

PERSONAL LIFE SPACE SCAN

DIRECTIONS



DR GEORGE A JACINTO

LICENSED CLINICAL SOCIAL WORKER

CERTIFIED PROFESSIONAL COACH

Website: <https://gjacinto.org>

Email: sljcoach@gmail.com

Psychology Today: <https://www.psychologytoday.com/profile/876039>

Personal Life Space Scan (PLSS)

Journal Notes



Review your Personal Life Space Scan. Notice if something is missing in the scan that you need to address.

Use a journal with lined 8 ½ x 11” paper
Remember to date each entry in your journal

General Directions:

- 1. Complete the Personal Life Space Scan**
- 2. Review your comments and determine if something further is missing (refer to question 1 on page 2).**
- 3. After completing additional comments, review your work, quiet yourself and close your eyes seeking an image of the present moment in our life. Refer to the Present Moment Image page and complete an image.**
- 4. Next, review the questions on page two and respond to those that you find helpful in this moment.**

Personal Life Space Scan (PLSS)

Journal Notes

Experiences and questions in this present moment that may assist you in your work:

1. As you look at the pathway of the PLSS list current concerns that are not included that need to be addressed? List the concerns and respond as you did in the PLSS.
2. What connections do you notice between the various stops along the pathway? Write about the connections that emerge and how they will impact your current shift in your journey.
3. What are the feelings that you notice as you look at the current moment in life?
4. As you look forward what are the greatest challenges do you face to reach the next level of your Mission in Life?
5. List the gut feelings that emerge in this moment in life. Spend a time to sit with our intuition with intention to develop a positive direction and outcome and imagine what how you will feel discovering the next vision of your journey.
6. What new sense of meaning or purpose is merging?
7. List any other ideas or insights that may be of help as you continue to reframe work on the next part of your journey.

The Present

Where are you in your life right now?
What are your greatest concerns during this period of your life?

The Rock



What blocks your path?

Date: _____

Lemonade Stand

What refreshes you?



The Beginning



The Dust Storm

What is unclear in your life?

Personal Life Space Scan

Copyright © 2021. George A. Jacinto, PhD, LCSW, CPC



The Companions

Friends, Feelings
(Happiness, Anger, Fear, etc.)



The Meadow Flowers

What positive things are in your life?

**The Filling Station
(Has maps too.)**

What gives you energy & direction?



Present Moment Image

Date: _____

