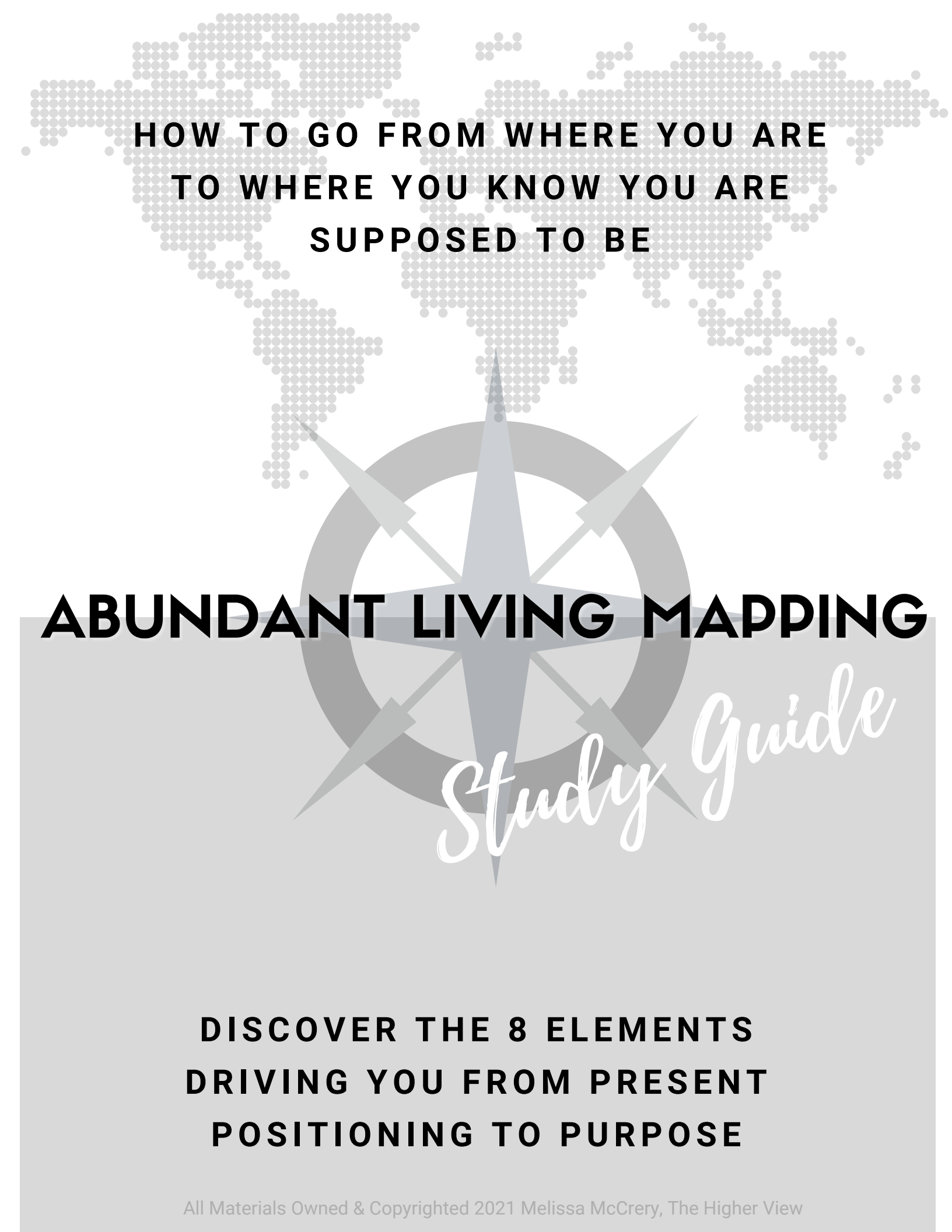




**HOW TO GO FROM WHERE YOU ARE
TO WHERE YOU KNOW YOU ARE
SUPPOSED TO BE**

ABUNDANT LIVING MAPPING

Study Guide

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



PROCESS

- #8- Repositioned**
- #7- Active Resting**
- #6- Recalibration**
- #5- Positional Awareness**
- #4- Skill Development**
- #3- Passion Discovery**
- #2- Past Untethering**
- #1- Present Awareness**

LESSON 1: THE MOUNTAIN OF ME

Process is a culmination of putting to use all elements and mastering the mountain of ME.

Most people don't even think of themselves as a resource, but you are. You have to be your own best friend.

Whenever you are facing challenging decisions, you will need to ask yourself: "How would the person I most want to BE handle this moment?"

The mountain of me HAS to be skillfully developed WITH a renewed mind & state awareness while utilizing your best resources.

You cannot impact the sphere around you if you keep allowing your past to disempower you. You can't be influential if you are believing lies about your ability to be resourceful, resilient, and respons-ABLE.

Your core values are not your church or religious values. Your core values would still be your core values if all was perfect in the world, everyone was saved and you were living in the millennial reign.

Your character is multiplied by the FRUIT of that spirit, which exponentially multiplies and sanctifies your core values.

Our mind, which is meant to be dominant over our will and our emotions, is the seat of wisdom & knowledge. The renewing of the mind is what becomes the force multiplier for this part of your trinity.

True transformation requires an intentional act of our will to remain in submission to the renewing of our mind and the development of emotional intelligence.

Our talents, strengths & skills partner with the GIFTS of the spirit that inhabits us and become force multipliers and draws the favor of man into our lives.

LESSON 2: THE MOUNTAIN OF ME

No amount of wisdom or skill can outpace your character growth.

You can only build your wisdom to the degree that your character can support it.

If you don't equally develop your character and skill, then the time spent on developing your talents will be wasted on your crushing.

You can be super successful by the world's standards and still completely miss your purpose and call.

If we focus on building our character we will become less and less likely to step into the wrong lanes.

Core values is about your unchanging nature and innate design. It will drive how you develop your character, how you develop your gifts, and how you develop your wisdom and knowledge base.

LESSON 3: THE CULTURE WITHIN AND AROUND

We ALL carry a culture within us, Culture is simply a way that we think and act.

The results of your life so far are produced by the actions you take. The actions you take are motivated by the beliefs you hold around what you should do and why. These beliefs are created by your experiences.

Your life results are tied to your beliefs, your soul, and how you process experiences.

Ultimately, our beliefs shape our identity.

When we allow experiences and beliefs to grow that are incongruent with our character - we create cycles of dysfunction that will crush us. This also creates a culture of conflict around you.

When you align your actions with your character then you will create a culture of congruency where things flourish.

It is critical to not only address the internal personal culture, but the culture of your environment and to assess whether or not it is congruent with who you are.

Experiences that create culture can come from behaviors, habits, rituals, and stories that form beliefs around them.

LESSON 4: COGNITIVE DISTORTION

The language we use in everyday life both represents and impacts how we experience our world. Cognitive Distortion is where some aspects of ideas and experiences are given more weight and focus than others.

All or Nothing Thinking

Overgeneralization

Minimising or Magnifying

"Shoulds"

Labelling

Jumping to Conclusions

Discounting the Positive

Blame & Personalization

Emotional Reasoning

Mental Filter

In the process, it is not only important to address the mountain of me, but also to find those you are called to journey with, your company.