



Map the road within

SAMPLE EXERCISE: THE POWER IN CHOICE

Personal Exploration: Read the following list. Be honest with yourself and circle each area where you are not fully taking ownership. How does it affect the quality of your life?

➤ My decisions	➤ My anger
➤ My attitude	➤ My fears
➤ My goals	➤ My boundaries
➤ My problems	➤ My health
➤ My career	➤ My habits
➤ My relationships	➤ My choices
➤ My actions	➤ My words

I am not fully taking ownership in this area.	It affects my quality of life because...	If I DID take ownership for this area my life would look different because...	Am I willing to choose differently to create positive change?	One choice I can make to take ownership of this area of my life is...
1.				
2.				
3.				