



Kairos Pathways

Helping you through life's defining moments.

Life Map and Purpose Inventory (Progress Report)

Section 1: Assessment Information

Coach:

Date:

(YYY-MM-DD)

Session#:

Section 2: Exploring your story, themes, and calling

This exercise helps you look back at your journey with Kairos Pathways thus far, recognize turning points, and begin to notice themes that point toward your unique path.

Part 1: Life Map

List 3–5 **formative experiences** (positive or difficult) that shaped you since you started your journey with Kairos Pathways:

- 1.
- 2.
- 3.
- 4.
- 5.

What lessons or strengths did you carry out of those moments?

Part 2: Values & Themes

What values do you now recognize as being crucial to you (e.g., compassion, truth, service, creativity)?

Are there repeating themes that have been developing in your story (e.g., helping others, resilience, leadership, care)?



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Part 3: Purpose Inventory

What activities are you recognizing now that make you feel most alive?

What have you explored with Kairos Pathways that make you feel most connected to your “True-Image” – the best and most authentic version of yourself?

Since you have been exploring your journey, If you could dedicate yourself to something meaningful for the next season of life, what would it be?

Part 4: Closing Reflection:

Based on your answers, complete this sentence:

“My life points toward...”

Additional Notes: