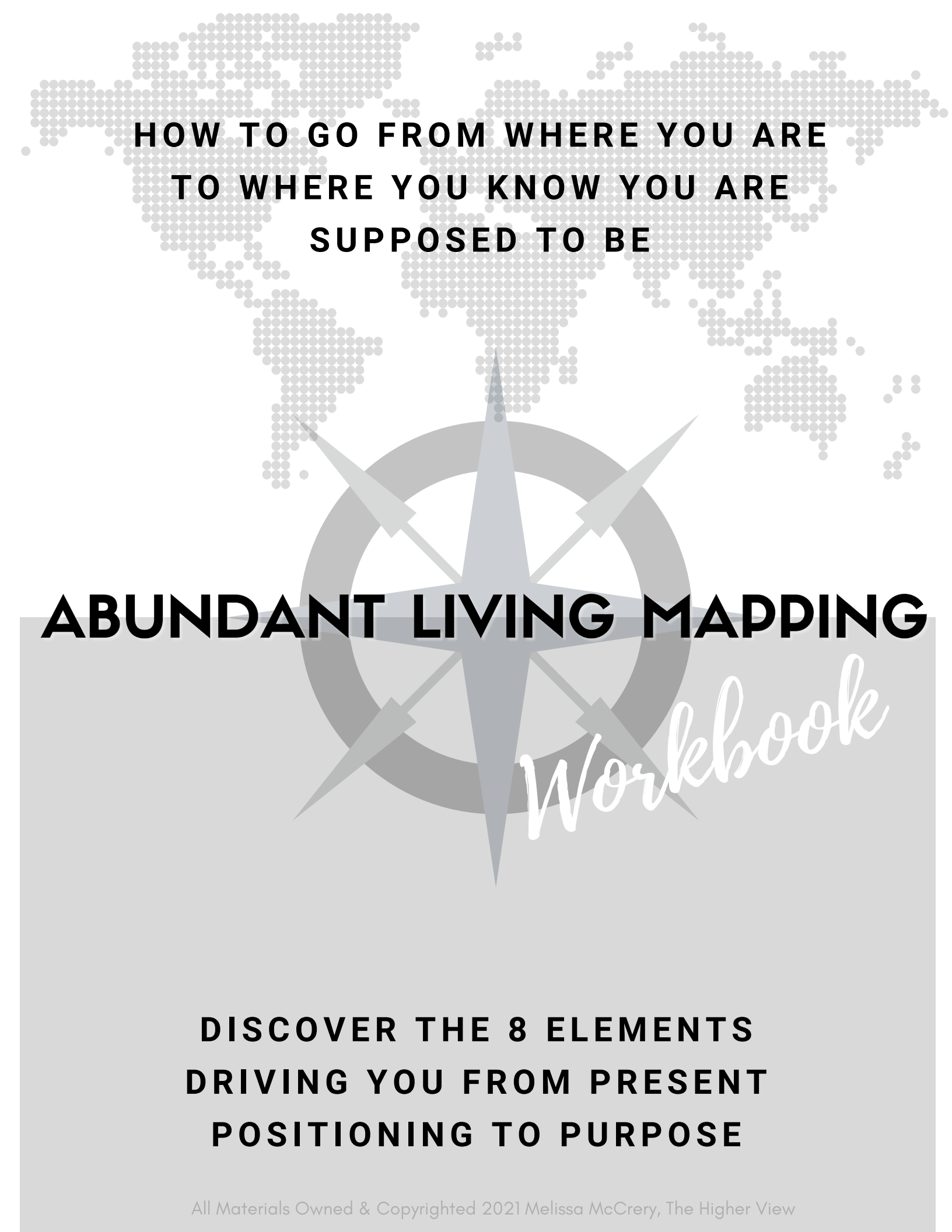




**HOW TO GO FROM WHERE YOU ARE
TO WHERE YOU KNOW YOU ARE
SUPPOSED TO BE**

ABUNDANT LIVING MAPPING

Workbook

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

THE Abundant Living MAP



Welcome to the best day of the rest of your life!

This workbook, *actually* this entire 10:10 Abundant Living Map, is a culmination of being under some of the best teachers, mentors, coaches, and spiritual advisors a girl could ask for.

Couple that with my continual personal journey, heavenly downloads, positioning my heart and mind to live from eternity, and here we are.

One of my favorite 'Finisher Women' taught me the greatest saying. I can honestly say ,if it weren't for her constant love, encouragement, and calling out the gold in me when I was 'stuck' - I don't know if you would have this workbook in your hands. So, this 'finished', yet always in process, piece of the kingdom is dedicated to her. I honor you Ann McDonald.

Let's say this together.....

"The *rest* of my life is the best of my life. The best of my life is the rest of my life. And everything I touch turns to gold."



and I will close with this last one
thought...

