

WHERE ARE YOU NOW?

The *Life Empowerment Fast Tracks For Life Change*™ Self-Discovery Map



Your gift from
Catherine
Author + Founder
Catherine's DIVINE
RICHES Project™

SPIRITUALITY

- A sense of something greater than yourself
- Personal Growth
- Nature

HEALTH

- Physical
- Level of fitness*
- Diet/Habits*
- Emotional
- Sense of self*
- Ability to handle stress*
- Mental
- Ability to enjoy life*
- Ability to be productive*
- Helping others



RELATIONSHIPS

How You Relate With:

- Family*
- Friends*
- Neighbors*
- Coworkers*
- Pets*
- Yourself*
- Your spirituality*
- Your partner (current or former)*
- Your living space*
- The person at the check-out counter*
- The world around you*

MONEY

- Food
- Clothing
- Shelter
- Transportation
- Education
- Formal schooling*
- Schooling by experience*
- Day-to-day cash flow
- Debt
- Savings

WORK

- Job
- Career
- Business
- Volunteering
- Philanthropy

FUN

- Relaxation
- Hobbies
- Entertainment
- Sports
- Travel
- Social Activities
- Projects you love

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The ovals hold 6 categories of life experience that are common to us all (with various sub-categories). For each category:

- Ask yourself where you're experiencing changes in your life right now (check the boxes that apply)



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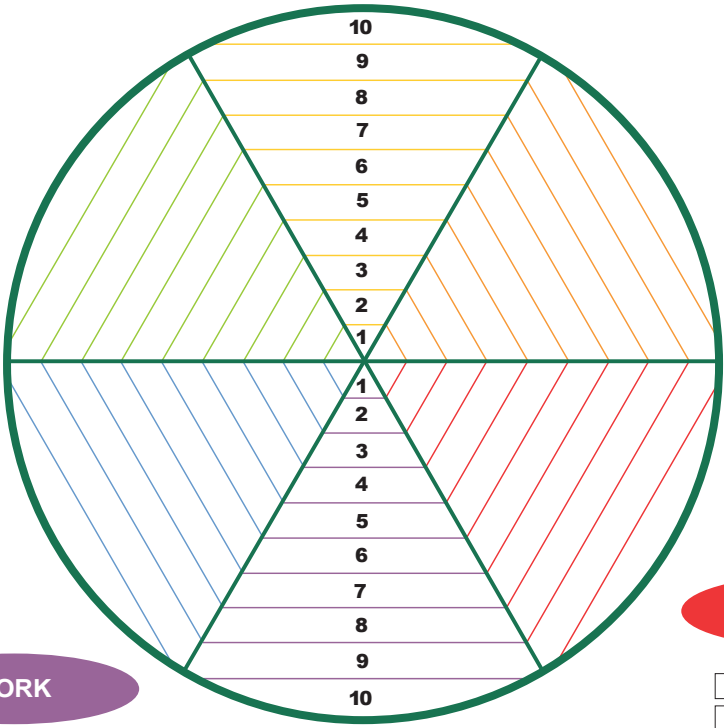
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- There are 9 lines from the center of the diagram to the outer circle – the outer green circle is **10**
- Keeping in mind the boxes you checked on page 1, for each category of your life (on a scale of 1 - 10 with 10 being the best), place a dot on the line that describes your level of satisfaction
- When finished, you'll have 6 dots drawn in, 1 for each category – next, connect your dots

