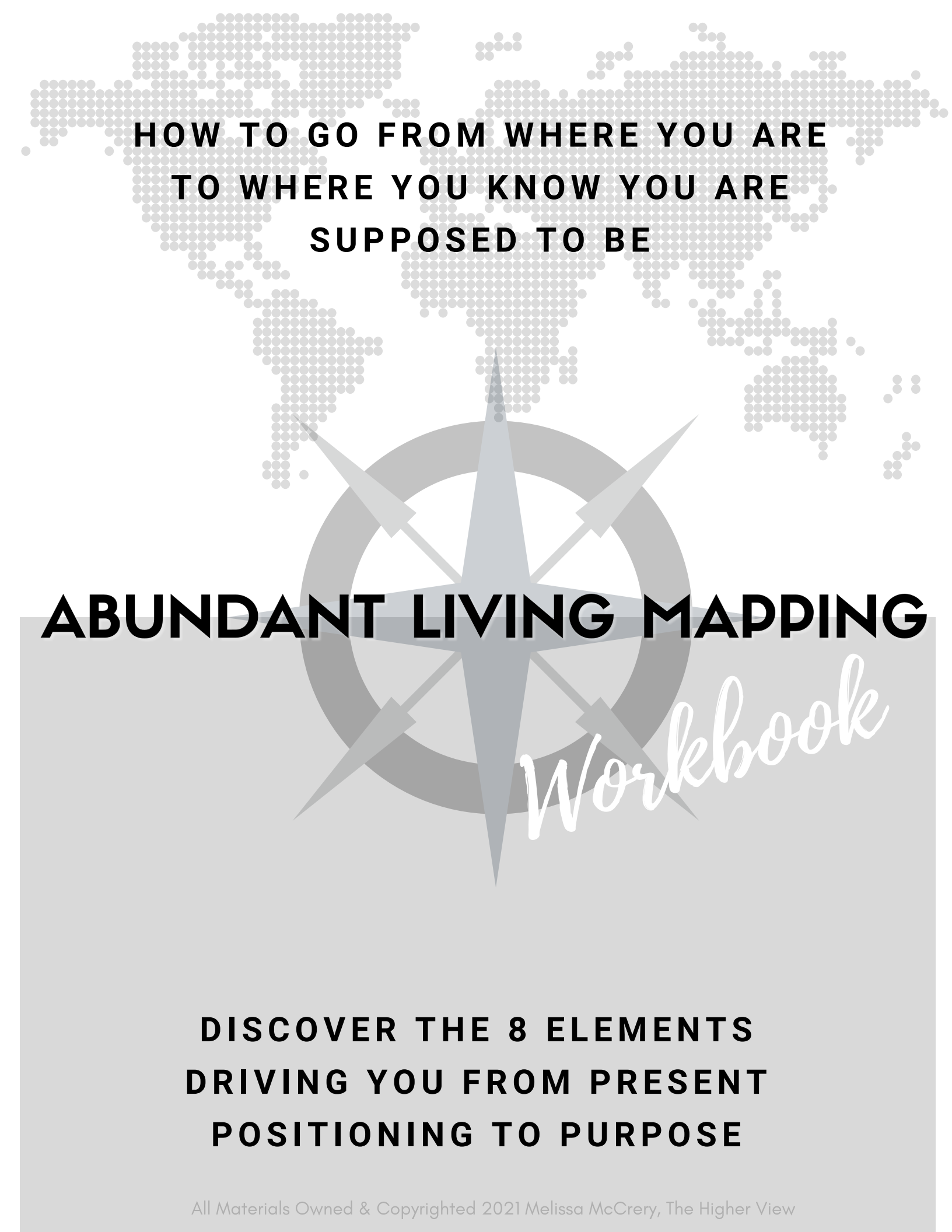




**HOW TO GO FROM WHERE YOU ARE  
TO WHERE YOU KNOW YOU ARE  
SUPPOSED TO BE**

# **ABUNDANT LIVING MAPPING**

*Workbook*

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

# THE *Abundant Living* MAP



## *Element Two: The Present*

*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 Balance:**

**Get Real:** It is time to get brutally honest with yourself

**Take An Inventory:** take an honest inventory of your capacity and fulfillment levels

**Actualization:** visualizing what you are capable of and where you may be falling short

**Gratitude Refocus:** refocus towards gratitude for your high points

**S.M.A.R.T.E.R. Goals:** set a 90 day smarter goal

**Daily Reset:** give yourself grace – reset daily towards your goal

**Inflation** take notice of how things begin to inflate each other

**Repeat:** repeat this every 90 days

**Capacity Balance:** You will begin to see how your capacity begins to balance out

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

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# THE *Abundant Living* MAP



## *Element Two: The Present*

### **ASK YOURSELF:**

On a scale of 1-10, how motivated am I in the following areas? How high is my skill-set in improving in these areas?

Emotional \_\_\_\_\_

Romance \_\_\_\_\_

Friends & Family \_\_\_\_\_

Fun \_\_\_\_\_

Environment \_\_\_\_\_

Personal Growth \_\_\_\_\_

Health \_\_\_\_\_

Career \_\_\_\_\_

Financial \_\_\_\_\_

Spiritual \_\_\_\_\_

# THE *Abundant Living* MAP



## *Element Two: The Present*

### **ASK YOURSELF:**

What could I do to improve my motivation?

Emotional \_\_\_\_\_

Romance \_\_\_\_\_

Friends & Family \_\_\_\_\_

Fun \_\_\_\_\_

Environment \_\_\_\_\_

Personal Growth \_\_\_\_\_

Health \_\_\_\_\_

Career \_\_\_\_\_

Financial \_\_\_\_\_

Spiritual \_\_\_\_\_

# THE *Abundant Living* MAP



## *Element Two: The Present*

### **ASK YOURSELF:**

What could I do to improve my sill-set?

Emotional \_\_\_\_\_

Romance \_\_\_\_\_

Friends & Family \_\_\_\_\_

Fun \_\_\_\_\_

Environment \_\_\_\_\_

Personal Growth \_\_\_\_\_

Health \_\_\_\_\_

Career \_\_\_\_\_

Financial \_\_\_\_\_

Spiritual \_\_\_\_\_

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# THE *Abundant Living* MAP



## *Element One: The Past*

### **ASK YOURSELF:**

What does spiritual capacity mean to me?

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What does intimacy/romance capacity mean to me?