Proverbs 10:22

It is the blessing of the Lord that makes
rich, and He adds no sorrow to it.

You've got this. I believe in you,,

Melissa McCrery

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 Freedom:

Transformation: Believing you are a new creation

Personal Responsibility: Accepting full responsibility for your responses to experiences and subsequent acceptance of beliefs, choices, decisions & actions

Reference Experiences: Intentionally rebuilding new reference experiences

Presence Awareness: Becoming keenly aware of your current state

Empowering Emotions: Assigning new emotions to the new experiences, not being controlled by emotion

Positive Beliefs: Frame positive beliefs around these new experiences

Renewed Mindset: Dismantle the orphan mindset & habits, while renewing the mindset of sonship

Unblocking His-Story: Daily getting out of the way of His story and learning to co-labor intentionally with what He desires to build in your life.

FREEDOM: Learning to live in the fullness of freedom & joy

A world map showing the continents of South America, Africa, and Australia. Below the map are several horizontal dashed lines for writing.

THE *Abundant Living* MAP



Main A-Ha's From Lesson 1?

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THE *Abundant Living* MAP



Element One: The Past

ASK YOURSELF:

What comforts have I built around myself that keep me where I am at?

In what ways have I built safety measures around my life that keep me where I am at?

What will/is my unresolved history going to cost me in relationships? Prosperity? Abilities?

THE *Abundant Living* MAP



Element One: The Past

WRITING MY STORY

Who are the main characters in your life story?

What is the main setting of your life story?

What is the main plot of your life story?

THE *Abundant Living* MAP



Element One: The Past

WRITING MY STORY

What is the main conflict of your life story?

What is the main resolution of your life story?

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A world map showing the continents of South America, Africa, and Australia. Below the map are several horizontal dashed lines for writing.

THE *Abundant Living* MAP



Main A-Ha's From Lesson 2?

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THE *Abundant Living* MAP



Element One: The Past

ASK YOURSELF:

What areas of my life have been effected by the orphan mindset?

How does the understanding of HAMARTIA change my perspective of operating in sin?

How does any of this change how you view your story? (lesson 1)

A world map showing the continents of South America, Africa, and Australia. Below the map are several horizontal dashed lines for writing.

A world map showing the continents of South America, Africa, and Australia. Below the map are several horizontal dashed lines for writing.

THE *Abundant Living* MAP



Main A-Ha's From Lesson 3?

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THE *Abundant Living* MAP



Element One: The Past

ASK YOURSELF:

Where have I experienced unmet needs in Maslows heirarchy?

How has that affected my beliefs in that area?

What will/is my unresolved history going to cost me in relationships? Prosperity? Abilities?

THE *Abundant Living* MAP



Element One: The Past

ASK YOURSELF:

What boulders am I trying to take with me up my mountain?

What weights of the past are holding me back?

Where do I feel 'stuck'?

It's time to get brutally honest – How do these questions make you feel? What do you currently believe about them?

A world map showing the continents of South America, Africa, and Australia. Below the map are several horizontal dashed lines for writing.

A world map showing the continents of South America, Africa, and Australia. Below the map are several horizontal dashed lines for writing.

THE *Abundant Living* MAP



Main A-Ha's From Lesson 3?

