

Your Life MAP – on One Page!

Find the treasures of your life!



**Quick, insightful
and life-changing results!**

**A simple tool to connect with the
big picture of who you are and
where you want to go**

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ISBN 0-9732501-0-0
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Table of Contents

1. Introducing the Life MAP.....	3
What is the Life MAP?	4
Why does it work?	4
2. Make Your MAP.....	5
Step-by-step guidelines to completing the Life MAP.....	5
The Life MAP - on One Page	6
3. Action – What’s my next step?.....	9
Goal Setting and Tracking	9
How to get more results, even faster.....	11
4. Plot Your Progress	12
Insight Tracker	12
5. The Journey.....	14
6. Meeting Your Needs.....	15
Basic Needs.....	15
Emotional Needs.....	16
Mental Needs	17
Spiritual Needs.....	17
Financial Needs.....	18
7. Share the Wisdom.....	19
Appendix – Intuitive Resource Lists.....	20
Appendix 1 - Action Verbs	20
Appendix 2 - Values, Qualities & Virtues	21
Appendix 3 - 50 Defences.....	22
Appendix 4 - Blocks to Growth	24
Appendix 5 - Common Fears	26
Appendix 6 - 100 Purpose Statements	27
About the authors	30

1. Introducing the Life MAP

- Where are you now in your life?
- Where do you want to go?
- How will you know when you get there?

If you can clearly answer these questions, you are undoubtedly living fully and well. Unfortunately, very few people have a sense of purpose and direction for their lives. Time can move so quickly and life can get so complicated that we can get lost in the details. We lose sight of the big picture of what's possible for us. And when this happens, we get caught in a trap where life does us – we don't do life. We've given up our power to direct our own lives. The treasures of our lives are never found.

These three questions can also overwhelm us. How could we possibly reduce our complex mix of work, family and leisure into simple answers? And so we don't even try.

But what if the process were simple? What if we could prepare a MAP – on just one page – that would clearly show us how we want to travel through life? One that would quickly identify what is most important to us now, what to do next and how to stay on top of it? And what if the process were so simple that we could easily change our minds and alter our route at any time? Wouldn't it be a pleasure to put yourself in the driver's seat?

Life is a verb, an active process unfolding. Yet we often deal with it as though it were a noun – stable and predictable. This simple Life MAP will guide you to direct and actively participate in the process. To: 1) know yourself, 2) create positive change and 3) track how you are doing. It will answer the questions:

Who am I?

What do I want to do next?

How am I changing?

And it will do this using 3 simple steps:

- **M**ake your MAP – look at the past, present and future and get to know yourself. You'll gain clarity and insights and opportunities for growth.
- **A**ct! – take effective action to change and grow.
- **P**lot your Progress and results – feedback brings us the information and motivation to fine-tune our process to better meet our needs.

Do you have an hour or two to put your life on track? Of course you do! Get ready to plot the next leg of your journey through life! Get ready to Make Your MAP!

What is the Life MAP?

The Life MAP simply asks you to provide short, concise answers to 9 key questions – all on one page only. The process is surprisingly quick, easy and effective.

Why does it work?

Here's why it works so well:

- The 9 **quality questions** focus your mind on the most important aspects of your life. Questions **stimulate our creative right brain**. They also challenge our minds to come up with the answers. Over time, as we ask ourselves the same questions and ponder our answers, we get more imaginative and more clear on what really matters. And when we know what's important and where we want to go, chances are that we will get there. Focus, clarity and intention are powerful forces in our lives.
- **All answers are visible on one page**. Seeing our life 'on one page' overwhelms our logical left-brain and engages our intuitive right brain. Our rational minds can perceive up to 7 things logically. When lots of items are presented together, the logical left brain takes a back seat, allowing the creative, intuitive, wholistic right brain to work with the abundance of information. **This engages our subconscious mind**, which supports more and better integration. (We don't just think something – we know and live the truth of it.) It also allows us to make new, more inclusive, bigger picture connections than we would with our rational mind alone.
- The Life MAP includes the positives and negatives of our lives. Facing these dualities **creates a gentle, positive tension** in our minds that seeks to find balance between them. This fosters continual change and integration, just as heat is needed to keep water boiling. We begin to **balance** the past and future, personality and soul, blocks and purpose, the head and the heart.
- If it is **in sight**, it is **in mind**. When you can distil the essence of your life onto one page, your mind can grasp and remember the key points. You have a new level of clarity and focus. The more you keep your Life Map visible and in sight, the more your mind will work with the information to bring it to life.
- The more awareness we bring to our challenges and goals, the more quickly they will be resolved and achieved. Quickly reviewing our Life MAP daily or even weekly helps us stay conscious of both our blocks and our aspirations. This **consistent attention** helps create the change we seek in our lives.
- The act of writing down what's important to us – journaling – helps us think in new ways. You will discover greater clarity, insights and results when you establish a regular journaling practice. **THINK IT and INK IT!**

- **If it is important, measure it.** Consistent feedback keeps us more conscious and thinking progressively.

