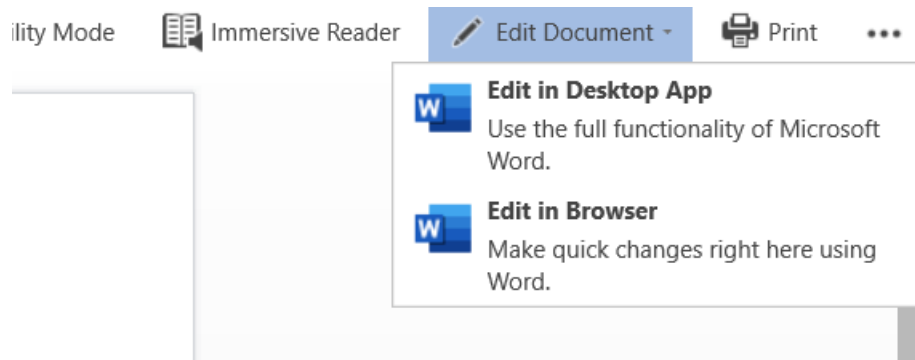
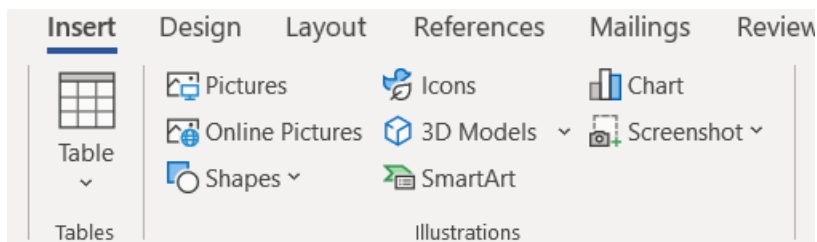


## How to Create a Life Map on Word Document

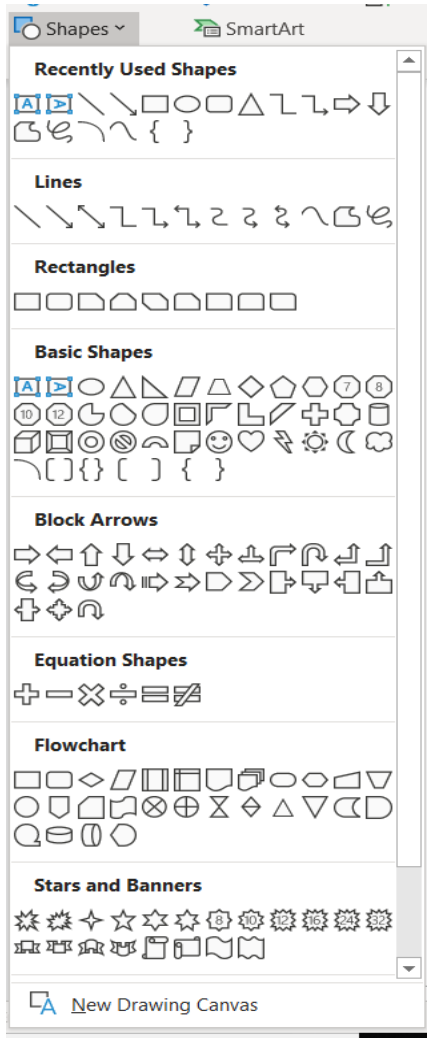
**Step 1:** Access into your Microsoft Word App on your desktop or login into your Office 365 and create a document. View your document and select “Edit in Desktop App”.



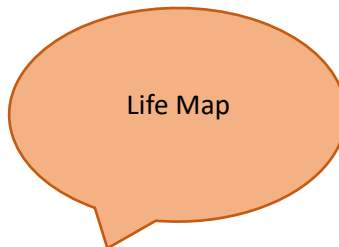
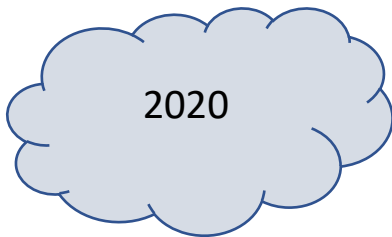
**Step 2:** After you have successfully opened into your Word document, go to insert and you will see digital tool options.



**Step 3:** Click “shapes” and you will find varieties of shape assortments. Choose your desired pattern to start your life map.



For instance, if you have chosen a speech bubble or any other shape of your choice, you can write words inside and pick a color you want your border or bubble to look like by right clicking onto your shape. You will see the options on the bottom or top.



**Step 5:** Additionally, if you proceed back to the insert tab, you will see “icons” bar. You can add symbols into your bubble to represent something if you would like.

