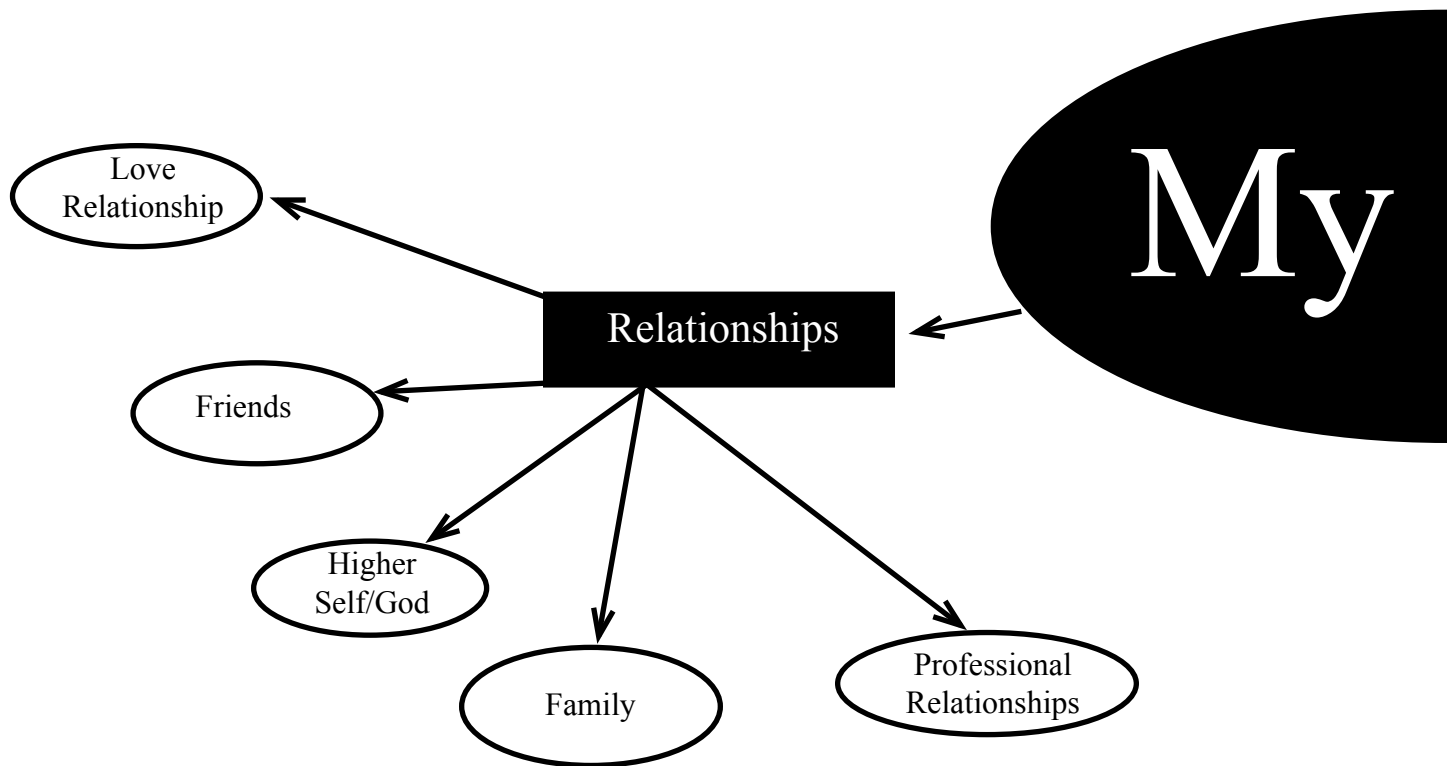
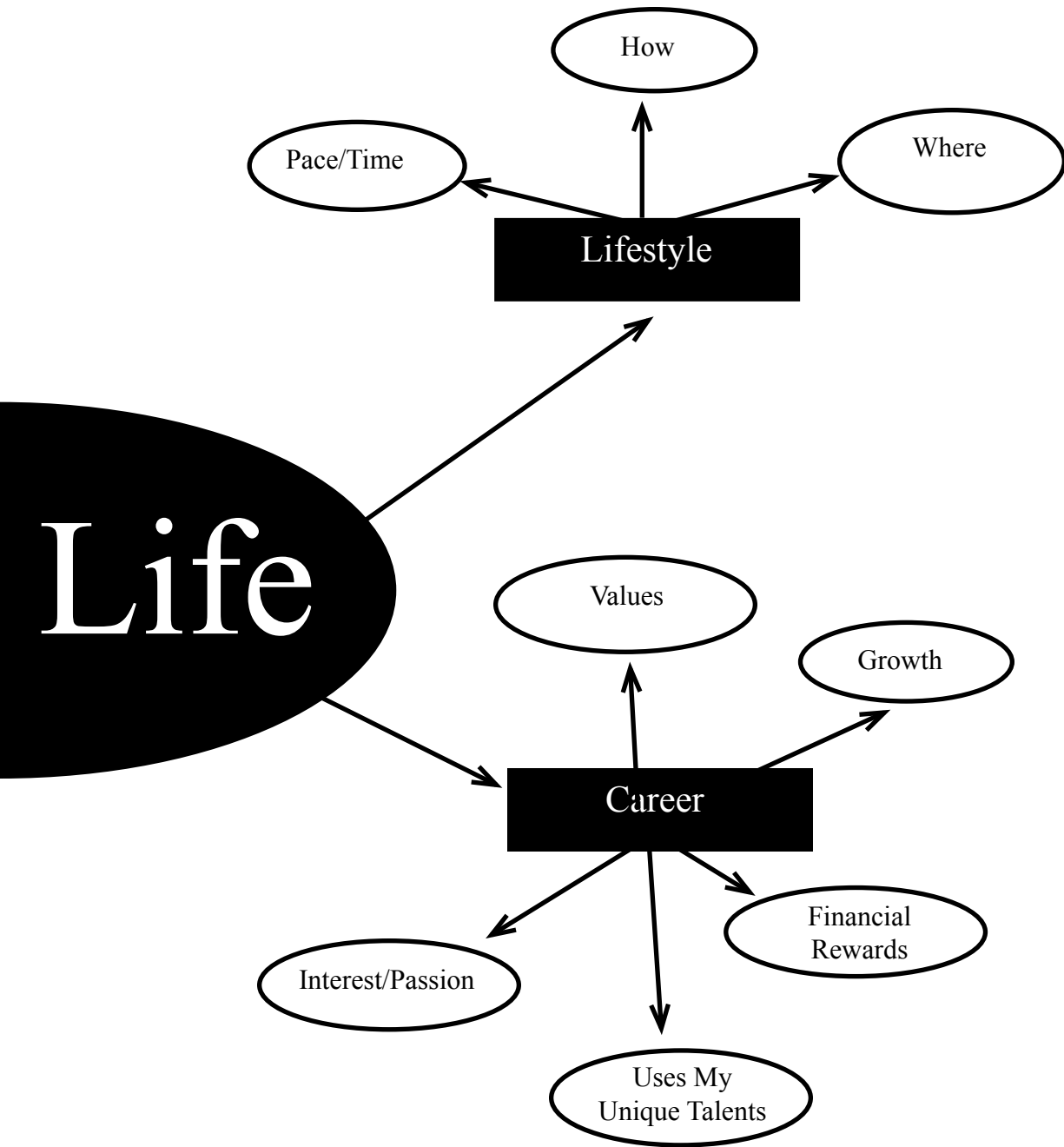


