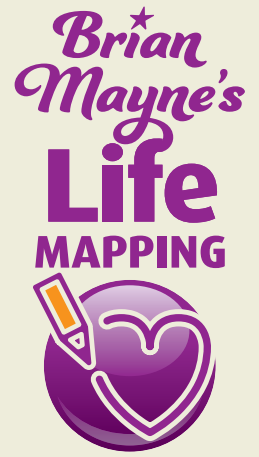


How to use your Life Mapping templates



By creating and using your Life Map you will powerfully command your subconscious to help you be your best in different areas of life. By being your best, you will naturally do your best and have your best results.

Step 1: State your purpose

Write a short statement that represents you being your best in life generally – for example **'I shine bright'**. Or choose a life area for your statement, such as **'I am a great parent'**. Put your statement in the central box of the **left-brain Life Mapping template**.

Write it as an affirmation in **personal, positive and present tense**, using a maximum of 10 words.

Step 2: Choose your ways of being

Who are you when being your best? What are your major attitudes or qualities of character?

Start with the **Mental** box at the top of the template. Write your main 'way of being' when you are at your best, for example **focused, positive or patient**.

Remember to write as an affirmation in personal, positive and present tense, such as **'I am patient'**.

Repeat the same exercise for the next box this time focusing on your main **Emotional** way of being.

Trust the first quality you think of, such as **passionate, brave or caring**. Again, be sure to state this as an affirmation, for example **'I am loving'**.

Next, notice your main quality for the **Physical** box. Perhaps you are **fit, healthy or energetic**. As before, write this as an affirmation.

Move around the to the **Material** box and state your main way of being for this area, such as **'I am prosperous'**, or **'I am balanced'**.

Now consider the **Social** box. When being your best, what is your main quality of character in your relationships? **Honesty, openness, integrity?** Once more, write this as an affirmation.

Finally, the **Spiritual** box. Write an affirmation such as **'I am peaceful'** or **'I am compassionate'**.

Step 3: A powerful picture of you

The final step of creating your Life Map is to place **right-brain template**, at the side of the first, and draw simple pictures or symbols that mirror your written statements.

Your pictures do not need to be masterpieces (no one else needs to recognise your drawing). Simple stick men or symbols work well – but **please use lots of colour** as it's an excellent way to stimulate your right-brain and create a powerful command to your subconscious about who you choose to be.

Once complete, commit to live your Life Map by signing it.

Place your Life Map somewhere highly visible, and **look at it once a day while saying the affirmations**. This will strengthen the command to your subconscious, and help you be your best a little more every day.

If you believe your Life Map has served you, then please **share this guide** as a gift with others.

Want to know more? Check out our Life Mapping book and details of our next **Life Mapping workshop** (see back page of these templates).





Left-brain Life Mapping template for words