To sum up, the single page Life MAP will help you connect with what is important to you, long term and short term. It's a powerful tool for getting in touch with the major forces shaping your life. It will help you rise above everyday details to see the big picture of who you are and what's possible for you. And with regular (daily or weekly) reviews, you will maintain a subtle tension in your mind that will get both your conscious and subconscious minds consistently working for you. This will help you integrate material quickly. It will keep you on the pulse of your life. You'll have a handle on the big picture while you balance what is urgent and important in both the short and long term.

2. Make Your MAP

Step-by-step guidelines to completing the Life MAP

To get the most from your Life MAP, follow these basic guidelines:

- Set an intention to really commit to this process. Commit to completing the Life MAP as directed. Commit to review your answers daily or at least weekly and to re-do the questions at least once per month. Commit to work with the process for a few months so you can see for yourself the positive changes it can bring.
- Give yourself an hour of quiet, uninterrupted time to complete the MAP.
- In each box on the form (page 8), write what you believe are your main answers. Ask yourself, "Are there any more answers?" and listen closely.
- There isn't much room in each of those boxes! If you want, in your journal or on another piece of paper, write as many answers as you can for each question. Then, prioritize them and do your best to capture the essence of your top answers in a word or short phrase. The more concisely you can describe an answer, the more power it will have to focus your mind.
- These are challenging questions. Don't worry that you haven't got all of the answers or even the best answers. The ideas that first come up for you are fine for now. Allow the process to bring you better and better answers over time. Just relax and do your best at each sitting.
- Some questions invite you to look at a resource list for more answers, *once you have done your own thinking*. Using these lists will add more perspective and depth, and may offer more exact words to describe your situation. Scan the lists quickly, sense which words resonate with you and mark them. Be aware that we

are not usually conscious of most of our defenses and blocks or of our purpose. So be alert for even the slightest sensations from your intuition to flag a word for further attention. When you've scanned the entire list, review the items you've marked. Discard any words for which you can't find a connection. Then add the words that fit to your own list and prioritize them. Write the top 5 on your Life MAP.

- Review your Life MAP regularly. And every month, answer the questions once again to create a new picture of growth opportunities.

The Life MAP - on One Page

Now answer the following questions in your journal or on a separate page and put the top 5 responses in order of priority on the one page Life MAP form (page 8).

1. What are your **talents, gifts, skills and strengths**? What are you good at? What do partners, family, friends and/or colleagues perceive to be your talents, gifts, skills and strengths? Once you write down some answers, review the 'Action Verbs' list in Appendix 1.
2. **Values.** What do you stand for? What is important to you? What are your best qualities, virtues and values? What good qualities do others say you have? Once you write down some answers, review the 'Virtues, Qualities and Values' list in Appendix 2.
3. **Balance** – Are you happy with the amount of time and energy you give to different aspects of your life? Rate each aspect of life noted on the form on a scale of 1 – 10, where 1 represents no or minimal attention and 10 represents total absorption. A rating of 5 would mean complete satisfaction with the time and energy you give to that area.
4. What **defences** do you use to avoid dealing directly with situations? What excuses keep you stuck? Be brutally honest with yourself. Once you have created your list, review the intuitive resource list in Appendix 3.
5. What are your greatest **blocks, challenges and lessons**? What holds you back? What do you not like about yourself? Can you identify any ongoing negative cycles in your life? For example, have you had continuing problems with relationships, finances, health, growth, jobs or career? Once you have completed your list, review 'Blocks to Personal Growth' in Appendix 4.

6. **Underlying fears** – Review each of your challenges and defences and for each, identify what you are afraid of. Do you have other fears? Prioritize your top 5 fears. Just being aware of your greatest fears will help you begin to move through them. Once you have completed your list, review ‘List of Common Fears’ in Appendix 5.
7. What do you most want in life? Assume you can have absolutely anything you want. What are your **needs, goals, aspirations and desires**? What do you most want to have, do and be?
8. **Life Purpose** – Do you have a sense of your life purpose? What might it be? A good format to follow is HOW (a quality of yourself) you would help WHOM do WHAT. Once you write down some answers, review the ‘Life Purpose Statements’ list In Appendix 6 to see if you are inspired by other ideas.
9. **Action steps** – In many ways, this is the most important question on the form. Relax and quietly reflect on the big picture that emerges from your many individual entries. Don’t try too hard here – just allow thoughts and impressions to arise. What area(s) would you like to address? How can you best go after the treasures of your life *at this time*? For example, are you inspired to build on any of your talents or skills? Is it important to give more time to any area of your life? Is it time to release a block that has stopped you from moving ahead? Do you have a dream that’s calling to be realized? On a separate page, write down whatever action steps come to you and then pick your top 3 – 5 ideas to work on.