The next step I'd like you to take is to create a "Bird's Eye View" map of your life so you can see it all on a single page. This will give you a "visual snapshot" of your life as you've assessed it. To generate energy to change, we've got to convert vague concepts into concrete emotional focus. When you can "see" your life on one piece of paper, in living color, you'll be able to focus more easily on what has to change for your Dream Life to bloom.

Using the results of your DreamLife Assessment and these sample diagrams as a guide, diagram your life in terms of **lifestyle, relationships and career**.





Make a main “balloon” for each of the three major life domains.

Relationships

Stemming from the main balloon, include a balloon for each of the following:

- *Family*
- *Friends & Social Network*
- *Love Relationship*
- *Professional Relationships*
- *Higher Self/God* (even if you don't see yourself as having such a relationship)

If there are any other relationship areas that you wish to add, such as church groups or community organizations, etc., please add those as well. Then connect further balloons to each of these to represent all of your main specific relationships in each area.

Career

Stemming from the main balloon, include a balloon for each of the following career qualities:

- *Financial Rewards*
- *Engages interest and passion*
- *Growth Opportunities*
- *Uses My Unique Talents*
- *Aligned with my Values*

If there are any other qualities you consider important, such as job security or making a contribution to the world, please add balloons for these as well. Then just add further balloons, as needed, to make important further points or clarifications. For example, stemming from the Financial Rewards balloon you might add, Stock Options or Great Health Plan, or stemming from the Aligned with my Values balloon you might add, Environmentally Responsible.

Lifestyle

Include a balloon for each of the following:

- *How* - this describes *the way* in which you presently live. You might, for example, add branching balloons that say, Home Life that I Love, Exercise Regularly or Have Great Hobbies.
- *Where* – you can add further descriptive balloons such as, for example, Near Ocean, Small Town, Near Shopping Areas, or Adjacent to Woods if these qualities are important to you or Too Far from Family, if this is a problem.
- *Pace/Time* – this balloon describes the pace of your life and how much time you have for important things other than work. You might add balloons such as Long Commute Time or Overly Busy Social Life, if those descriptions apply, or Have Time for Interests.

Make sure to add primary or secondary balloons for any things that you consider important but that have not been mentioned here.

Add Some Color to Your Life

Next, get three highlighters. Pick one color (say, green) for “going great,” (corresponds with scores of 8-10 in the DreamLife Assessment), a second color (say, yellow) for “going okay,” (corresponds with scores of 4-7), and a third color (say, pink) for “not going so well” (corresponds with scores of 1-3). Color in the areas of your life as they are today. As you look at your DreamLife Assessment, coloring this integrated life map should be easy.

For example, as you look at your lifestyle, is **WHERE** you live a great source of pleasure and satisfaction? Do you like the community you live in? How far it is away from your work?

HOW are you living? Do you have enough money to live so that you are not in a constant state of deprivation and worry? Are the things that you do fulfilling, renewing and stimulating? Do you consistently engage in activities that you find intrinsically rewarding?

PACE/TIME: Does your life move at a pace that is sustainable, or are you waiting for things to get better so you can take a deep breath? Do you have time for the activities and people you really value and enjoy?

The purpose of drawing the bird's eye view life map and coloring it in is to gain a holistic view of your life. To see everything at once. It is a way of clearly identifying where you have a thorn in your paw, something that is holding you back or limiting your dream.

When you see your life visually, all at once, it can unleash the creativity and commitment to point key aspects of your life a different color. Not to settle, but to change.

