



DISCOVER YOUR PURPOSE



LIFE MAPPING





MAP YOUR PAST

We all have those pivotal moments throughout our lives. Some that take us to the edge of darkness, others that bring us into the light. Regardless of the experience there is power within each and every moment and the stories you build around them.

CREATE A BETTER FUTURE

In this workbook you will begin to discover:



The past patterns and blueprint of your life so you can start to understand your true purpose



How your pivotal moments and the stories you have told yourself have shaped your life to now



How to create a sense of meaning to your past, to create a better future

YOUR WORKBOOK

In this workbook you will find your life mapping template to start this process.

Template 1 - The Map:



Section 1: Begin by writing down your earliest memory above the middle box, this maybe related to money, relationships, love, comfort, security etc. Then continue adding in your memories from 0-18 years



Section 2: Write down all your pivotal memories from age 18 - present day



Section 3: Write down all the pivotal moments you know of for both of your parents

Before you begin, find a quiet place to close your eyes and take three deep breaths, in through the nose and out through the mouth. Quiet your mind and relax into your body and now begin.

SECTION 3

HERITAGE

EARLIEST MEMORY

0-18 YEARS

SECTION 1

SECTION 2

18 YEARS- PRESENT DAY

WOMEN OF CONTRIBUTION 2018

COMMON PATTERNS

Now you have completed your map, reflect on what you have recorded, what patterns do you see? If you cannot immediately see any patterns think about some of these key areas in your life.

- Relationships
- Business/ Work/Finances
- Health
- Purpose/ Contribution
- Personal growth
- Social life
- Home

TOP 3 PATTERNS

SHAPING YOUR LIFE

As you experience a pivotal moment in your life you construct a story, an internal narrative, of what has happened and why. This process allows you to make sense of your experience and how it sits within the confines of your world.

However all too often, your memory of the experience can be overshadowed by outdated opinions, thoughts or feelings. So as you sit and reflect on your life up to now I would like you to ask yourself the following questions:

QUESTIONS

What have been the most important, pivotal moments in your life ?

What did you learn from them?

How have these shaped your life and your view on the world?

Would you change any aspect of these experiences if you could?

If you could go back in time and give yourself advice what would it be and why?

Which of these lessons do you think maybe useful to others?

Your past has been leading you on a journey to the here and now, providing you with the tools and experience you need to step forward into this world and be the expert that you are and share with others

What areas are you an expert in having gone through these experiences?

When you close your eyes and think about sharing these experiences with others, which make your heart sing?

YOU CAN MAP ALL ASPECTS OF YOUR LIFE.

WANT TO DISCOVER WHY YOU ARE SEEING REPEATING PATTERNS WITH MONEY?

MAP YOUR PIVOTAL EXPERIENCES WITH MONEY AS WELL AS YOUR FAMILIES

WHAT TO UNDERSTAND WHY YOU MAKE POOR CHOICES WHEN IT COMES TO CHOOSING PARTNERS?

MAP YOUR EXPERIENCES, WORDS AND INTERACTIONS YOU HAVE WITNESSED OVER THE YEARS WITH REGARDS TO RELATIONSHIPS.

THERE WILL OFTEN BE ONE KEY EXPERIENCE THAT STARTS THE TRIGGERING PROCESS. ONCE YOU HAVE IDENTIFIED WHICH ONE THAT IS, YOU CAN START TO UNPICK IT, VIEW IT WITH ADULT EYES, LOOK AT IT FROM BOTH PERSPECTIVES.

OFTEN A THROWAWAY COMMENT FROM AN ADULT THAT THEY HAVE FORGOTTEN ABOUT IS PLAYING ON REPEAT WITHIN YOUR SUBCONSCIOUS MIND



**DISCOVER YOUR
LIFE PURPOSE**



LIFE MAPPING