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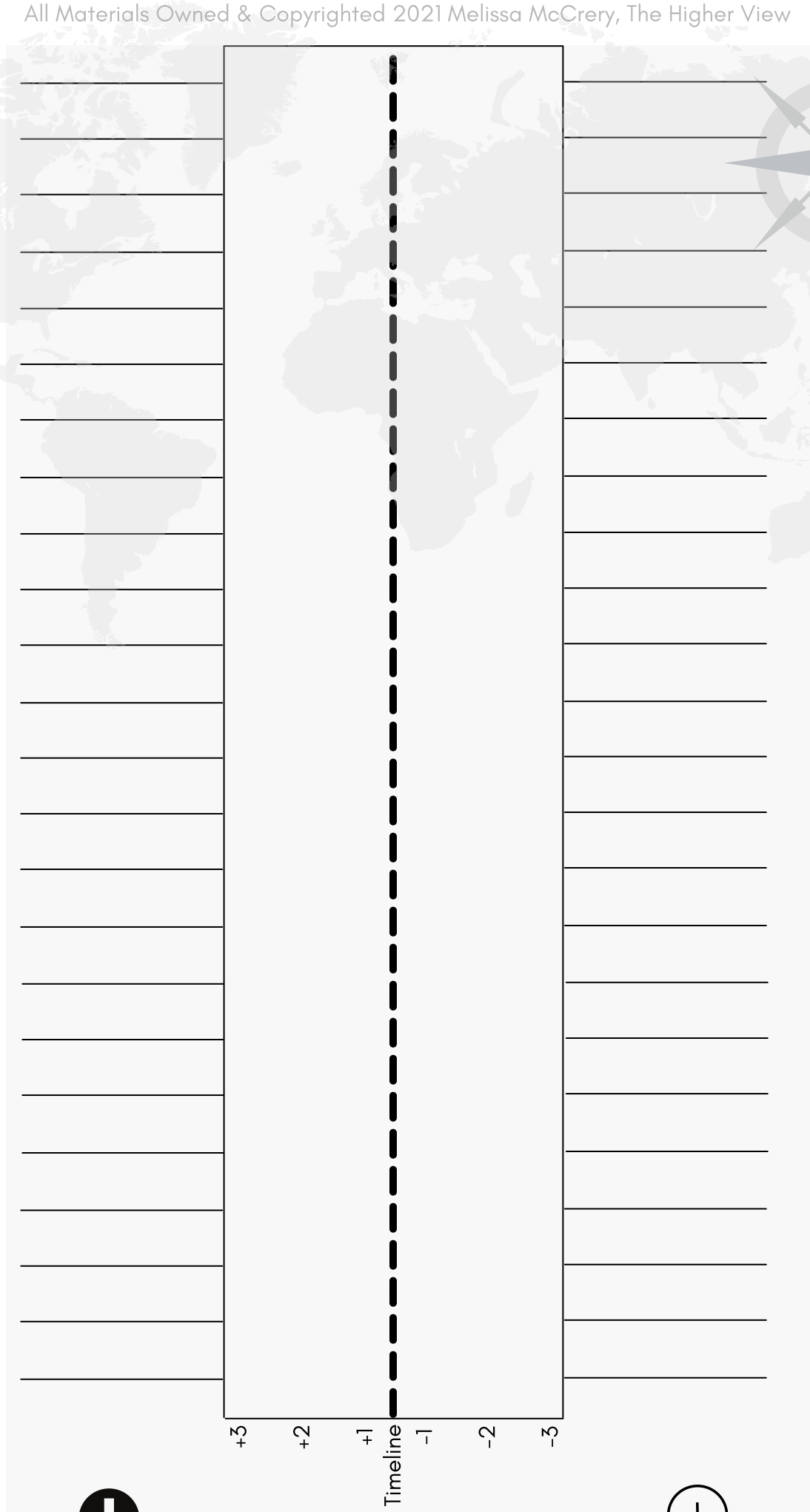
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PERSONAL HISTORY MAP

PERSONAL HISTORY - PROFESSIONAL HISTORY - SPIRITUAL HISTORY



This graph is to map out your significant emotional event history.
Place a dot with your corresponding age on the graph from your earliest memory to present day.
The midline represents your everyday emotional baseline.



Event #1 Self-Talk Perceptions Fact or Fiction	TRUTH #1
Event #2 Self-Talk Perceptions Fact or Fiction	TRUTH #2
Event #3 Self-Talk Perceptions Fact or Fiction	TRUTH #3
Event #4 Self-Talk Perceptions Fact or Fiction	TRUTH #4
Event #5 Self-Talk Perceptions Fact or Fiction	TRUTH #5



Event #6 Self-Talk Perceptions Fact or Fiction	TRUTH #6
Event #7 Self-Talk Perceptions Fact or Fiction	TRUTH #7
Event #8 Self-Talk Perceptions Fact or Fiction	TRUTH #8
Event #9 Self-Talk Perceptions Fact or Fiction	TRUTH #9
Event #10 Self-Talk Perceptions Fact or Fiction	TRUTH #10

NEGATIVE S.E.E. (—)



Event #1

Self-Talk

Perceptions

Fact or Fiction

TRUTH #1

Event #2

Self-Talk

Perceptions

Fact or Fiction

TRUTH #2

Event #3

Self-Talk

Perceptions

Fact or Fiction

TRUTH #3

Event #4

Self-Talk

Perceptions

Fact or Fiction

TRUTH #4

Event #5

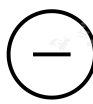
Self-Talk

Perceptions

Fact or Fiction

TRUTH #5

NEGATIVE S.E.E.



Event #6

Self-Talk

Perceptions

Fact or Fiction

TRUTH #6

Event #7

Self-Talk

Perceptions

Fact or Fiction

TRUTH #7

Event #8

Self-Talk

Perceptions

Fact or Fiction

TRUTH #8

Event #9

Self-Talk

Perceptions

Fact or Fiction

TRUTH #9

Event #10

Self-Talk

Perceptions

Fact or Fiction

TRUTH #10

THE *Abundant Living* MAP



Element One: The Past

What pattern of Truths can you identify?

What pattern of lies can you identify?

[illegible]