (Not a leap. A step.)**

---

---

---

---

---

---

---

---

---

---

**What is one experiment I can run in the next month to test a direction? (A conversation, a class, a volunteer role, a portfolio piece, a job search shift, a boundary, etc.)**

---

---

---

---

---

---

---

---

---

---

**What support do I need to make this real? (People, time blocks, money plan, nervous system support, accountability.)**

---

---

---

---

---

---

---

---

---

---



## 9. Integration

Before you close this workbook, anchor what you know. Clarity is fragile if you do not give it a place to land.

**The most important thing I learned about myself today is:**

---

---

---

---

---

**One belief I am ready to loosen is:**

---

---

---

---

---

**One boundary or choice that protects my next chapter is:**

---

---

---

---

---

**My next honest move is:**

---

---

---

---

---

### **Optional: Intuitive Mirror**

If you want, pull one card or one rune and use it as a mirror. Write what it reflects about your Life Thread and next chapter. Do not outsource your authority to it.

**Card or rune pulled**

---

---

**What it mirrors back to me**

---

**How I will apply this in real life**

---

---

---

---

---

---

---

---

*Reminder: Your purpose is not something you earn. It is something you embody. You do not need a perfect plan to begin. You need a true direction and one honest move.*