Remember, as you review the information on this one page, your subconscious mind will absorb and begin to work with it. Trust the process. If you simply **maintain consistent attention on your Life MAP**, you will find yourself becoming aware of new aspects of your life. You will gain new insights into who you are and what you want. You will be inspired to do new things. This will happen automatically. Don’t worry about having to make it happen. Let your deeper mind process your intentions in its natural, powerful way.

More in-depth support is available:

While the Life MAP’s 9 questions are key to understanding who we are and where we wish to go, they only skim the surface of our complex nature. If you would like to explore more in-depth ways to truly know yourself – your personality, your soul, your character, style and life purpose, please check out these programs:

[Know Yourself](#)

[Heal Yourself](#)

[Finding your Life Purpose](#)

[Spiritual Awareness](#)

Life MAP on One Page **Date:** _____ **Name:** _____

1. What are your gifts, talents and strengths?	2. What are your values, virtues and qualities?	3. How balanced is your life? (1 – low, 10 – high)
		Career
		Finances
		Partner
		Family
		Friends
		Health
		Spirituality
		Relax time
		Learning
		Self Expression
4. What defences do you use?	5. What are your blocks, weaknesses, challenges?	6. What are your underlying fears?
7. What do you most want in life?	8. What is your life purpose?	9. What action will you take?

3. Action – What’s my next step?

“The vision must be followed by the venture. It is not enough to stare up the steps - we must step up the stairs.” -- Vance Havner

The good news is that you have already acted in completing your Life MAP. The process of asking yourself those 9 questions and writing down your answers gets both your conscious and subconscious minds focused on the key elements of your life. If you will regularly take just a few moments to reflect on the information you’ve written on that one page, you will find your awareness shifting and your attention drawn to new matters and activities.

Are you keen to make some changes? In deciding where to focus your energy, follow your inspiration rather than the critical voice inside that says you ‘should’ do this or that. Trust yourself. Trust your intuition. A part of you knows what will benefit you most at this time.

You may also find it helpful to work on whatever issues from your Life MAP are playing out in your life *now*. Life always brings us what we most need to address when the time is right. What’s on our plate now is calling for our attention.

It helps to remember that any plan works as long as we actually use it. If you are willing to work more actively with the process, then select one or more of the action steps on your Life MAP and create an action plan for each one:

- Set a short-term goal.
- Identify the steps you must take to get there.
- Set a deadline for completing each of the steps.
- Book time in your daily calendar to begin your first step.
- Review regularly how you are progressing.

Goal Setting and Tracking

The Goal Setting and Tracking Sheet (on the next page) may be helpful to you if you prefer a structured, rational approach to life. It invites you to set goals and track your progress. If you are somewhat new at goal setting, or if goal setting hasn’t worked well for you in the past, we recommend that you select only one or two goals for immediate attention. We also suggest that they be short-term goals that you can accomplish fairly quickly, say within one or two months.

The form also provides space for recording insights and lessons learned as you move to achieve your goals.

Goal Setting and Tracking Sheet

GOAL		
Why, Benefit		
Reward		
Measurable Action Steps	By Date	Review, Insights, Comments, Learning

GOAL		
Why, Benefit		
Reward		
Measurable Action Steps	By Date	Review, Insights, Comments, Learning

GOAL		
Why, Benefit		
Reward		
Measurable Action Steps	By Date	Review, Insights, Comments, Learning

How to get more results, even faster

The more you can use and stimulate your creative, intuitive right brain, the more you will experience change in your life. Here are some tips for deeper integration and insights.

- As you create and review your Life MAP, write your thoughts and feelings down in your journal. After you've completed a session of journal writing, review what you've written and summarize it. Also make the effort to review past journal entries and summarize your insights over that longer period. Journaling is a powerful tool for helping us think in new ways, and you'll be surprised at the new perspectives that will surface for you with this practice.
- Meditate on one of the Life MAP's questions, or on your answers to one of the questions.
- Write an appreciation letter as if your aspirations have been achieved. Write in the present tense and be descriptive, getting most of your five senses involved.
- Do something to put life and passion into your Life MAP: sing it, draw it, colour it, dance it, act it out, create a collage that makes it visual.
- Write a personal creed or affirmations to express who you are.
- Set up a mastermind group with others who are interested in personal growth, so you can support each other and experience the synergy of a small growth group.
- Identify icons or symbols of your Life MAP and put them around your house and workplace to remind you of your focus.
- Create and repeat a ritual related to your Life MAP.
- Ask yourself additional smart questions to deepen your experience. Write your answers in your journal. Here are a few questions to expand your thinking:
 - What major issues keep repeating in my life?
 - What is most important in my life right now?
 - What truly gives me meaning?
 - What can I do to have more fun in all areas of my life?
 - If today were my last day to live, what would not be fulfilled in me?
 - What is life about?