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What does growth capacity mean to me?

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What does emotional capacity mean to me?

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What does fun/recreation capacity mean to me?

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# THE *Abundant Living* MAP



## *Element One: The Past*

### **ASK YOURSELF:**

What does financial capacity mean to me?

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What does career/professional capacity mean to me?

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What does health capacity mean to me?

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What does environmental capacity mean to me?

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What does family capacity mean to me?

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# Road Map to Success

## Element Two: The Present



*Therefore, if anyone is in Christ, he is a new creation.*

*The old has passed away; behold, the new has come. 2 Cor. 5:17*

*As a starting point for creating balance, happiness, and success in your life, the Wheel of Life is the perfect tool to begin your journey. Using this tool, you will be able to reflect and gain some insight into the balance of your life and how satisfied you are in life's different areas.*

### **Setup**

Get in a quiet place and turn off all distractions for at least 15 minutes.

This tool is to be used during a time of self-reflection.

Don't rush through this! YOU ARE WORTH IT!

### **Complete the Wheel**

Answer the 10 questions, but do not get 'stuck' in them. After answering questions for ALL categories, score your satisfaction levels against each of the different categories you have on your Wheel.

Take your time, reflect on your satisfaction in each area, THEN score and color in the level you believe best fits the category.

### **Reflect**

You should now have a completed Wheel of Life. It will most likely look rather lopsided and wobbly. Don't fret! This is normal!

Take a moment to appreciate your Wheel of Life. What does it look like? Are there any surprises for you? What would you like to look different?

### **Action!**

Based on the above, it is time to put the wheels in motion to a more fulfilling life! The Wheel of Life is a great starting point for our 90-day goal setting.

