

## Your Life's Roadmap - Overview

In order to create your life the way you want it to be, you need to know what you truly want. It's like going on a road trip. You wouldn't just get into the car and start driving without a destination, would you? Even if it's only as far as the grocery store, you still know where you want to go. And in order to get to where you're going, you need to know where you are, where you're starting from. You can't get the correct directions to get to Phoenix, Arizona from Toronto, Ontario, if you live in San Francisco, California!

So we're going to create the roadmap for your life. While this exercise does take some time to complete, it will be one of the most profound and detailed guidelines for your life that you have ever completed. You will get a clear understanding of who you are, what your values are and what you truly want. You may have never done an inventory of yourself like this before, but I guarantee that if you follow through and take the time to be really honest with yourself as you go through this, you will get to know yourself better than you ever have before.

It is best that you schedule time to complete this, and it's ok if it takes you a week or two to do so, but don't let that deter you. The biggest struggle that people have with completing this is that they avoid taking an honest look at where they're currently at. But as in you're in this program, you already have the intention of doing a deep dive into YOU, so why not begin to see the amazing you that everybody around you already sees and loves?

Here's how this works... There are 12 different categories which will cover all aspects of your life, that we're going to look at and assess. And for each of these 12 categories, you're going to ask yourself 4 different questions:

**1) PREMISE: What do you believe (about this category)?**

These are the core beliefs that are the basis for other beliefs and are the "guiding light" for all of your actions related to this area of your life. (ie: I am in control of my health and fitness)

- What foundational beliefs do you have with respect to this category?
- What do you believe and how are these beliefs shaping your life?
- Do your beliefs empower you (ie: I deserve..., I can..., etc.) or are they holding you back (I'm not good enough, not allowed, I have to/should..., etc.)?

**2) VISION: What do you want?**

This is where you get to really let your imagination go. Don't be afraid to write down whatever comes to you. The biggest dream crushers are the voices in our heads that tell us something isn't possible, or that it's ridiculous or stupid. Tell that voice to get out of the car and blast the radio, so to speak. Let every idea, even the seemingly crazy ones, have their debut. Ask yourself:

- How would it feel if you already had this area of your life the way you wanted it?
- What do you see, hear, taste, touch, smell? Close your eyes and involve all of your senses. This is really important. You need to involve your senses and emotions for this part.
- What does your perfect day look like? What would you be doing? Who are you with? Where are you?

NOTE: When you write out the Vision for each Category make sure that you write it in the present tense (ie: I am so happy, thankful and grateful that I have....)

### 3) PURPOSE: WHY do you want it?

So now it's time to ask yourself, WHY? Why do you want what you just wrote down? What motivates, energizes and empowers you to take action? And here's where we go even deeper, 7 levels deep.

When you have your reason "Why" ask yourself:

- i) What is important to me about becoming successful or having this end result?
- ii) Why is this important to me?
- iii) Why is this important to me?
- iv) Why is this important to me?
- v) Why is this important to me?
- vi) Specifically, Why is this important to me?
- vii) Why is this important to me?

What this process does is to clear out the reasons you want something and get to the true purpose of getting what you want. If there's a reason why you want something, it's usually because you're in problem solving mode. And once the problem is solved, you no longer have a "why" to go after what you want. So it pays to get to your true purpose, your true why, because when your purpose is strong and true to you, it will drive you to overcome any obstacle.

And in case you need to make this even more visceral (a.k.a. you feel it deep down in your core), ask yourself and really imagine, "What will it be like if I achieve this?" and "What it will it be like if I don't achieve this?" Again, really feel these two scenarios on an emotional and sensory level, feel the joy of having it AND feel the pain of not having it if nothing changes.

Describe WHY you want to make the most of this area of life, and write it out with a pen and paper/notebook. Writing it out helps to engage other

areas of the brain and unconscious, like writing a contract with yourself, and it teaches your unconscious how important this is to you.

#### 4) STRATEGY: What actions/plan can you implement to achieve it?

This refers to the specific action steps you will take to move towards and achieve your goals. What is your plan to get from where you are to where you want to be? Keep in mind that you do not need to know the “How”. Just ask yourself i) What and ii) Who?

i) **What** action(s) can I take which will get me closer to my goal? What plan can I put into place?

Remember that you train the unconscious by taking action and consistent repetition. It's better to take a small doable action daily towards a goal than to do something once per week or month (ie: a 5 minute walk every day, versus an hour long hike once a month).

ii) **Who** can help me to achieve my goals? Is there someone who can help you along the way, give you feedback/advice? Would it help you to hire a coach or get a mentor?

