

Pit Stop 9: The Power in My Future

Purpose 1:

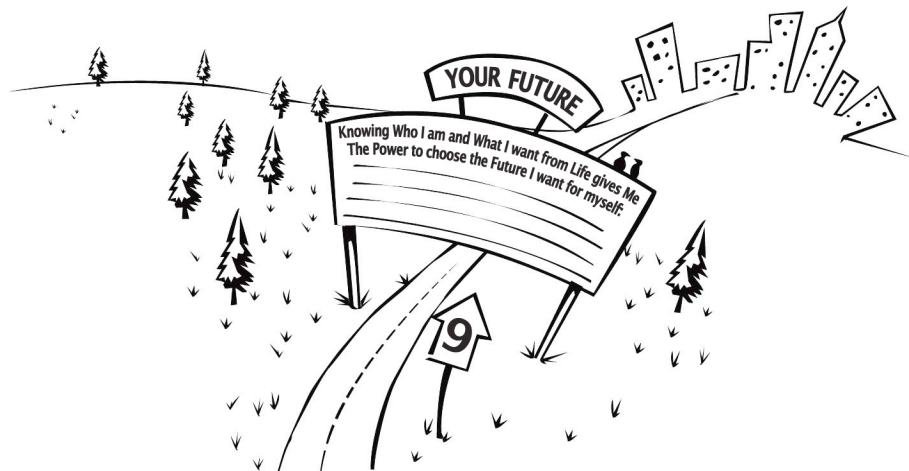
To help you begin to define the personal and professional future you want to build.

Purpose 2:

To help you name the steps you can take to create that future.

Purpose 3:

To help you name the talents you have to offer the world you are a part of and figure out how you can contribute to the world.



The Power in My Future

Why is it important to identify what you want in your life?

Why are people sometimes scared to name their ultimate hopes and dreams?

What can happen if you *don't* identify what you really want?

How many of you already know what you want to do with your future?

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What if I DON'T KNOW what I really want from life?

That's OK! Lots of people don't know what they want. The important thing is that you keep searching for the answer! Try asking yourself some of the following questions to get your mind rolling. You can also go to your map at the end of your workbook to find some of these answers! Remember that this process is about exploring what you really want from life, so there are NO wrong answers!

Is there something in my Individual Values that I could spend my career improving in this world?

Go to your map and copy your *Values* down here:

Brainstorm! What are some professions that promote your Individual Values?

What am I naturally good at?

Go to your map and write down some of your natural abilities here:

Brainstorm! What are some professions that make good use of the skills you *already* have?

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What activities actually give me energy?

Go to your map and write down some of the activities that give you energy:

Brainstorm! What are some professions that would allow you time and opportunity to engage in some of your 'energy giving' activities?

What activities actually drain my energy?

Go to your map and write down some of the activities that drain your energy:

Brainstorm! What are some professions you might want to avoid because they involve too many activities that will drain your energy and stress you out?

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What kind of people (or species) do I enjoy working with? What age? What race? Are they sick or handicap? Young or old or my age? Do they live in this country or some where else in the world? Where do they work? Where do they live? How do they fit into the world?

Brainstorm! Write down the type of people you enjoy working with or helping:

Brainstorm! When you look at the type of people you enjoy working with, do you see clues for your future?

What professions would allow you to work with these people on a regular basis?

What are some of my favorite things to do for fun? What am I passionate about? What am I interested in?

Brainstorm! Do you have hobbies or sports or creative talents you could turn into your profession?

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What contribution can you make?

