

Introduction: Map the Road Within

Facilitator Focus:

Purpose 1:

To help participants think about what they want their futures to look like.
Are their current actions leading them towards or away from those desires?

Purpose 1:

To help participants recognize the benefits they will receive by taking time to understand themselves 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?

You don't know where to start / what direction to go
It can take too long
You can go the wrong way
You can get lost
You can run off the road and get stuck in a ditch
You can hit a dead end
You might not find your way at all
Uneasiness / fear / confusion
You don't know where you'll end up

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

The map serves as a guide
It provides step by step instructions
It gives you confidence
You know when you've arrived at your destination
It gives you a visual reference / gives you a vision
It gives you a sense of direction
You understand the 'lay of the land'
You can identify landmarks along the way
You can turn around and find your way again even if you get lost
You can judge the distance better from point A to point B

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

To get you where you WANT to go
To help you to set goals
So that you can easily recognize your accomplishments
So that you get to know yourself better / your direction better
To give you hope
So that you can enjoy the journey more
To keep you from getting lost
To keep from ending up somewhere by accident
To help you get back on track if you lose your sense of direction
To give you a sense of yourself even when you are in territory that is scary or unfamiliar

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**