Any activity that includes colour, graphics, pictures, symbols, nature, exercise and using the senses will activate your creative, wholistic right brain.

If the Life MAP has inspired you to explore any particular area of your life more deeply, we offer a range of programs that address specific needs. See Appendix 2 for details.

4. Plot Your Progress

*“How do we keep our inner fire alive? Two things, at minimum, are needed: an ability to appreciate the positives in our life – and a commitment to action. Every day, it’s important to ask and answer these questions: ‘What’s good in my life?’ and ‘What needs to be done?’” –
Nathaniel Branden*

It inspires us to know that our efforts are bringing results. And so it’s important to have some simple ways to track the changes that occur in our life. By tracking what is important for us, we regularly reinforce a positive, new perspective. We build on successes that are so easily forgotten in busy and down times. We become more aware.

Here’s an Insight Tracker to help you prove that your efforts are paying off.

Insight Tracker

Too often, weeks, months and years go by and we don’t know what happened. Did we grow? What was important? Did we learn anything? It is so easy for life to slip away and we have nothing meaningful to show for it. And when treasured events occur, if we do not honour them or integrate them effectively, we don’t grow from them.

Every day offers important opportunities for growth and learning. So here is a simple tool to track those meaningful daily events. It provides a great **audit trail** for what has happened in the past. It is a great way to **track cycles** that keep reoccurring. It helps us **identify causes and effects**. It also **reminds us of successes** we so easily forget. All in all, it is a great **daily awareness tool** that shows we are waking up to greater consciousness. It shows that we are learning to **STOP and PAY ATTENTION**.

The Insight Tracker lets you **record what is most important to you**. Pick three or four areas in your life that you most want to monitor. Examples are health changes, relationships, accomplishments, intuitive hunches, motives, ideas, dreams, insights, synchronicities, fitness, feelings and emotions, money earned, etc. Pick 3 or 4 important areas and put them as titles at the top of each column. When something of significance happens in one of those areas, write the date and a short note recording its importance to you. OR better yet, each day enter a comment or result for each of the 4 headings.

Remember, if it matters to you, track it. I track insights, synchronicities, motives, health and emotions because they are important to me. What is important for you to measure?

More in-depth support is available:

If something is important and you want it to improve, it must be measured. There are many ways to monitor and track results. Find which of 10 unique techniques fit your style. Investigate the [Tracking for Results](#) workbook.

Insight Tracker

(Keep track of feelings and emotions, health changes, motives, insights, events, accomplishments, intuitive hunches, ideas, dreams, synchronicities, money earned, people met, meanings, etc.)

Date				

5. The Journey

Okay! You have all you need to begin your own personal treasure hunt. Our 3-step MAP process is easy:

Make your Map. Act! And Plot your Progress.

Or

Take inventory. Execute. And evaluate.

Or

Plan your work. Work your plan. Review the results.

Or

Who am I? What do I do next? How am I changing?

The key to growth is consistency of attention – to regularly STOP and PAY ATTENTION to what matters to you. This way you can consciously choose to search for and find all of the hidden treasures waiting to be discovered.

Please continue to use this tool to uncover new perspectives of who you are. **We evolve in spirals.** Each time we repeat an exercise, we achieve different results because we are starting from a new and different point of view and in different circumstances..

In essence, we simultaneously travel **2 journeys in life**. One goes **in to release** blocks to allow our authentic, true loving selves to express more genuinely. The other goes **out to expand** our own natural and unique ways to touch more lives.

If you would appreciate reminders to stay focused on getting and giving more in life, subscribe to Higher Awareness's [FREE daily inspirational, 'Inner Journey' messages](#).

6. Meeting Your Needs

Ready to take action? As you identify your needs, questions, aspirations, opportunities and the changes you want to make in life, you will want to take some action.

As you work with the Life MAP process, you may clearly see what needs to be done and you may know how to go about it. If so, charge ahead! Our best wishes go with you.

If you don't have a strong sense of direction, you may want to explore [20 programs at Higher Awareness](#) that address your particular challenges or desires. A great starting point for clarity is the [Know Yourself or Who Am I? program](#). Otherwise, here are some suggestions for your consideration.

Basic Needs

- Do you want less busyness, scatter, being stuck, procrastination, stress, chaos, or worry?
- Do you want more control, results, balance, peace, order, peace of mind, clarity, focus, planning, organization or discipline?

Then consider:

- [Time Management Skills](#) - Make the most of your life. Resolve what is behind your procrastination, busyness, inertia and perfectionism. Create discipline to STOP and be aware. Receive lots of tips for more peace of mind.
- [Personal Goal Setting](#) - Set meaningful goals, manage time more effectively, stay on track and get more done more easily. Accomplish what's most important. Stay organized and focused. Take charge of your life with workbook and support emails.
- [Tracking your Success and Growth](#) - Attain clarity, focus, meaning and results. Track your success. Learn 11 efficient tracking tools.
- [Insights On One Page](#)
 - **Dream Day Calendars** - Idealize your perfect day, week, month and year – on one page.
- [Smart Question Coaching theme on Getting Control of Your Life](#) – Receive daily inspiration and a Smart Question to shift your perspectives and get you thinking differently.
- [100 intuitive resource lists](#) that include Body Interpretation Methods, Energy Builders and Drainers, Life Themes, Male/Female Differences, Stress Reducers and Sources, Time Savers and Wasters and Ways to Build Willpower.

