TWO PEOPLE, ONE MAP

The Worksheets

Fillable companions to the seven tools in the Appendix

Type straight into the boxes on screen and save the file, or print the pages and write by hand. Each worksheet follows the tool as it appears in the book; the book explains how and why to use it.

Work alone first, then together. Keep your filled-in sheets with the map – they are the raw material of every board meeting.

TOOL 1 **The Couples Purpose Conversation**
Teri-E Belf's ninety-minute process, plus working with your statement

TOOL 2 **The Wheel of Life**
Where you are now, where you want to be, and what the gap means

TOOL 3 **The Five-Year Map**
Parallel tracks, synchronized and visible together

TOOL 4 **The Meaning Anchor List**
What matters enough to protect

TOOL 5 **The Board Meeting Agenda**
A loose structure for the first meetings

TOOL 6 **The Three Reflective Questions**
Learning, gifts, and what you will do differently

TOOL 7 **The Board Meeting – Practical Guidelines**
A menu of questions, not a script

A plan held by one person is a wish. A plan held by two people is something else entirely.

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TOOL 1

The Couples Purpose Conversation

Teri-E Belf's process for two people who each hold a life purpose statement

Complete the individual Life Purpose Discovery process first, with a trained facilitator. Then sit down together for ninety minutes, each holding your own statement, and write your thoughts on each question. Use one copy each.

My life purpose statement

My partner's life purpose statement

1. What do I offer you? *(Look at your own statement.)*

2. What do I need from you? *(Look at the other person's statement.)*

3. In what ways do we complement each other? *(Use both statements.)*

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TOOL 1 · CONTINUED

The Couples Purpose Conversation

4. Where are our challenges? *(Use both statements.)*

5. What is my life lesson, and how can this relationship help me learn it?

6. How can you recognize that I am off purpose?

7. What can the two of us do together better and/or faster than each of us alone?

Teri-E designed this with a facilitator present: an objective person, not involved in the relationship, who facilitates the flow and offers insights. If you do not have one, go slowly, and take her closing observation into the conversation:

We are mirrors for each other's difficulties as well as gifts.

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TOOL 1 · WORKING WITH YOUR STATEMENT

Working With Your Statement

Nachum Katz's guidance, not part of Teri-E Belf's process. It applies to any statement you hold.

My life purpose statement

Our joint life purpose statement *(if you have built one)*

Read it aloud. Then read it aloud to someone who knows you. Sleep on it for a fortnight and read it again.

Read aloud to

Re-read on

The midnight test. Could you be woken at three in the morning and recite it from the heart?

☐ Yes – it is mine.

Three or four questions to ask of any significant decision

Is what my statement says my life is for visible on our five-year map? Where?

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TOOL 2

The Wheel of Life

An honest snapshot of where you are now across your life, and where you want to be