Pick ONE category to focus on and circle it in the planner..... now let's move on to the next steps with the 90-day planner!

# Spiritual

Please answer each question, without anyone's input,  
and give yourself 1 point for every TRUE answer..  
Total your points on this page and move on to the next section.

- 1 - I am experiencing a deep and profound awareness of God's presence in my life.
- 2 - I feel free to walk with God in all areas of my life without any condemnation or guilt.
- 3 - I have a clear and compelling sense of Kingdom purpose over my life.
- 4 - I am regularly exposed to a variety of challenging leaders and teachings.
- 5 - I feel like I am continually growing spiritually.
- 6 - I take full responsibility for my spiritual growth.
- 7 - Others around me receive and honor the revelatory knowledge I gain from the Word of God.
- 8 - I am comfortable in my ability to hear and know God's voice.
- 9 - I am fully submitted to God's purpose and design as a central focal point of my life.
- 10 - I feel very connected to my inner and outer world, and feel satisfied with my spiritual well-being.

**TOTAL:** \_\_\_\_\_

# *Emotional*

Please answer each question, without anyone's input,  
and give yourself 1 point for every TRUE answer..  
Total your points on this page and move on to the next section.

- 1 - I consider myself to be one of my own best friends.
- 2 - I feel free to express my emotions without fear of being shut down.
- 3 - The situations in my life rarely make me feel stressed and overwhelmed.
- 4 - Others would describe my life as a healthy depiction of operating in the fruit of the spirit.
- 5 - I am intentional at setting the emotional tone of my daily life.
- 6 - I feel like I am fully present when I am with others and do not struggle to stay connected.
- 7 - Others are comfortable being themselves around me without having to adjust themselves to my mood.
- 8 - Other people's moods and emotional states do not influence my own.
- 9 - I am intentional at introducing a variety of new experiences into my life.
- 10 - I rarely put off doing things for fear that I am not ready.

**TOTAL:** \_\_\_\_\_

# *Intimacy.*

Please answer each question, without anyone's input, and give yourself 1 point for every TRUE answer. If you are not married answer these questions thinking about your closest relationship.

Total your points on this page and move on to the next section.

**1** - I regularly enjoy a deep connection with my (partner/ closest friend).

**2** - I am satisfied with the amount of time set aside to focus on connection.

**3** - I am enjoying a deep and mutually empathetic quality of connection, mentally and emotionally with my (partner/friend).

**4** - I enjoy a deep connection with my (partner/friend) spiritually.

**5** - I feel my needs for connection are fully being met.

**6** - My (partner/friend) and I regularly share openly and help to re-assess the status of our goals and direction of our lives.

**7** - I feel free and comfortable to express my needs and desires with my (partner/friend).

**8** - I believe our relationship has the potential to overcome any challenges and become everything God designed it to be.

**9** - Considering where our relationship is today, if I could do it all over, I would choose to be in this relationship.

**10** - My (partner/friend) understands my love language and intentionally does things to make me feel loved.

**TOTAL:** \_\_\_\_\_

# Relations

Please answer each question, without anyone's input,  
and give yourself 1 point for every TRUE answer..

Total your points on this page and move on to the next section.

- 1** - I have sufficient and consistent social time set apart to enjoy family and friends.
- 2** - I have close relationships with friends and family that gives me a sense of belonging.
- 3** - I have close relationships that I can share my dreams and burdens with, without the fear of being misunderstood or rejected.
- 4** - I am fully supported by my friends and family; they *get* me.
- 5** - I have close relationships where we experience a mutual understanding of each other's goals, needs, and concerns.
- 6** - I have healthy relationships with my partner's friends and family.
- 7** - My partner regularly puts me first among their friends and family.
- 8** - I regularly experience the joy of both giving and receiving unconditional love in my relationships with family and friends.
- 9** - I have good boundaries with my family and friends, and do not allow them to have a negative influence over my life.
- 10** - I fully trust my family & friends to honor me in social settings when I am not present.

**TOTAL:** \_\_\_\_\_

# Fun & Recreation

Please answer each question, without anyone's input,  
and give yourself 1 point for every TRUE answer..  
Total your points on this page and move on to the next section.

