

My Life Workshop

HOW TO USE THE
MY LIFE MAP

You can now create your My Life Map digitally. Here's how to use it:

1. Visit this URL - [My Life Workshop Life Map - Master Template](#)
2. It will take you to the Master Template for the My Life Map. On the first page is a blank My Life Map, ready for you to make your own. If you're feeling stuck, you can scroll one page over to view a completed example of what a My Life Map could look like.
3. Click on the 3 dots on the top right corner, and choose the option "Make a Copy." Open the copy and start creating your very own My Life Map.
4. With your copy of the My Life Map open, explore the controls on the left side of the screen to add, edit, or remove content on the map.

Understanding the tools/controls on the left-hand side of the screen:



1. **Draw** - Choose a pen and color. Then use your finger or a stylus to draw.



2. **Erase** - Choose the eraser to erase with your finger or a stylus. *Note: The eraser only works with the drawings made using the pen. To delete an object, select it, then tap more to delete.*



3. **Select** - Use the select tool to grab objects and drawings made with the pen tools. Choose the select tool, then use your finger, mouse, or a stylus to outline a drawing. When using select, you can also move objects around quickly by just clicking on them and dragging them. No drawing strokes while using the select tool.



4. **Post It Notes** - These are the virtual versions of the sticky notes we would place on the life map. Click this icon to add a sticky note to the map. Double-tap a note to edit the text or change the color.



5. **Files** - You can add a file to the map. If there is an image you want to add to the map, you can upload it and rearrange it inside the map. Use this tool to add your band-aids image ([download the file here](#)).



6. **Laser Pointer** - Choose the laser pointer and use your finger or the stylus to temporarily highlight items on the board.

Once you've created your life map, it's time to share it!

To let people view or edit your map:

1. Open your My Life Map.
2. Click the blue "Share" button on this map.
3. Enter an email address and click "Add."

To send your map as a PDF or a single frame as an image:

1. Open your My Life Map.
2. Click "Menu" (3 dots) and select "Send a Copy."
3. Click "Download as PDF" or "Current Frame" (PNG).

