



**HOW TO GO FROM WHERE YOU ARE
TO WHERE YOU KNOW YOU ARE
SUPPOSED TO BE**

ABUNDANT LIVING MAPPING

Workbook

**DISCOVER THE 8 ELEMENTS
DRIVING YOU FROM PRESENT
POSITIONING TO PURPOSE**

THE *Abundant Living* MAP



Element One: The Past

I do not consider that I have made it my own. But one thing I do: forgetting what lies behind and straining forward to what lies ahead, I press on toward the goal for the prize of the upward call of God in Christ Jesus. Phil. 3:13

8 Steps To Thriving:

Present Awareness: Learning to be 'present aware'

Past Untethering: re-solving and untethering from bad beliefs and wrong mindsets

Passion Discovery: discovery and/or development of passion

Skill Development: intentional development of skills, talents, abilities, and gifts.

Positional Awareness: *Developing a consistent awareness of where you are operating from and towards*

Recalibration: *intentionally managing your time to reset and gauge your tracking*

Active Resting: learning how to be fruitful and abundant without toiling

Reposition: continual mindfulness and active connection to your highest self in Him

Thriving: *developing a sustained lifestyle of thriving*

THE *Abundant Living* MAP



CORE VALUES

- AUTHENTICITY
- ACHIEVEMENT
- ADVENTURE
- AUTHORITY
- AUTONOMY
- BALANCE
- BEAUTY
- BOLDNESS
- BRAVERY
- COMPASSION
- CHALLENGE
- CITIZENSHIP
- COMMUNITY
- COMPETENCY
- CONTRIBUTION
- COURAGEOUS LIVING
- CREATIVITY
- CURIOSITY
- DECISIVE
- DETERMINATION
- FAIRNESS
- FAME
- FRIENDSHIP
- FORGIVING
- FUN
- GROWTH
- HAPPINESS
- HONESTY
- HUMOR
- INDEPENDENCE
- INFLUENCE
- INNER HARMONY
- INTERDEPENDENCE
- JUSTICE
- KINDNESS
- KINGDOM MINDED
- KNOWLEDGE
- LEADERSHIP
- LEARNING
- LOVE
- LOYALTY
- MEANINGFUL WORK
- MISSION-MINDED
- OPENNESS
- OPTIMISM
- PEACE
- PLEASURE
- POISE
- POPULARITY
- RECOGNITION
- RELIGION
- REPUTATION
- RESPECT
- RESPONSIBILITY
- SECURITY
- SELF-RESPECT
- SERVICE
- SPIRITUALITY
- STABILITY
- SUCCESS
- STATUS
- TRUSTWORTHINESS
- WEALTH
- WISDOM

THE *Abundant Living* MAP



Element Three: The Process

What does 'present awareness' mean to you?

What are your top three core values?

What are you doing right now, or what do you want to begin doing, to live more powerfully from your core values?

THE *Abundant Living* MAP



What are you doing right now, or what do you want to begin doing, to increase your character & spiritual development?

In what ways can you identify how the fruit of your spirit impacts your character?

THE *Abundant Living* MAP



In the area of the soul, what element tends to be more predominant? And why? (mind/will/emotions)

What has the fruit of that been in your life? What will you do to begin changing/improving that today?

What beliefs in this area have been holding you back or interfering with your progress?

THE *Abundant Living* MAP



How have you placed skill develop as a priority in your life?

What has the fruit of that been in your life? What will you do to begin changing/improving that today?

What beliefs in this area have been holding you back or interfering with your progress?

THE *Abundant Living* MAP



What are your 3 top core values?

Is there an area of your life, current or past, that you can identify where you are not living congruent to your values?

What has the fruit of that been in your life? What will you do to begin changing/improving that today?

THE *Abundant Living* MAP



How do you plan on growing in the character of your core values, supercharged by the fruit of the spirit?

How do you plan on growing in wisdom and knowledge of your core values, supercharged by the renewing of the mind?

How do you plan on growing in the skill of your core values, supercharged by the gifts of the spirit?

THE *Abundant Living* MAP



What is the internal culture you carry?

What is the external culture you live in predominantly? Are they congruent?

What beliefs in this area have been holding you back or interfering with your progress?

THE *Abundant Living* MAP



What is the culture you would like to develop in the sphere around you?

Who could you partner with in your sphere of influence to change the culture around you?

THE *Abundant Living* MAP



What Cognitive Distortions do you recognize in yourself?

Who could you partner with to help hold you accountable as you reframe? How would that look for you?