- 1 - I am intentional about setting aside time to balance work and rejuvenation.
- 2 - I have routines that ensure rest and renewal in my life.
- 3 - I regularly set time aside that is 'off-limits' to work.
- 4 - My partner recognizes and encourages my social needs outside of the relationship.
- 5 - I have sufficient time off and are mentally free to energize, relax, refresh, and replenish.
- 6 - I am open to experiencing new people, places, and things.
- 7 - I am intentional about having fun with those I am close to.
- 8 - I regularly engage in enjoyable interests and/or hobbies.
- 9 - I regularly initiate new and fun experiences with my friends and family.
- 10 - I am fully satisfied with the amount of fun I have in my life.

**TOTAL:** \_\_\_\_\_

# Environment.

Please answer each question, without anyone's input,  
and give yourself 1 point for every TRUE answer..

Total your points on this page and move on to the next section.

- 1** - My home atmosphere is the way I want it. (consider things like clean, dirty, cluttered, organized, etc.)
  
- 2** - I have spaces in my home that energize me and make me happy.
  
- 3** - I have spaces in my home that are peaceful, they help me to feel rested and calm.
  
- 4** - My space is organized in such a way that I am able to access anything I need when I need it.
  
- 5** - My guests feel my environment is warm and inviting, they enjoy being in my home.
  
- 6** - My home is a sanctuary for our family, a refuge from the chaos of the world.
  
- 7** - I am intentional about making my environment a happy and healthy place for my family.
  
- 8** - I enjoy spending time in my home.
  
- 9** - I invest my time, energy, and finances on my environment to improve and maintain it.
  
- 10** - I value my environment as a reflection of my life.

**TOTAL:** \_\_\_\_\_

# Personal Growth

Please answer each question, without anyone's input,  
and give yourself 1 point for every TRUE answer..

Total your points on this page and move on to the next section.

- 1** - I have specific goals, related to my ongoing personal growth.
- 2** - I have a plan and strategy for achieving my growth goals.
- 3** - I have shared my goals, and have created accountability for the progression towards them.
- 4** - I am growing emotionally as an individual, becoming the person I want to be.
- 5** - I seek feedback regularly from people I am close to about areas in which I could improve and grow.
- 6** - I have a bucket list of interests I intentionally set out to read about and/or experience.
- 7** - I am continually working to develop mastery over the mountain of 'me'.
- 8** - I regularly take courses, read books, listen to messages, or attend events that challenge me to grow.
- 9** - I am growing in my understanding of myself and others around me.
- 10** - I know how to ask for help and seek feedback regarding my personal growth.

**TOTAL:** \_\_\_\_\_

# Health & Appearance

Please answer each question, without anyone's input,  
and give yourself 1 point for every TRUE answer..

Total your points on this page and move on to the next section.

- 1 - I regularly have the energy and physical vitality I need to deliver in my relationships, my passions, and my life purpose.
- 2 - I have specific health and fitness goals for my current and future stages of life.
- 3 - I am completely happy with my weight and physical appearance.
- 4 - I am mindful of nutrition and have a strategy for what and how much I should eat.
- 5 - I regularly get sufficient sleep, and keep a consistent bedtime schedule.
- 6 - My partner and I are on the same page about fitness, nutrition, and appearance goals.
- 7 - I am happy about my wardrobe and sense of personal style.
- 8 - Others see a reflection of good health, physically, emotionally, and spiritually through me.
- 9 - I keep myself up to date on healthy living practices.
- 10 - My friends and family support and encourages me in pursuing a healthy lifestyle.

**TOTAL:** \_\_\_\_\_

# Career.

Please answer each question, without anyone's input,  
and give yourself 1 point for every TRUE answer..  
Total your points on this page and move on to the next section.