Emotional Needs

- Do you want less fear, anger, low self-esteem, emotional anxiety, poor relationships, sadness, emotional pain, depression?
- Do you want more courage, hope, joy, confidence, self-esteem, healing, harmony, clearer communication, intimacy and happiness?

Then consider:

- [Block Busting and Healing Your Life](#) - Master a 7-step spiritual approach to healing life's deepest problems. Become conscious of and release the unconscious programs and fears that cause pain. Attain new levels of self-acceptance and personal responsibility.
- [Own Your Life – Build Self Confidence](#) - Learn 10 easy-to-use self-understanding tools. Put meaning and ownership into your life. Reduce low self-esteem, anxiety, stress and worry. Build serenity, self-confidence, pride and control.
- [A Journey of Awareness](#) - Awaken to new dimensions of who you are! Go beyond your self-imposed limits. If you learn just one thing, let it be higher awareness.
- [Smart Question Coaching theme on Busting Blocks](#) – Receive daily inspiration and a Smart Question to shift your perspectives and get you thinking differently.
- [Insights On One Page](#)
 - **Awareness** - Learn how to go deeper and be more expansive.
 - **Blocks** - What are your challenges and life lessons?
 - **Block Buster** - Heal your blocks. Break through life challenges.
 - **How I feel** - Clearly know your range of emotions and feelings.
 - **Past** - Create a visual, revealing snapshot of your past.
- [10 intuitive resource lists](#) which include Awareness Exercises, Blocks to Personal Growth, Defences, Early Warning Indicators, 200 Emotions and Feelings, Excuses and Justifiers, Social Influences and Common Victim Statements.

Mental Needs

- Are you negative, bored, worried or stuck in mediocrity?
- Do you want more trust, creativity, understanding, awareness, motivation, direction, self-actualization?

Then consider:

- [Creativity](#) - Find more ways to get what you want. Take the creativity test. Learn 10 easy lateral thinking tools. One tip alone will triple your creativity.
- [Journal Writing](#) - An adventure in self-discovery. Access your own inner wisdom. Tap into the unconscious and intuition. Journaling is one of the most powerful tools for self-knowledge.
- [Insights On One Page](#)
 - **Creativity** - This single page will give you lots of new ideas.
 - **Decision Making** - Learn how to make effective, informed choices.
 - **How I think** - How do you think, learn, process, create, intuit?
 - **Who Am I?** - Know Your Self from many perspectives.
- [Smart Question Coaching theme on Developing Mind](#) – Receive daily inspiration and a Smart Question to shift your perspectives and get you thinking differently.
- [12 intuitive resource lists](#) which include Ways to Be Different, Benefits of Journaling, Creativity Exciters, Methods to Develop Your Mind, Growth Tools, Limiting Beliefs, Meditation Benefits, Paradigms to Shift, Paradigm Shifting Tools, and Thinking Methods.

Spiritual Needs

- Do you want less emptiness?
- Do you want more purpose, guidance, spiritual connection, meaning, purpose, joy, intuition, service, love, freedom and power?

Then consider:

- [GROW Yourself](#) – Clarify what to work on in your life – clearing the past, creating the future or living in the now.
- [Life Purpose](#) - Create a personal vision statement for your life. Identify your motivation, values, qualities and talents.
- [Awareness and Intuition](#) - Intuition is a path to healing, spirituality and our personal evolution. Unlock your inner guidance that knows the way.

- [Daily Spiritual Living](#) - Experience your divinity here and now. Develop your higher mind for improved spiritual connection. Learn the tips and traps for more joy, love and service.
- [Meditation](#) - Explore quick relaxation, focused concentration, insightful meditation, enlightening contemplation and blissful illumination. Develop your mind and connect with your inner essence and spirit in this progressive 6-month weekly email exploration of proven approaches to meditation.
- [Insights On One Page](#) such as,
 - **Life Purpose** - Clarify your direction and destiny in life.
 - **Personal Pathways** - Where are you on your life path?
- [Smart Question Coaching theme on Opening to the Divine](#) – Receive daily inspiration and a Smart Question to shift your perspectives and get you thinking differently.
- [15 intuitive resource lists](#) that include Cycles of Life, Ways to Discern the Lower from the Higher, Greatness Concepts, Higher Awareness Perspectives, Human Needs, Life Questions, Personal Growth Benefits, Personal Performance Process, Purpose Statements, Soul Names, Spiritual and Material Distinctions and Values, Qualities and Virtues.