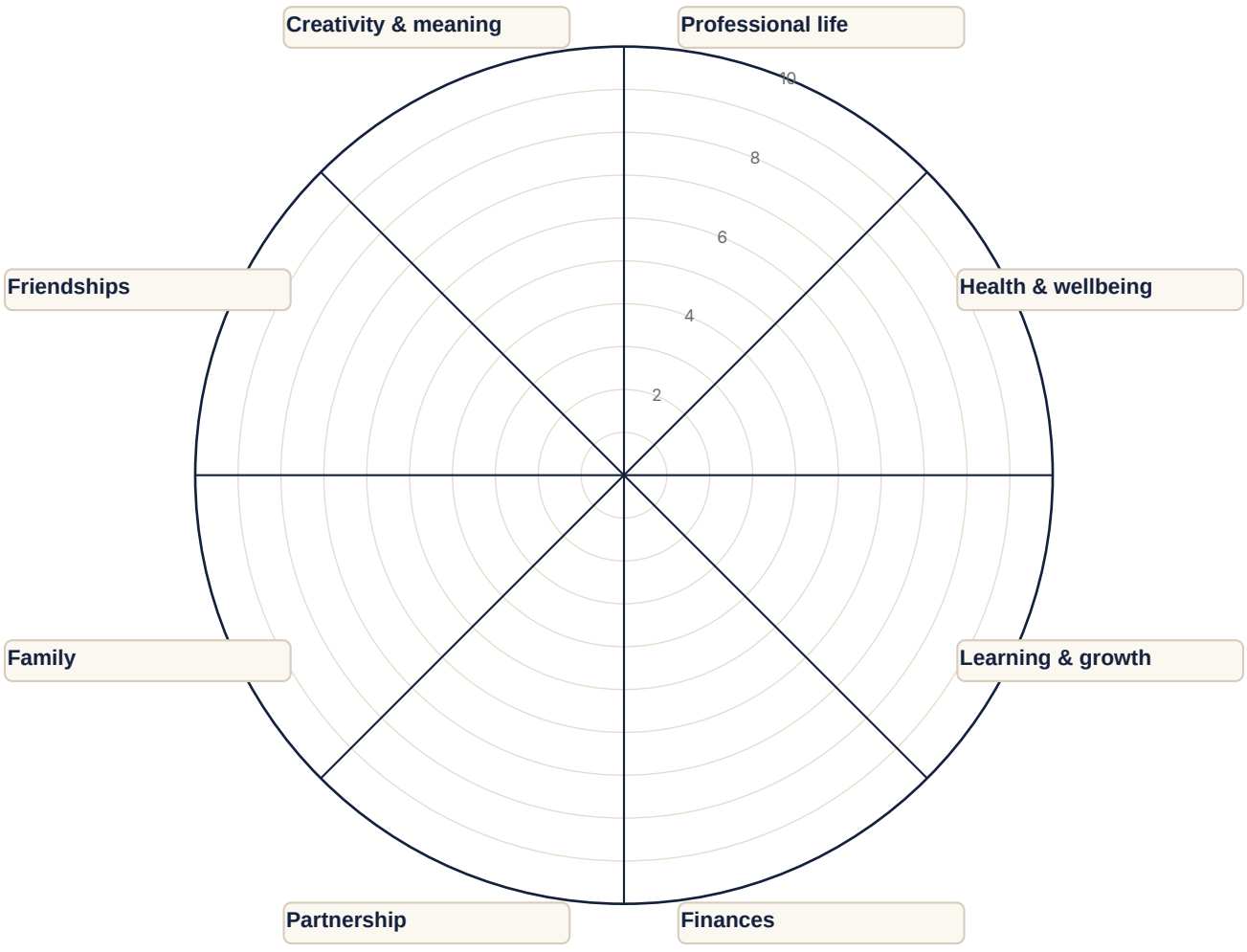
Rate each domain from 1 (deeply dissatisfied) to 10 (completely fulfilled) and shade outward from the centre: **now** in one colour, your **target** in another. Rename any domain – the labels are editable. Complete it alone first, then together.

Target period

5 years

Name

Date



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TOOL 2 · CONTINUED

Putting the Scores into Words

A number says little. Describe your target, so you will recognize it when you arrive.

Domain	Now	Target	Gap	What my target looks like, in words
Professional life				
Health & wellbeing				
Learning & growth				
Finances				
Partnership				
Family				
Friendships				
Creativity & meaning				

The most approachable gap, and one small first step

The gap with the biggest ripple effect on the rest of my life

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TOOL 2 · CONTINUED

Implementation Plan

Turn the gaps into steps. The concrete steps go into the calendar.

What exactly needs to happen	Who	When	How

Revisit the wheel and update it as you go.

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TOOL 3

The Five-Year Map

Parallel tracks, synchronized and visible together. Track names and years are editable.

Track	Direction (one sentence)	Year 1	Year 2	Year 3	Year 4	Year 5
My professional life						
My personal life						
My partner's professional life						
My partner's personal life						
Our joint life						

Synchronization: where do the tracks support each other, where do they compete, and where does one track's ambition need another's flexibility?

TOOL 4

The Meaning Anchor List

Not a wish list: a document that asks what your life is actually for

Answer alone first, then with your partner. Write raw, without editing for feasibility – what is possible comes later, in the map and the board meeting.

What would you want to have done? *Look back from the end of your life.*

What have you been putting off, and why?

What did you love before life got in the way?

What would you regret most?

What would you want the people who know you best to say you did?