- 1 - I love my current career.
- 2 - I am rewarded well, financially or otherwise, to do what I do best.
- 3 - I am doing what employs my natural gifts, talents, and abilities most of the time.
- 4 - I feel like what I do has personal meaning.
- 5 - If I could do it all over again, I would choose my current career path.
- 6 - Meeting my career goals and responsibilities does not negatively impact other areas of my life.
- 7 - My friends and family fully support my career choices and goals.
- 8 - I have a 5-10 year career plan mapped out.
- 9 - I regularly invest in myself, within my chosen industry, so I can be the best in my field.
- 10 - I would consider myself successful at what I do, in the position I hold.

**TOTAL:** \_\_\_\_\_

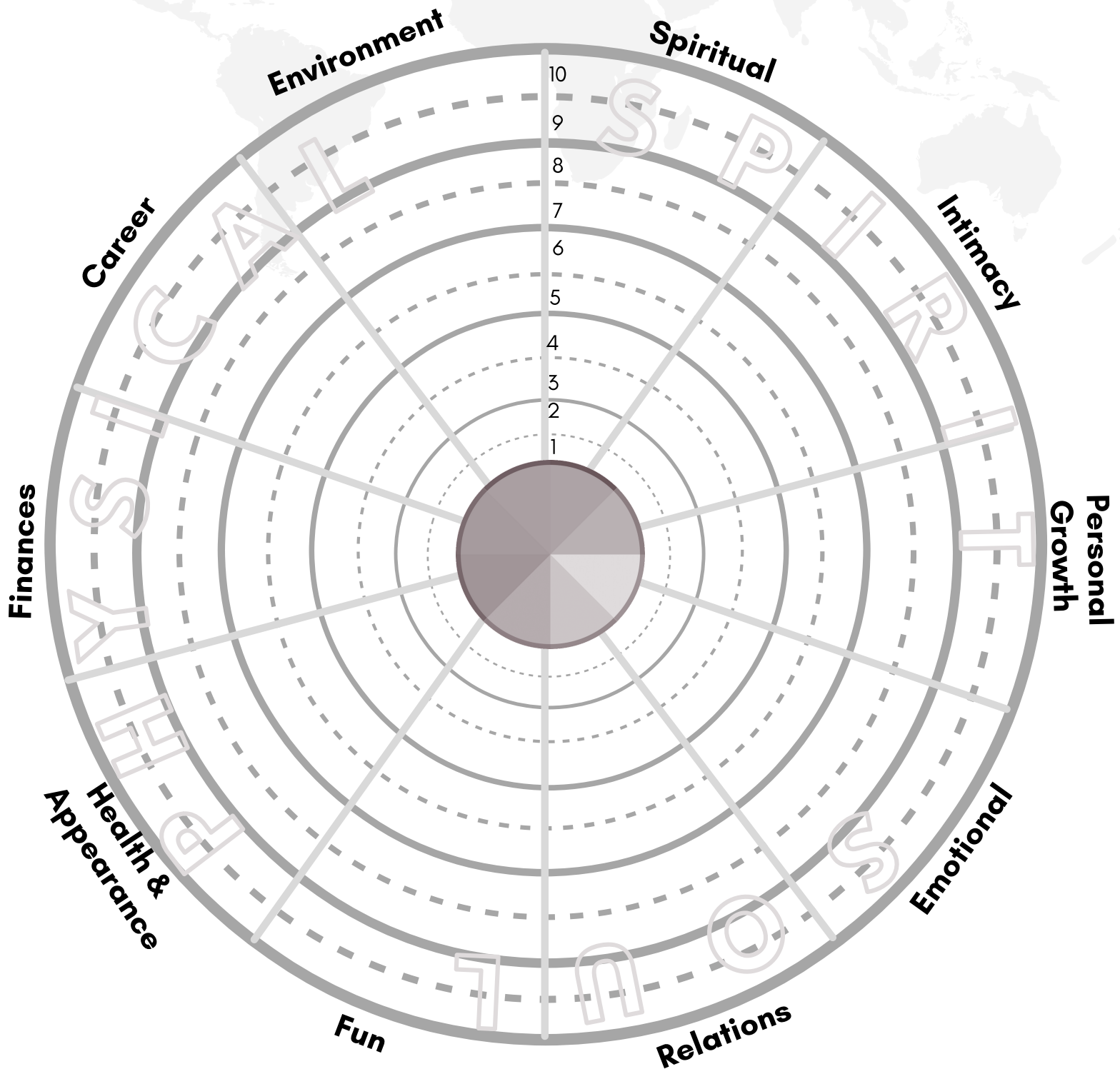
# Finances

Please answer each question, without anyone's input,  
and give yourself 1 point for every TRUE answer..  
Total your points on this page and move on to the next section.