Financial Needs

- Do you want less debt, insecurity, business failure, poor performance or low income?
- Do you want more abundance, security, business success and income?

Then consider:

- [Money Management](#) - A 3 part program - 1. Clarify your relationship with money. Develop key money skills. 2. Identify your victim and power issues around money. Identify and replace limiting beliefs that stop you from experiencing prosperity. 3. Learn the spiritual and natural laws of abundance. Distinguish soul needs from personality desires. Explore how to raise your consciousness and magnetism.
- [Smart Question Coaching theme on Manifesting Abundance](#) - Receive daily inspiration and a Smart Question to shift your perspectives and get you thinking differently.
- [Insights On One Page](#) such as,
 - **Manifesting** - 9 steps to creating what you desire.
- [10 intuitive resource lists](#) that include Affirmations for Prosperity and Abundance, Money Beliefs, Money Proverbs and Money Victim Statements.

7. Share the Wisdom

Have you benefited from this Life MAP process?

Perhaps someone you know would be interested in this tool to help him or her move forward in life. Maybe you would like to team up with a partner to work through this process together. There is tremendous power and synergy in growing with a trusted friend.

To share this free process with others, visit

<http://www.higherawareness.com/refmap.html>

*"It is only in the giving of oneself to others that we truly live."
-- Ethel Percy Andrus*

Appendix – Intuitive Resource Lists

Appendix 1 - Action Verbs

Intuitive resource lists help us get feedback from the subconscious about what is important for us. Use these lists to stimulate your thinking and create new inner connections. Scan the list below quickly, noting which items catch your attention. From the items you checked off, pick the top 7 for further exploration through journaling, action, reflection or meditation. Here lies a wealth of choice to help you identify exactly how you might act.

act	craft	inform	purchase
adjust	create	invent	record
administer	cultivate	invest	reference
advise	cure	investigate	rehabilitate
aid	dance	landscape	remove
analyze	defend	lead	repair
announce	delegate	lobby	report
apply	design	manage	represent
archive	develop	market	rescue
assemble	diagnose	mediate	research
assess	direct	minister	restore
assist	display	negotiate	retrain
barter	draw	order	sculpt
broadcast	edit	organize	select
build	educate	paint	sell
calculate	empower	perform	serve
campaign	entertain	photograph	sew
canvas	excavate	pilot	shield
care	execute	pioneer	sing
catalogue	explore	plan	speak
clean	fabricate	play	specialize
coach	farm	ponder	study
communicate	finance	preach	style
compose	fix	preserve	supervise
compute	follow	print	survey
construct	grow	problem solve	teach
consult	guide	produce	trade
control	heal	program	train
cook	help	promote	translate
correct	host	protect	travel
counsel	imagine	publicize	write

Appendix 2 - Values, Qualities & Virtues

Intuitive resource lists help us get feedback from the subconscious about what is important for us. Use these lists to stimulate your thinking and create new inner connections. Scan the list below quickly, noting which items catch your attention. From the items you checked off, pick the top 7 for further exploration through journaling, action, reflection or meditation.

abundance	diligence	humility	prosperity
acceptance	discipline	humour	purity
achievement	discernment	idealism	purpose
adventure	discrimination	inclusiveness	recognition
aesthetics	empathy	insight	respect
appreciation	empowerment	integrity	responsibility
authenticity	energy	intelligence	reverence
balance	enthusiasm	intimacy	righteousness
beauty	excellence	introspection	sacrifice
bliss	faith	intuition	self confidence
caring	flexibility	joy	serenity
cheerfulness	forgiveness	justice	service
clarity	freedom	kindness	sharing
commitment	friendship	knowledge	silence
communication	fun	leadership	spirituality
compassion	generosity	love	spontaneity
co-operation	gentleness	loyalty	strength
confidence	good will	maturity	support
connection	grace	mercy	surrender
contentment	gratitude	moderation	tolerance
courage	growth	openness	trust
courtesy	harmlessness	order	trustworthiness
creativity	harmony	passion	truth
daring	healing	patience	understanding
dedication	health	peace	union
detachment	honesty	perseverance	unity
determination	hope	positive outlook	wisdom
devotion	humanitarianism	power	

Appendix 3 - 50 Defences

Defence strategies hide from us how we really feel. While they reduce our anxiety, they also distort our perception of reality. We lose touch with our own authenticity, and that blocks our pathway to soul consciousness.