*"Be the change you wish to see in the world."
Mahatma Gandhi*

"Never doubt that a small, group of thoughtful, committed citizens can change the world. Indeed, it is the only thing that ever has." Margaret Meade

Everything you've learned about the *inside* of your SELF up to this point, is coming together for something important *outside* of your SELF. Knowing who you are day in and day out, what you really care about, what makes you angry, what makes you happy, what fills up your gas tank, what holds you back... and all the parts of your unique design is fantastic. It's important. It's essential in STARTING to find joy and peace in your life. And yes, it's only a start. There is MORE to it. Once you've mapped the road within your SELF, you need to continue paving the road to the outside world. It's tempting to stay inside once you've finally figured out who you are after so much searching. It feels like sweet relief to finally know your SELF well and become friends with that SELF. Many times people want to just hide out and protect themselves... fearful that the world will try to steal their inner peace. And that's okay... for a *little* while. It's important to get comfortable with all the wonderful things you've learned about your SELF and try them out one day at a time in safe places. *But don't linger too long.* The world needs you. And if you stay focused on your SELF too long and too intensely, you'll lose sight of the greatest joy and peace you can find... *giving to other people.* Now this concept seems a little funny at the end of a program called 'Map the Road Within', but it actually fits perfectly. You map the road within, so you can use what you know about yourself to give back to the world in a way that fills you up and also helps the universe!

Why is it important to use your unique identity to GIVE BACK to the world?

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What might you receive in return when you GIVE BACK to the world using your unique identity?

Why do many people miss this part of the puzzle to joyful living?

Take a look into your own identity and begin to define what you have to give to the world...

Is there something in my Individual Values that tells me how I can help?
Go to your map and copy your *Values* down here:

Brainstorm! What can you do to help the world and promote your Individual Values at the same time?

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What am I naturally good at?

Go to your map and write down some of your natural abilities here:

Brainstorm! Considering the natural abilities above, what are you naturally gifted to help with?

What activities actually give me energy?

Go to your map and write down some of the activities that give you energy:

Brainstorm! How could you combine your refueling activities with a helpful cause so that you are doing something good for yourself and the universe at the very same time?

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Go back to page 107 and review the people you enjoy working with. Write them down here again.

Brainstorm! When you look at the type of people you enjoy working with, how could you help them people on a regular basis as a volunteer?

Go back to page 107... Do you have hobbies or sports or creative talents you could turn into your profession?

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If there are no rules, no obstacles, no fears, no limits... what do I really want in my life?

Review all the brainstorming you've done on the last two pages. Do you see anything that peaks your interest or gets you excited about the future?

Write down anything and everything that might be interesting work:

MY CAREER:
I enjoy policies and procedures and fighting for the underprivileged. I want to be a lawyer, maybe even a politician.... The world needs some honest politicians!

It's just as important to identify how you want your personal life to look as it is your professional life. After all, if you can identify it, you can make it happen. So let's take a look at your family life... What will it look like?

MY FAMILY:
I want to marry a person who respects me and lets me be my own person.
I want to raise children that are honest and confident.
I want to be single and successful.

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If there are no rules, no obstacles, no fears, no limits... what do I really want in my life?

What things will bring you inner peace and contentment? If you know now how to take care of your SELF, you can make a plan to feel good from the inside out... throughout your life.

<i>MY INNER CONTENTMENT:</i>
<i>I want to take good care of my physical self by exercising and eating right</i>
<i>I want to be content with the way I look.</i>
<i>I want to enjoy my work.</i>

What difference do you want to make in the world?

Remember...“Never doubt that a small, group of thoughtful, committed citizens can change the world. Indeed, it is the only thing that ever has.” -Margaret Mead

<i>MY SOCIAL CONTRIBUTION:</i>
<i>I want to make a difference in the lives of under privileged kids.</i>
<i>I want to want to make people aware of global warming and what we can do to stop it.</i>
<i>I want to make a point to recycle everything I can.</i>

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Naming what you want from life is a GREAT start. Now you need a plan to start working towards your goals right now. In order to make a plan to meet the goals you have set for yourself, you need to identify the potential obstacles you are facing in reaching those goals. Being honest with yourself and your focus will keep you on the right track.