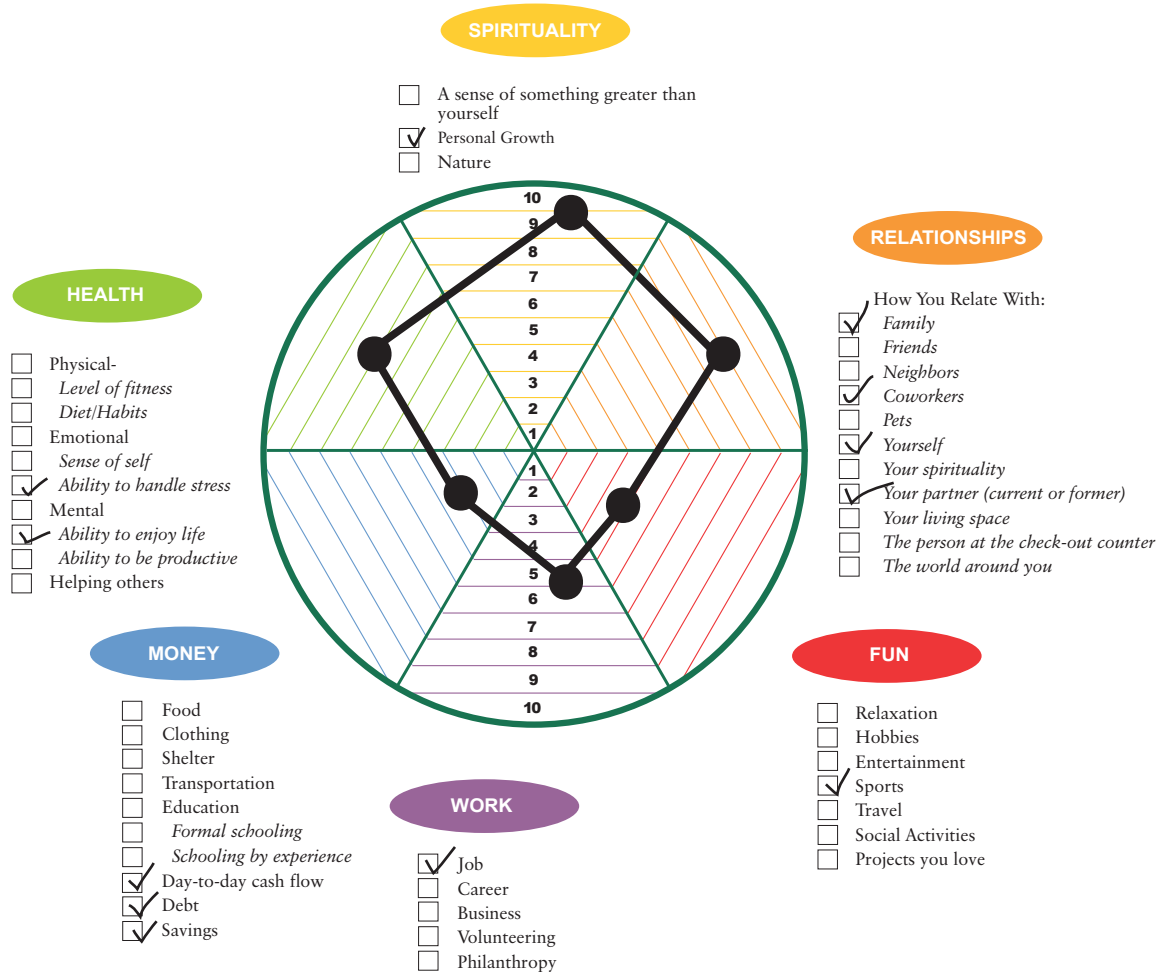


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EXAMPLE

Chris' Self-Discovery Map

CASE HISTORY

By thinking about the different areas of his life (map to the left), Chris saw that his *Relationships*, *Health*, and *Spirituality* areas rated okay with him (7 - 9). He could also see that he wanted to improve the areas that were changing – *Work* (rated 5) and *Money* (3). He also wanted more *Fun* (4).

When Chris looked at his map at a later date, he could see that while he wanted to have increased personal freedom that could come from more improvement in the *Money* and *Work* categories, progress was made in learning to relax more by joining a bicycle club (*Fun*).

Taking time to reflect on his life and draw it out on a map helped him get perspective by becoming more aware of the areas in his life that were changing.

It also helped him understand where he needed and wanted to deliberately create change so he could live a happier and more balanced life.

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- The shape you've drawn shows your level of satisfaction in the different areas of your life
- What areas of your life would you like to deliberately change so you can experience greater life happiness, balance, and freedom?



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Now what?

A FUN SIMPLE TOOL

Becoming aware of the changes you're going through now is important. Like Mapquest or GPS, if you want to go somewhere, you have to know where you're starting from before you can get directions to where you want to go.

Here's a basic beginning *Next Step* tool:

- 1) Think about what you want in the areas of your life that you want to deliberately create change in.
- 2) Write that down on a blank piece of paper. Be specific. Tuck away your list with your map.
- 3) In a few months, look at your list and map and reflect on where you are now.

Why? Taking time to consciously decide what you want, your vision for your life, can often start the process (on the inner unseen level) of your desires beginning to take shape in your outside world.

Remember, even if you're having a really tough day or a darkest night, *your life can change*. This map can help you help yourself by giving you more clarity and perspective.

Empowering yourself to move beyond change, stress, and fears – while discovering how to *deliberately* create positive changes in your life – is the purpose of my *Life Empowerment Fast Tracks for Life Change*™ and *From Fear to Freedom*™ Accelerated Self-Discovery Breakthrough Process.

[More Help?](#)

Check out DIVINERICHES.com.

Warmly and with Utmost Respect
and Best Wishes for Your Journey,



Author + Founder

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Life Empowerment Education: *Self-Mastery Classes*
Practical Wisdom™ Consultation and Life Coaching

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