Intuitive resource lists help us get feedback from the subconscious about what is important for us. Use these lists to stimulate your thinking and create new inner connections. Scan the list below quickly, noting which items catch your attention. From the items you checked off, pick the top 7 for further exploration through journaling, action, reflection or meditation.

accusing

acting out – giving expression to forbidden desires without concern for negative consequences.

aggression

arguing

analysing – a belief that since we understand and can interpret defence strategies, we have cleared our repressed feelings and do not need to work through them.

arguing

assertion

avoidance

blaming

challenging

cockiness

compensation – hiding a weakness in one area by excelling or being rewarded in another.

compliance

complaining

compromise

confusion

control

criticism

deception

defiance

denial – refusing to acknowledge the thought or feeling

devaluation

discounting

displacement – channelling thoughts or feelings to a neutral or weaker person or object..

dissociation

distrust

emotional insulation – withdrawing into inaction so one doesn't get hurt.

explaining

externalisation – pinpointing outside forces as the cause of our behaviour so we don't have to accept personal responsibility for our actions.

fantasizing – not paying attention or using daydreams to escape an uncomfortable situation.

humour

identification – identifying oneself with a prestigious individual or institution to build one's sense of self-worth.

intellectualisation – coming up with highly intellectual reasons or convincing arguments to justify the situation and keep attention away from feelings.

introjection – adopting external values and standards as one's own to ensure those standards are not used against him/her.

isolation – separating feelings and thoughts that are connected

isolation of affect – 'thinking' feelings rather than actually experiencing them

judging

justifying

laughing it off

lying

manipulation

minimizing – writing off problematic events and behaviors as being too minor to worry about.

passive aggression – indirect and unassertive expression of aggression towards another.

projection – perceiving that another has our thoughts or feelings so we don't have to own them.

rationalization – thinking up reasons to justify what's happening while ignoring one's feelings.

reaction formation – unconsciously thinking, feeling and acting in ways that are opposite to how we really think and feel.

regression – slipping back into old, often immature, ways of behaving to release the feelings.

repression – burying thoughts and feelings in our unconscious so we no longer have memory of them.

ridicule

seeking approval

self-deception

shouting

silence

smiling

sublimation – channelling socially unacceptable feelings into a socially productive activity.

suppression – some awareness of a thought or feeling, but we try to hide it.

threatening

undoing – doing the opposite of how one feels to try to negate the feelings.

violence

withdrawing

Appendix 4 - Blocks to Growth

Intuitive resource lists help us get feedback from the subconscious about what is important for us. Use these lists to stimulate your thinking and create new inner connections. Scan the list below quickly, noting which items catch your attention. From the items you checked off, pick the top 7 for further exploration through journaling, action, reflection or meditation. Please note: some of the items below are not blocks for everyone. We need to ask, “Am I experiencing this as a block?”

abandonment	control	focusing on the past
absentmindedness	cowardice	foolishness
abuse	criticism	forgetfulness
accidents	cruelty	frustration
accusing	cynicism	futility
acting the clown	deceitfulness	future thinking
addictions	deception	glamours
aggression	defensiveness	greed
always being with people	defiance	guilt
ambition	denial	hate
analysing	dependency	hopelessness
anger	depression	humourlessness
anxiety	deviousness	humour
arguing	discounting	ignorance
arrogance	dishonesty	ignoring
attachment	disorder	illness
avoidance	disoriented	illusions
being bossy	dominance	impatience
being judgmental	doubt	impractical
being opinionated	drama	impulsiveness
being reactive	dreaming	inaccuracy
being scattered	egotism	indecision
being too emotional	emotions	indifference
being ungrounded	envy	inertia
blaming	escape	inflexible character
blind devotion	exaggeration	injury
boredom	excessive focus on others	insecurity
busyness	excuses	insensitivity
carelessness	extremism	intellectualisation
co-dependency	failure	intolerance
complaining	fantasizing	isolation
compromise	faulty beliefs	jealousy
compulsion	fears	judging
conflict	feeling needy	justifying limitations
confusion	fixed ideas	lack of commitment
		lack of confidence

lack of creativity	opportunism	sarcasm
lack of discipline	over-eating	seeking approval
lack of energy	over-exercise	self-obsession
lack of purpose	over-spending	self-centeredness
lack of trust	overwhelm	self-deception
laughing it off	over-work	selfishness
laziness	pain	self-pity
living in the past	perfectionism	self-sabotage
loneliness	phobias	shame
low energy	poor health	shyness
lying	poor self-esteem	sleep
malnutrition	possessiveness	solitude
manipulation	poverty mentality	status
martyrdom	prejudice	stress
materialism	pride	stubbornness
mediocrity	procrastination	suffering
minimizing	rationalization	timidity
moodiness	rebellion	unexpressed emotions
narrowness	repression	vacillation
needing to please others	resentment	vanity
negativity	resistance	violence
no fun	ridicule	withdrawal
non-supportive habits	rudeness	worry
numbness	running away	
obsessions	sadness	

Appendix 5 - Common Fears

Intuitive resource lists help us get feedback from the subconscious about what is important for us. Use these lists to stimulate your thinking and create new inner connections. Scan the list below quickly, noting which items catch your attention. From the items you checked off, pick the top 7 for further exploration through journaling, action, reflection or meditation.