- 1** – I am making enough money to support the lifestyle I desire.
- 2** – I feel confident over the future of my finances.
- 3** – I regularly review my household finances without worry and tension.
- 4** – I have a household budget and debt elimination plan.
- 5** – I follow a budget and live within my means
- 6** – I have goals and a strategy for retirement and wealth accumulation.
- 7** – I have built at least a 3 month crisis savings fund in case of an emergency.
- 8** – I regularly give to kingdom purposes I feel passionate about.
- 9** – I have set up an emergency binder so that someone has the knowledge, ability, and access to all financial records and accounts.
- 10** – If something happened to me today those that are dependent on me would be okay financially.

**TOTAL:** \_\_\_\_\_

# THE Wheel of Life



# THE *Abundant Living* MAP

## *Element Two: The Present*

Can you identify any repeating patterns in any of the 10 areas of your life? If so, what are they?

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Do you recognize consistency in the Body - Soul - Spirit measurement of capacity?

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Is there an area of your life that seems to be continually challenging? If so, how do you address it?

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# THE *Abundant Living* MAP



## Element Two Journaling:

How do you feel about your capacity levels in the area of your physical being?

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How do you feel about your capacity levels in the area of your soul?

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How do you feel about your capacity levels in the area of your spiritual being?

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# THE *Abundant Living* MAP



## Element Two Journaling:

How do you feel about your life as you look at your wheel?

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What support might you need from others to make needed changes in your life?

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What one key action could you take to bring everything into balance?

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# THE Abundant Living MAP



Whether we achieve our goals depends on whether we take action. But what decides whether we take action in the first place? How motivated you are! So, simply **pick your Top 3 goals**, then **answer the questions below**. Keep writing even if you repeat your answers. The information below will help you feel clear, focused and more motivated to achieve your goals.

**Write Goal No. 1 Here:**

---

**Why do you want this Goal?  
What does it give you?**

---

**And why do you want that?  
What does that give you?**

---

**And why do you want that?  
What does that give you?**

---

**And why do you want that?  
What does that give you?**

---

**What will this goal  
help you feel?**

---

**Write Goal No. 2 Here:**

---

**Why do you want this Goal?  
What does it give you?**

---

**And why do you want that?  
What does that give you?**

---

**And why do you want that?  
What does that give you?**

---

**And why do you want that?  
What does that give you?**

---

**What will this goal  
help you feel?**

---

**Write Goal No. 3 Here:**

---

**Why do you want this Goal?  
What does it give you?**

---

**And why do you want that?  
What does that give you?**

---

**And why do you want that?  
What does that give you?**

---

**And why do you want that?  
What does that give you?**

---

**What will this goal  
help you feel?**

---

# THE *Abundant Living* MAP



## 90 DAY S.M.A.R.T. GOAL

WHAT MAJOR AREA OF MY WHEEL IS THE MOST FLAT?

☐ Spiritual

☐ (Soul)Mind/Will/Emotions

☐ Physical

WHAT AREA ON MY WHEEL AM I COMMITTED TO FOCUSING ON FOR THE NEXT 90 DAYS?

☐ Spiritual

☐ Emotional

☐ Personal Growth

☐ Family

☐ Fun

☐ Intimacy

☐ Health

☐ Environment

☐ Career

☐ Finances

What am I committing to for 90 days?

**SPECIFIC:**

\_\_\_\_\_

**MEASUREABLE:**

\_\_\_\_\_

**ACHIEVABLE:**

\_\_\_\_\_

**REALISTIC:**

\_\_\_\_\_

**TIMED:**

\_\_\_\_\_

\_\_\_\_\_