

Introduction: Map the Road Within

Purpose 1:

To help you think about what you want your future to look like. Are your current actions leading you towards or away from your dreams?

Purpose 1:

To help you recognize the benefits you'll receive by taking time to understand yourself well.

Purpose 2:

The explain the purpose of InnerState1 and the study of 'meography'.

Map the Road Within

OPENING DISCUSSION QUESTIONS:

What happens when you try to go somewhere you've never been before if you *don't* have a map?

Why does the map make it so much easier to get where you are going?

So let's apply that to your own journey.
Why do you need a map for *your* road?

Map the Road Within

So let's start Mapping!

A person who creates maps is called a cartographer. In making maps, a cartographer studies geography. In mapping your road within, we are going to study 'Meography', which is a wonderful, made-up word for the science of *defining who you are and how you participate in life.*

In 'Meography', there are very specific facts and important data that will formulate your research. You will ask yourself, "What are the elements that make me who I am?" Since, of course, you are a brilliant scientist with brilliant questions; you will want to explore the building blocks of your personal chemistry.

Your exploration will look something like this:

- What are my values?
- Where do I find approval?
- How do I appreciate myself?
- What am I naturally good at and how will I use it?
- What restores my energy and gives me fuel?
- What depletes my energy and drains my fuel?
- What makes me angry and how do I deal with my anger?
- What are my fears?
- What kind of relationships do I want in my life?
- What kind of person do I need to be to attract those relationships?
- What are my ultimate goals in life?

The Purpose of Meography is EMPOWERMENT...YOUR EMPOWERMENT. We want to empower you to live the life *you* want to live... because no one else can live it for you.

Think of the study of Meography as the road trip of a lifetime... literally!

Just as a great road trip starts with thoughtful preparation, we will begin this journey by exploring two critical concepts that will help you adopt and put into practice what you learn in this course.

- ⇒ **The Power in Choice**
- ⇒ **The Power in the Present**