A fear can be described as an excessive feeling of anxiety that arises when we anticipate a specific situation or object. Listed below are some common fears. This list is not about phobias (of which there are hundreds as can be seen at this site <http://www.ojohaven.com/fun/phobias.html>). A phobia can be described as an instantaneous anxiety response to specific objects or situations.

abandonment	limitation
being bad, corrupt, evil, defective	loneliness
being controlled by others	looking stupid
being deprived	loss
being harmed	loss of connection
being incapable	material loss
being of no value, worthless	meaninglessness
being unloved	no identity
being useless	pain
change	people
death	personal insignificance
defeat	possessiveness
diminishment, decline	poverty
disease	rejection
doing wrong	relationships
failure	responsibility
fragmentation	self-exposure
hurting others	self-expression
ignorance	selfishness
incompetence	separation
incorrect decisions	shyness
injury	success
insecurity	support, guidance
invasion of boundaries	truth, God, duty, being oneself
isolation	unknown
lack	vulnerability

Appendix 6 - 100 Purpose Statements

Intuitive resource lists help us get feedback from the subconscious about what is important for us. Use these lists to stimulate your thinking and create new inner connections. Scan the list below quickly, noting which items catch your attention. From the items you checked off, pick the top 7 for further exploration through journaling, action, reflection or meditation.

1. Will, Power, Leadership, Liberation

To inspire people out of inertia

To help people break out of crystallized thinking

To liberate people from bondage or oppression

To preserve spiritual values and principles

To lead people to new realms of health, living or accomplishment

To create new ways of thinking

To lead people to spiritual enlightenment and illumination

To be free to make a difference in the world

To be one with the One Life

To carry out the divine Will

To persist at leading or creating something which affects many people

2. Love, Wisdom, Healing, Teaching

To totally love my fellow human beings

To understand how the universe and people function

To heal

To teach

To nurture key relationships

To fully develop and apply my intuition

To understand the relationships of everything to everything else

To love wisely and think lovingly

To bring together into the unity of life

To unify many groups into one whole

To mend old broken relationships

To be fully loved

To practically and intuitively understand and identify with something

To compassionately and intuitively work with people

To break out of inertia and to expand and grow

3. Doing, Intelligence

To empower others to create and use their minds

To develop new ways of thinking and communicating

To empower others to be the best they can be

To draw out of others their highest potential

To be creative in all things that I do

To co-create and implement large projects

To plan and implement high level and spiritual projects

To help implement part of the Divine Plan

To understand or develop new philosophical approaches to life

To do the most good to all and harm to none

4. Harmony, Mediation

To bring harmony and beauty into others' lives

To deeply resolve the battles of opposites, the dualities, paradoxes

To help others reconcile conflicts and have harmony in their lives

To support people through the drama of life

To achieve harmony, balance and peace out of conflict and chaos

To help others see the other side

To mediate conflict into harmony and win/win

To create beauty through art

To live in and to be beauty itself

5. Understanding, Knowledge, Truth

To discover and apply new scientific truths, knowledge

To fully understand specific areas of knowledge

To seek the absolute truth in an area of knowledge

To solve problems and unravel life's mysteries

To pursue pure knowledge

To express the truth through form

6. Idealism, Devotion, Loyalty, Vision

To inspire others to offer their lives to the highest ideal

To passionately live up to a high ideal or to a guru

To totally love and give my all to some high ideal

To attain the highest level of connection or devotion to someone or to an idea

7. Organization, Order, Magic, Transformation

To preserve the structure of something I feel strongly about

To change the structure of something I feel strongly about

To help others organise their lives so they can reach their dreams

To bring ideas and concepts into form

To build, organize and plan a large project

To create the right action in the right way at the right time

To restore order out of chaos

To bring spirit into matter and to manifest new ways and ideas

To work with sacred objects and universal design

To develop new ways of restoring order and of doing things

To be a magician and make miracles happen

To manifest the beauty and order of life

To understand the cycles and rhythm of things and people

To work with groups and group consciousness

To understand the spirit behind matter and the matter of spirit

To be a master of group dynamics and interaction

Other Purpose Statements

To learn qualities – e.g., goodness, beauty, truth, unity

To assist in the evolution of humankind

To resolve injustices

To pay off old karmic debts

To know my true self in depth

To express and be my highest divine self

To be my true, authentic self

Humanity's purpose is:

1. To develop the mind
2. To serve and become the next highest kingdom level (soul)
3. To control our animal, reactionary nature
4. To cooperate with, care for and be responsible for the lower kingdoms (mineral, plant, animal)
5. To serve the planetary and solar life

About the authors

John & Patrice Robson offer you tools and paths to KNOW yourself and GROW yourself at <http://www.higherawareness.com>. Online courses, daily email coaching, intuitive resource lists and a FREE Inner Journey newsletter for personal fulfilment are available. To contact us send an email to <mailto:john@higherawareness.com>