MY CAREER:	<i>What could keep me from reaching this goal? (A FEAR or an ACTION)</i>	<i>What needs to change for me to reach this goal?</i>	<i>What is my action plan to create this change?</i>	<i>Am I willing to pursue this goal?</i>
I want to be a lawyer and possibly a politician. I want to make a positive change in society!	Anything on my police record could keep me from this goal.	I need to stop drinking and driving. If I go to a party and only have two beers and get pulled over for anything, it will go on my record and possibly keep me out of law school. Besides, if a party gets busted that will hurt me, too.	I need to find some people to hang out with that don't have to go to parties every weekend or I need to NOT drink when I do go.	

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MY FAMILY:	<i>What could keep me from reaching this goal? (A FEAR or an ACTION)</i>	<i>What needs to change for me to reach this goal?</i>	<i>What is my action plan to create this change?</i>	<i>Am I willing to pursue this goal?</i>
I want to marry a person who respects me and lets me be my own person.	If I date people who treat me bad now, I might start lowering my expectations.	I need to make a point to only date people who treat me with respect and support me in what I do.	I will write down how I expect a person to treat me and I will only date people who can get close to the list. I will also treat others with the same respect, so hopefully I will attract the kind of person I want.	

The Power in My Future

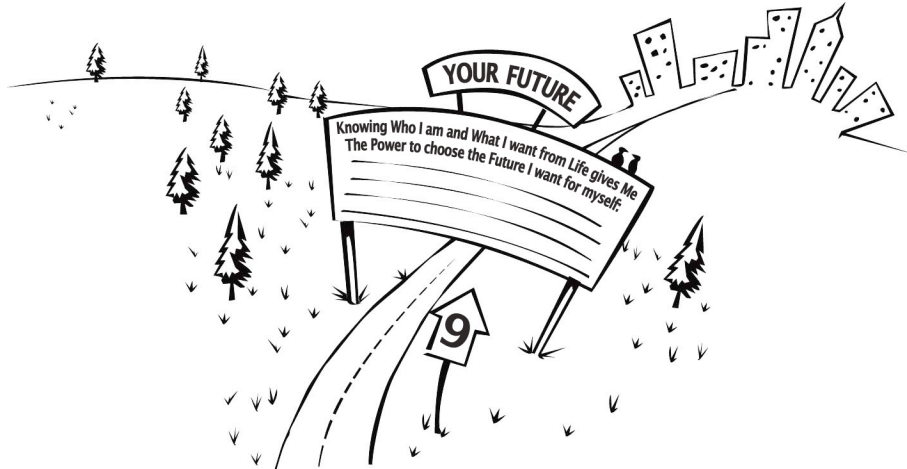
MY INNER PEACE:	<i>What could keep me from reaching this goal? (A FEAR or an ACTION)</i>	<i>What needs to change for me to reach this goal?</i>	<i>What is my action plan to create this change?</i>	<i>Am I willing to pursue this goal?</i>
I want to be content with the way I look.	I am too hard on myself. I am never happy with myself when I look in the mirror.	I need to appreciate myself and look for the good things about me. I need to realize I am totally unique and one of a kind.	I will make a list of five things I really like about my looks. Maybe it's my hair or my smile or my nose... I will read that list out loud in the mirror every morning.	

The Power in My Future

MY SOCIAL CONTRIBUTION:	<i>What could keep me from reaching this goal? (A FEAR or an ACTION)</i>	<i>What needs to change for me to reach this goal?</i>	<i>What is my action plan to create this change?</i>	<i>Am I willing to pursue this goal?</i>
I want to fight global warming.	I don't know enough about global warming to carry on a smart conversation about it, but I know it's important.	I simply need to educate myself about the topic. There have to be a million websites. I need to weed through the info and try to find real facts, too.	I will schedule 15 minutes each week when I am at the computer to start digging around and researching global warming.	

The Power in My Future

Go to the map at the end of your workbook and use the icon that looks like this. Write down important discoveries you've made about what you want to do with Your future!



Congratulations!

You have officially mapped Your Road Within!
Turn the page to find a YOUR InnerState1 road map.
May this map be your guide to the future you dream of!