The key is to take action, no matter how small, and even if sometimes you don't know if it's the right one to take. For every action gives you a result which allows you to get feedback so you can either do a course correct or repeat the action to get another result, etc. So technically there is no such thing as failure, only feedback! 😊

## The 12 Life Roadmap Categories

Keep in mind, you can change or adapt the 12 categories, once you've reviewed them all, to suit your own needs. Remember, you get to create this how you want it. I would recommend that you stick to 12 categories or less though, to keep it simple. You can also just start with the categories that are your priorities. But keep in mind that each of these categories, impact the others, so a win in one area of your life is a win in every area, even if in the moment you don't see the connection.

I invite you to allow yourself to daydream about what it is that you really want in each category. Just imagine that today is the first day of the rest of your life and you have a clean slate in front of you, and also imagine that you have no past. Consider that money is no object and there are no such things as limitations. What would you really want in each category? This is where you get to consider all options, even the ones you dare not speak of, or thought were no longer doable. Allow yourself to dream and for the time being do not edit your thoughts or critique them either. It's your life!! Remember when you used to dream, play and imagine as a kid? Be that kid again and let your imagination run wild! Turn this into a game. It's supposed to be fun. Just grab a pen and the worksheets and write down whatever comes to mind. What would you love to have, do or be just for the joy of having it?

\*NOTE: In the Vision section of each category, notice and make note of any thoughts, beliefs or reasons you think you can't have what you want (ie: it's not realistic, I've never been able to achieve this before, I can't do it, I'm not good enough, I don't deserve it, etc.). We will be using these later in the group recode session.

# Your Life Roadmap Categories

## Personal Life

### 1) **Health & Fitness**

Consider how health impacts all areas of life. It is literally the foundation on which we build everything. Notice how it impacts your emotions, relationships, career? What aspects of your character do you want to incorporate into this category (ie: self-discipline, commitment). Really get present to how important your health is. What are the benefits if you do create what you want in this area of your life? What are the consequences if you don't? Keep these questions in mind as you fill out this section (and the other sections for that matter). It may help you with what you want to create and why.

### 2) **Mindset/Intellectual Life**

Our mind is so important for our survival and you get to choose how to use it. And what we choose to think about is critical because Thoughts are Things. Everything humans have ever created on this planet first began as a thought, an idea, and by focusing on that thought and taking action. Thinking is a choice. And your imagination is the key to manifesting the things you want in life. But you have to train yourself how to think and focus, especially in these times, because while technology is designed to make things "easier" for humans, much of it takes the need for "thinking" out of the equation. This is why reading, brain games like crossword puzzles, physical exercise, and working with your hands activate and help to synchronize the left and right sides of the brain. Don't believe me? Ever watched people on their phones or playing video games? They are quite literally in a trance (for hours or days on end), which means they are not thinking, other than how to kill the boss monster. Helpful perhaps, if the

planet was a giant Dungeon and Dragon's game... Anyway, I think you get the picture ☺

So ask yourself, how do you want this to be? Do you choose to be intelligent? What new things and skills do you want to learn? What do you choose to think about? Do you want to choose **how** you think about something? (You can literally use this to reframe memories or current situations).

### 3) Emotional Life

This is where you get to choose to be in control of your emotions, and while it does take practice, I can tell you first hand that it is possible. You can create your emotional states. Emotions are our body's way of communicating, and there is a recipe for every emotional state. This requires a level of conscious awareness and acceptance of each emotion, which leads you to Emotional Intelligence. And the better your Emotional Intelligence is, the more successful you become at creating your life, instead of being at effect of it.

Emotional Intelligence is made up of 2 parts, a) Emotional Insight = being conscious and accepting of and learning from your emotions, and b) Emotional Control = the ability to create the emotions you want in your life. Really look at your emotions, notice and ask, what is it trying to tell you? (ie: Anger - have your boundaries been crossed?) Once you acknowledge it and accept it, what is the learning? Then thank it for bringing you the wisdom. You may find it easier to let it go. Because the longer we hold onto "negative" emotions it actually adds to an unconscious level of stress on the body, which long term, can contribute to illness and disease.

### 4) Character

Think about all the things you want in life. What do you want to achieve, have, experience? Now think of what kind of person achieves those things. Who are you? What kind of person do you want to become? Your character is who you are on the inside but it determines who you are on the outside. To paraphrase,

“Character is following through on a decision, long after the inspiration or impulse of the idea has passed.”

Kevin Trudeau

What character traits do you have now that you value (ie: integrity, honesty, determination, etc.)? What character traits do you value that you want to adapt (ie: tranquility = don't sweat the small stuff, self-discipline, courage)? Ask yourself, what character traits would change my story and take my life to a completely new level?

