



Your Personal Navigation System: Mapping Your Direction



Table of Contents

| Introduction | 2 |
|--|------|
| First Expedition: Personal Values | 3 |
| Second Expedition: Strengths & Weaknesses | 8 |
| Final Expedition: Your Personal Purpose Proclamation | . 14 |
| Appendix A: Matrix of Emotions | . 20 |
| Appendix B: Purpose Proclamation Example | . 22 |

Introduction

While GPS capability is standard these days, this Navigation System remains unique because it's Personal for *You*. So, let me first say **CONGRATULATIONS**! You're here because you recognize that life could be more than just fine. You're here because you want *Amazing*!

Your Personal Navigation System Activity Book is designed to be that first step on your road to an Amazing Life. It will help you discover what motivates you so you can tap into it every day, explore the cross section between what you're good at and what you love to do to leverage that sweet spot in all your projects and tasks, and map your direction to living your life purposefully, offering you the Ultimate Freedom of living life outside the confines of a box.

This Activity Book is a fun adventure, providing you the opportunity to embark on some of the greatest expeditions to the center of your Universe, *You*. Taking advantage of the opportunity this Activity Book offers you will reduce your levels of conflict and stress, leaving you happier, more energetic, and more productive every day. By connecting to what is truly important to you, options in alignment with that will emerge making decision making simple.

Your Personal Navigation System Activity Book is the ultimate choose-your-own-adventure book. The amount of time, effort, and honesty you utilize while hiking these expeditions determines how thrilling and fascinating your adventure becomes. So, the only question that matters in this moment is: How do you want your adventure to read?

Grab Your Gear, We're Going Exploring!