

THE HERO'S JOURNEY

MAP

Awareness Exercise

Worksheet

The purpose of this exercise is to provide you with a fast way to assess your life by having a map of its different areas.

In just a minute or so of reviewing this "Map" you will gain insight about your own life.

Questions to ask yourself:

- Where do I stand with my health?
- Am I saving money with every pay check?
- Am I exercising and eating healthy to prevent illness?
- What areas of my life are right on target?
- What areas of my life need more attention?
- What areas on the map have I never even considered?

The map is not made in concrete. It is just a simple assessment tool. You might want to add categories of your own.

It is hoped you will find this map a valuable tool to know yourself and to assess your life in ways that matter.

As you step into doing what you love, you will find ideas, answers and inspiration. Also, the gifts of who you are will emerge naturally. Being part of a master mind group will catalyze that process even more.

Please feel free to provide feedback on this awareness exercise. Was it helpful to you? Your input is valued.

DETAILS:

The Hero's Journey Map

Estimated time:

Two - Three Minutes

Intended for:

- Anyone who wants to get an idea of what a balanced life looks like
- Has a desire to gain clarity about the areas of life
- Has a desire to live full out by having a life that is in balance
- To reinforce that you are here for a great purpose

Upon completing this exercise:

You will have a clearer picture of where you are on your life's journey.

Materials required:

1. The Hero's Journey Map (PDF)
2. Printer.

Prerequisites:

None.

THE HERO'S JOURNEY Map

Purpose

Knowing your purpose is the organizing principle for your Hero's Journey. It is your "theme song" for aligning your life. All the areas of your need to line up with your purpose and passion.

Spiritual Mastery

A spiritual practice, contemplation, values, honor life, all people, connection to the Divine, interconnectedness. A desire to be a

1

Physical Mastery

A lifestyle of eating mostly whole foods, regular exercise and balanced living. Weight, blood pressure and image reflect good health habits.

Mental Mastery

Life- long learner, always increasing knowledge, time to contemplate, plan, journal, visualize for personal growth and self-realization.

3

Emotional Mastery

You are able to flow with life and direct your emotions to handle whatever comes up. Your thoughts, words and deeds are in alignment.

4

Vocation/Work

Meaningful work doing what you love. Or loving what you do until you can do work that is fulfilling. Doing work that is 'your calling.'

5

Financial Freedom

Living within income; a financial plan, saving 10%, investing, residual income, contribution 10%.

6

Family-Social

Family values, meetings and support of each other. Respect for all people regardless of differences.

7

Leisure/Vacation

Time by self, vacation, play time, enriching entertainment, enjoying special times with family and friends.

8

Life Management

Your life is in order and your home is maintained. Bills paid on time. You are responsible.

9

Contribution

You are aware of and use your talents and gifts (creative abilities) in a way that is meaningful. You even have a portfolio of work you've done (artistic, writing, creative projects). You use your leadership skills to make a difference that contributes to family and community. You know you are here for a reason and that is what gives you energy. You consciously do your best day to day and are enabled to welcome life as it comes.

10

THE GIFT IS YOU

Recognize that you are here for a reason and it is up to you to decide what that reason is so you are consciously in collaboration with life, and unfolding naturally into a spiritually evolved whole human being

To honor life is to be tuned in to your own nature and connected to nature. Through your natural evolution, you bring forth your gifts so they can be shared. The emergency of your gifts is catalyzed as you serve others.

To deny yourself is to deprive the world of the gifts that only you can give. Self-mastery is how you evolve to your highest self. Your destiny unfolds as you evolve. Notice what life has shown you so far.

Everyone is a creative genius at being him/herself. You are an original and your gifts are needed now.