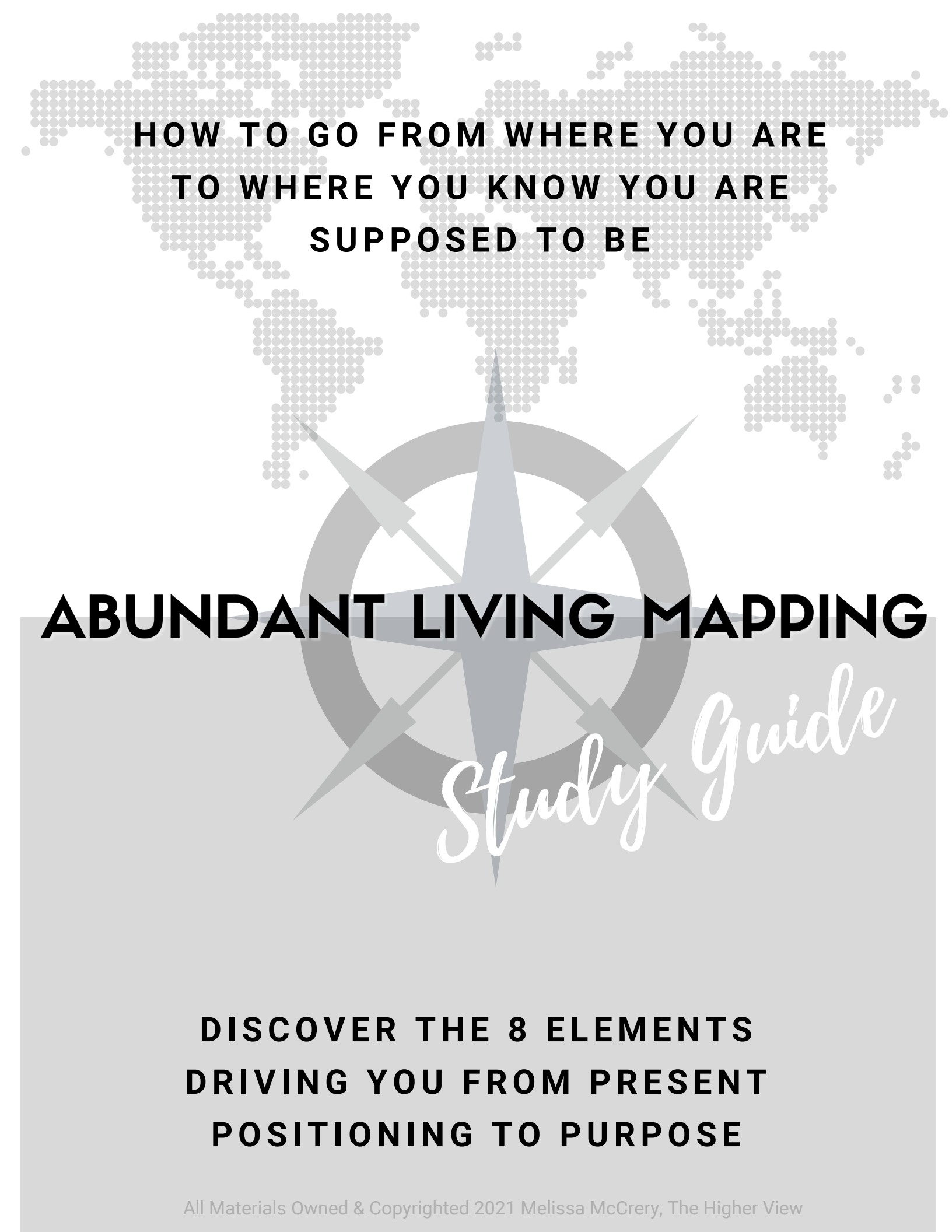




**HOW TO GO FROM WHERE YOU ARE
TO WHERE YOU KNOW YOU ARE
SUPPOSED TO BE**

ABUNDANT LIVING MAPPING

Study Guide

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



PRESENT

Repeat

Inflation

Daily Reset

SMART Goals

Gratitude Refocus

Actualization

Take Inventory

Pause & Get Real

LESSON 1: PERSONAL CAPACITY

So, this week we are going to dive in to a holistic approach to managing your present state by utilizing my adaptation to the wheel of life. Learning how to manage your present state is critical to reaching convergence.

If we do not address our present state holistically; body, soul, & spirit, then we will continue to chase issues around this wheel and never come into our full capacity.

The continuum of improving the overall balance in your life is imperative and does not have to be challenging.

A more balanced life directly relates to your PERSONAL capacity

Your personal capacity determines your sustainability.

The Wheel of Life is connected to the x-axis and the y-axis of the level 10 graph. It's the starting point in the present that helps you identify what is affecting your present state in order to advance toward your highest purpose

In each of the categories, you can begin to understand why it is flourishing or deflated by asking yourself; "where am I operating in terms of skillset and motivation?"

LESSON 2: MANAGING YOUR STATE

There are only a couple of ways to keep yourself from convergence.... one is staying in your 5:5 box of security, the other is not managing your state.

The Wheel Of Life is a great way to not only understand our strengths, and constraints, but also get real with ourselves about where and how we can grow to create capacity balance.

Social base inventory is the process of taking an inventory of your life holistically and recognizing that all parts are interconnected and will therefore impact each other negatively or positively.

It is critical for you to personalize this process and not try to fit yourself into the wheel of life, but fit the wheel of life into YOU.

Lesson 3: BODY - SOUL - SPIRIT

Begin to address how the specific categories, AS YOU PERSONALIZED THEM, reflect in our spiritual capacity, our soul capacity, and our physical capacity.

This is very important, so we begin to understand how we are connected and triune beings.

God the father reflects in how we approach our soul. It also reflects in our relationship with our earthly father as well how a wife interacts with her husband. This impacts our beliefs around protection, provision and identity.

Holy spirit reflects how we approach our spiritual being. It also reflects in our relationship with our mother, or as a husband interacts with his wife. This impacts our beliefs around growth, nurture and comfort.

And Jesus reflects how we approach the physical being. It also reflects how we approach siblings and friends. This impacts our beliefs around relationships, belonging and communication.

Godhead	Person	Family
Father God	Identity (value) Protection (security/safety) Provision	Father
Jesus	Companionship Communication	Siblings/ Friends
Holy Spirit	Comfort Nurture Teaching	Mother

LESSON 4 - SMARTER GOALS

SMARTER Goals are

SPECIFIC - MEASURABLE - ACTIONABLE - REALISTIC - TIMEBOUND - EXTENDING & REWARDING

4 TIPS to Make Goals SMART

POSSIBILITY: Is it physically possible to complete the Goal or Action in question?
While stretch goals can be inspiring - this is rarely true if they're impossible!

CHUNKING DOWN: Struggling with a big action or goal? Break it down.
For Goals ask: "What would be a great stepping stone?", "What goal could I set that would prepare me or give me knowledge or experience that will help me achieve this bigger goal?" and "What could I achieve in 90 days. "

COMMITMENT: Make your action doable so that you can commit to it 100%.

SCORING: One way to check in as to how realistic your goal is, is to score how likely you feel you will achieve your goals (out of 10). If your score is **LESS THAN 8:** Your goal or action may be **TOO** big or you don't have strong enough motivation.