## 5) **Spiritual Life**

This is not about any one religion. This is about your beliefs about yourself and who you are at a soul level. Have you ever asked yourself “Why do I believe what I believe?” and “What do I believe about what I believe?” Do you follow the Golden Rule of “Do unto others as you would have them do unto you?” Do you practice gratitude, forgiveness, and being of service? Are you accepting of your Self? Do you meditate?

“He who lives in harmony with himself, lives in harmony with the Universe.”

Marcus Aurelius

It wasn't until I connected with the Spiritual part of myself, and practiced tapping into my inner knowingness and intuition, that the real shifts in my life began to happen. This is where the magic happens...

## Relationships

### 6) **Love Relationship**

What in your mind constitutes a good, healthy and mutually supportive relationship? Do you have each other's backs? Do you meet each other's needs and contribute to each other in positive ways? Or are you single and want to attract your perfect partner into your life? Or are you truly content with being single? Either way, having a clear vision of what you want in a relationship, is the basis for getting what you want. And here's the interesting part, as you focus on this area, you become the person who is in that dream relationship, and you learn to love yourself at a whole new level.

## 7) Family

What kinds of relationships do you want with your parents, siblings, or children (if you have them)? You can even choose extended family. While we do not have control over what other people want, you can choose to have the experiences that you want to have with family. By focusing on the positive characteristics or attributes of your family, your unconscious will look for evidence that your thoughts and beliefs about them are true. Sometimes this can be a real challenge, but as you work towards letting go of all the things that no longer serve you, there is an interesting phenomenon that happens. Your family on some level also starts to shift. It's the weirdest thing I've ever experienced.

My children used to fight when they were young, like cats and dogs. "Mom, he's in my room! Mom, she hit me! He's touching me!" And on it went. And then 6 months into my self discovery journey, I came home after a long day's work and the house was quiet. Too quiet. And I found them both sitting together laughing and playing a video game while they sat BESIDE each other! They've been best friends ever since that day.

This work is amazing, but the impact it has on your family, whether they do the work with you or not, can be simply amazing.



## 8) Social Life

What kind of friends do you have? Do you maybe need some new ones? If so, what kind of friends do you want? What are their attributes? What kinds of a social life do you have/want?

## Business Life

## 9) Wealth/Finances

What are your beliefs around money (ie: money doesn't grow on trees, money is the root of all evil, etc.)? But money is really just a measure of value exchange. Money doesn't hate or love you. So you don't need any affirmations. You just need to know what you specifically want (ie: I choose the end result of having an income of \$120,000/year by the end of 2024). Or maybe you have a dream of becoming a millionaire and making \$1,000,000/ month. Again, notice what beliefs come up for you around this category and write them down. We will be doing some clearing around money beliefs during our recode.

## 10) Career

If you could start from scratch and do anything, what would it be? Do you know? Go into your heart and ask, "If I could do anything just because I loved doing it, what would it be? If you are having a challenge with figuring it out, close your eyes and go back to when you were a little kid. What did you love to play with, what were you dreams? Just think about it and wonder, if money were no object and you had no past, meaning your whole life begins today and whatever lies in your past has just simply disappeared. You have no limiting beliefs, programs or family rules which define what you can and cannot do. You are standing in front of a perfectly clean, large white board and you get to put whatever you want on it. What would it be? Set up a dog or horse rescue? Start your own business? Turn your hobby into a business? Become a writer, artist or

pilot? What are the things that make your heart sing? What do you love to do and that you would do for free? You'll know when you've got it because people normally get a big smile on their face and they can feel the joy of doing it. What is your passion?

## The Big Picture

### 11) Quality of Life

The focus of this category is a) the material things you want to have, b) the experiences you want to create, and c) the environments I want to be surrounded by

### 12) Your Life's Roadmap

This is where you pull everything together and create your entire vision for your life. This is not set in stone. It is designed to change as you change. What it does is give you is clear focus on where you're headed.

Step 1) Read all of your Vision sections at once

Step 2) Close your eyes, visualize all that you just read and really feel it emotionally. Add as much detail as you can. Bring all of your senses into the visualization. See it, hear it, smell it, taste it, touch it. You know you're on the right track when it feels good and you're smiling.

Step 3) Write down what you saw in your mind's eye.

- What does your home look like?
- What is your health and fitness?
- Describe your perfect, ideal day.

The more detail and emotion you can put into the better.

Once finished, you can add pictures, quotes, whatever you wish. Be creative. This is your life and you get to create it how you want it. This is a really fun process and it also keeps you in the feeling for longer periods of time. Review this book daily, just as you wake up or as you go to sleep and any other time of day that you think about it, and remember to feel it. The goal is to teach your unconscious that it is safe for you to have it. You have to be it to see it