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TOOL 4 · CONTINUED

My Anchors

Are the things you care most about visible on the five-year map? If not, they are still wishes.

Anchor	Why it matters	On the map?	Next step and date
		☐	
		☐	
		☐	
		☐	
		☐	
		☐	
		☐	
		☐	
		☐	
		☐	
		☐	

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TOOL 5

The Board Meeting Agenda

A loose structure for the first meetings. Adjust it as the practice matures.

Date

Where

Next meeting

Before the meeting

- [ ] A recurring time is in the calendar, and protected
- [ ] We brought the five-year map, the meaning anchor list, and notes from last time
- [ ] A few quiet minutes before we start – and a breathing break after

Opening · 5 min *How are you, honestly, right now?*

Looking back · 15–20 min *What happened? What went as planned, what did not? For anything significant: what did we learn, what is the gift, what will we do differently?*

The map · 20–25 min *Track by track: has anything changed? A new ambition? A window opening or closing that needs a decision now?*

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TOOL 5 · CONTINUED

The Board Meeting Agenda

The anchors · 10 min *Are the things we care most about on the map? Does anything need to move into a concrete plan?*

The calendar · 10 min *The next six to eight weeks: what needs protecting, adding, or clearing?*

Closing · 5 min

One thing I am looking forward to

One thing my partner is looking forward to

Taking on before the next meeting

What – to do, find out, think about, or start	Who	By when

Looking farther out *Any stakes in the ground for something bigger down the road?*

Not a performance review, not a negotiation: curious and honest, warm but not sentimental. If a meeting is difficult, something important is usually being said. Stay with it.

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TOOL 6

The Three Reflective Questions

For any significant experience since the last meeting – setback or success, planned or not

The experience

It was

☐ a setback ☐ a success ☐ a milestone or year end

What did I learn? *A lesson not acted upon is just an observation.*

What is the gift? *It is almost never obvious. Look for more than one.*

1.

2.

3.

4.

What will I do differently next time? *How can I act on the gifts – expand them, use them?*

What goes on the map or into the calendar

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TOOL 7

The Board Meeting – Practical Guidelines

A menu, not a script: use the questions that feel alive in the moment and leave the rest. Tick the ones you used.

OPENING – HOW ARE WE?

- [ ] How are we, as a couple, right now? Not the calendar – us.
- [ ] Is there anything one of us has been meaning to raise but has not yet said?
- [ ] Is there anything we have been avoiding bringing here?

LOOKING BACK

- [ ] What happened since we last sat down that we did not plan for?
- [ ] What did we say we would do, and did we do it?
- [ ] What went better than expected? What was harder?
- [ ] Is there anything from the last period still sitting with me – something unsaid, unresolved, worth naming?
- [ ] What has the other person done in the last period that I want to acknowledge, raise or discuss?

LOOKING AT THE CALENDAR

- [ ] What is coming up in the next few weeks that needs attention or coordination?
- [ ] Is what is in the calendar a true reflection of what we actually agreed matters?
- [ ] What has drifted in – commitments, obligations, habits – that we did not consciously choose?
- [ ] What is missing from the calendar that should be there?

LOOKING FORWARD

- [ ] Are we still pointed in the direction we chose? Is what we are doing still in the direction of what we said our life is for?
- [ ] Have we been drifting? If so, from what?
- [ ] Is there anything on our five-year map that needs to move – forward, back, or off the list?
- [ ] What do we want to protect in the coming weeks that is at risk of being crowded out?
- [ ] Does anything here feel like it needs a longer conversation – one we should schedule separately?
- [ ] What is happening around us – in our family, our community, or the wider world – that is touching our loved ones or affecting the life we are building? Does anything here need to find its way into our plans or our conversation?

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Practical Guidelines

CLOSING

- [ ] What goes in the calendar now, with a specific date?
- [ ] What is each of us taking away from this conversation?
- [ ] Is there anything either of us is committing to before we meet again – any action, however small, to carry the conversation forward?
- [ ] When is the next meeting?

If you practice this alone: all of these questions apply. Replace 'we' and 'each of us' with your journal, or with a trusted person who can hold the conversation with you.

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