



Honor your journey. Protect your happy!

1.

### 2. RESPONDING TO MY CALL

If I had no fear, what would I most want to experience?

SUPPORTING  
What self-beliefs empower me?

LIMITING  
What self-beliefs disempower me?

### 3. BELIEFS

What I believe about my life is an outcome of my repeated childhood messages.

### 4. SEEKING GUIDANCE

Mentors possess wisdom to advance growth. Who are the mentors who inspire me?

### 5. THE UNEXPLORED CURIOSITY

Curiosity has no fear to explore. Curiosity helps me step out of my ordinary life and dares me to daydream about my possibilities.

### 6. RELATIONSHIP WITH SELF AND OTHER

What does a happy, healthy and empowered relationship with myself and others look like?

### 7. FORGIVENESS, RELEASING & SETTING FREE

What enduring hurt, resentment and guardedness do I want to be done with?

### 8. CHARACTER STRENGTHS AND VIRTUES

What are my character strengths and virtues? What habits, character or virtues would I like to nurture?

### 9. PHYSICAL HEALTH & FITNESS

What does a loving relationship with my body, self-concept and self-image look like?

### 10. MIND YOUR MIND

What is my mindful practice?

### 11. ARTISTIC EXPRESSION

Creativity allows me to imagine my hopes on a canvas of change. Artistic expression releases what I suppress and stress about. What artistic expression can I explore?

### 12. GRATITUDE

What am I grateful for?

### 13. ACCOMPLISHMENTS

Acknowledgment of effort and engagement, as well as appreciation of challenging experiences that I overcame.

### 14. REPUTATION

My reputation is often reflected by my beliefs and practices. It is what I am known for.

### 15. CURIOSITY, KNOWLEDGE & SKILLS

What more do I need to know to grow and expand on my vision quest?

### 16. COMMITMENTS

My devotion defines my destiny. What am I devoted, deliberate and committed to?

### 17. RECIPROCITY

How do I want to give back? What are my intentional acts of kindness and generosity?

### 18. THE IMPOSSIBLE POSSIBLE

Every creation begins with an imagination. What more do I imagine creating for myself?

### WHAT IS MY LEGACY?

Explore how I desire to live and who I am becoming as I evolve.

## MY HOPEFULL JOURNEY MAP

An intuitive guide for a HopeFull driven life.

We create what we appreciate and focus on. Write, draw or stick images that you desire and hope for. And as you do, do it with love for You.

For deeper reflections, refer to My HopeFULL Journey Workbook.  
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