

LIFE MAP



You rock.

You're taking time for yourself to complete the *Evolution Through Vacation* Life Map. Now let's see what you'll find!

What's the Life Map?

A mini-version of the complete experiment found in the *Evolution Through Vacation* book, the Life Map helps you notice the wonderful things your amazing life has to offer. Then, it helps you uncover hidden roadblocks to your aliveness. And finally, it shows you how your upcoming vacation can reveal new possibilities, ideas and more.

How to use the Life Map:

1. Answer the questions on the next page (or, if you completed the online quiz, locate the email we sent you with your answers). First, you'll rate your current "Level of Aliveness" about your life as a whole. Then, you'll rate seven (7) Life Areas as well as jot down thoughts about what's working in a specific area ... and what's not.
2. Based on your ratings, page 5 will cover the idea of your Level of Aliveness and how it shows up in life as a whole.
3. Then, page 6 will help you review the Life Areas that could use your attention. We call these "Hot Spots"—areas in your life that you've identified as being less than ideal, areas where you see room for growth, areas that are ripe for exploration.
4. Finally, on pages 7-13, the Life Map presents ways to use your upcoming vacation to dive deeper into your "Hot Spots"—and all the 7 Life Areas. All to navigate your world in a new, fresh, fun way.

Sound good? Let's go!

NAV TIP: Some people choose to print this tool and write directly on the pages. Others use Acrobat to edit the PDF and re-save. Others use the pages as a guide and take notes in a travel journal. Choice is up to you!

Life Map Questions

NOTE: If you completed the online quiz, locate the email we sent you with your answers to the questions below.

OR: If you prefer this old-school version, start by answering the questions below with your initial, gut reaction. Be honest. Dig deep. Get real. It'll help you in the end!

- On a scale from 1-10 (10=blissed out), rate the "**Level of Aliveness**" of your life as a whole (aka how "alive" do you really feel on a day-to-day basis?):
- On a scale from 1-10 (10=blissed out), rate how you currently feel about your **Health**:
- What makes you feel good about your Health?
- What would you like to change?
- From 1-10, rate how you currently feel about your **Stuff**:
- What makes you happy about your Stuff?
- Conversely, what would you like to change about your Stuff or how you relate to it?
- From 1-10, rate how you feel about **Play** in your life:
- Where does Play show up joyfully for you currently?
- On the flip side, what might you change? Do you have any "baggage" about Play in your world that you'd like to explore?
- From 1-10, rate how you currently feel about **Relationships** in your life:
- What makes you happy about the Relationships in your life?
- What would you like to be different?
- From 1-10, rate how you currently feel about your creative **Expression**:
- What makes you happy about your creative Expression in life?
- And, what would you like to change?
- From 1-10, rate how you currently feel about your **Purpose**:
- What makes you happy about your Purpose in life?
- What would you like to change? Why?
- From 1-10, rate how you currently feel about **Spirit** in your life:
- What makes you happy about Spirit in your life?
- What might you want to change?

NAV TIP: On your next vacation, ask your partner, friends or family members to rate their Life Areas too!

RESULTS



INTRO TO LOA: LEVEL OF ALIVENESS



Quick question: are you alive right now?

Not breathing and blinking and “Um-if-I-wasn’t-how-could-I-be-reading-this?” kind of alive. We mean, like, *really alive*? Alive in a space of total creation? On the edge of your seat and completely engaged? In the moment and open to all possibilities?

Think about it. In today’s world, for all too many of us, living an alive life doesn’t always come easy. Our sweet sense of glee gets buried by to-do lists and daily tasks, expectations and obligations. Our wide-eyed sense of wonder gets squashed by should and shouldn’t, can’t and mustn’t, do this and don’t do that. Our innate aliveness gets crushed with the weight and toll of this thing called life.

Except when we extract ourselves from the spin-cycle and find some inspiration. When we break free from the day-to-day and find some excitement. When we take ourselves out of the routine, hit the road and find something new. **Yep, we come alive when we go on vacation.**

It’s true: Whether a weekend visit to the next town over or halfway around the world on a month-long adventure, exploring new places and experiences does something to us. Vacation relaxes our brow and eases our tension. Opens us up and allows us to be present. Gives us access to an aliveness that’s waiting inside us all, right under the surface. And *Evolution Through Vacation* helps you find it.

Sounds good. How does it work?

First things first: *Evolution Through Vacation* or e>v (“e-through-v”) isn’t here to tell you where to go or what to do on your next trip. Instead, through thought-provoking questions and fun experiments, e>v encourages you to dive into your upcoming vacation with energy and intention, using the external world to discover more about your inner world.

Traveling with e>v encourages you to open your mind to new choices, your eyes to new viewpoints and your heart to new joys. It invites you to empty yourself of outdated habits and unconscious reactions. It emboldens you to access courage and grant yourself permission to open up to all that life is offering you. And, for the long-haul, it cheers you on as you create a sustainable practice that changes your life from a day-to-day routine of simply living to a holistic experience of truly being alive. **All. The. Time.**

So, through this lens, how does your Level of Aliveness (LOA) look now? **(See your rating above.)** Is it time to engage more with life? To find more joy? You got it: in the following pages you’ll discover your “Hot Spots” and learn new ways to travel through life—and your next vacation—in a more alive manner.

All to help you play with new possibilities on your next adventure. And, most of all, to help you have even more fun with your entire life.

The above passage is an excerpt from *Evolution Through Vacation*, the unique travel guide that transforms vacation into a fun, fresh, personal development adventure. Get your copy today on Amazon.com or visit evolutionthroughvacation.com for more info!

LIFE MAP HOT SPOTS

Let's go! If you took the online quiz, please refer to the email we sent with your Life Area ratings and write in your numbers below. If you answered the quiz questions on page 3, flip back and copy your ratings below.

Next: Once your numbers are in below, specially note the specific Life Areas that received your *lowest* scores. These are the areas rich with possibility—the perfect “Hot Spots” to explore on your next vacation.

Level of Aliveness	Health	Stuff	Play
Relationship	Expression	Purpose	Spirit

Finally? The following pages cover each Life Area in specific, with space to copy over each rating from above as well as personal comments. **Plus,** each Life Area page provides an in-the-moment experiment to use on your next vacation. **NAV TIP:** Focus on your “Hot Spot” areas first, then be sure to read the other Life Areas for more ideas. And, most of all, have fun!

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LIFE AREA: HEALTH



What's working... (Insert your comments)	What you'd like to change... (Insert your comments)

To explore your Health Hot Spot, try this e>v experiment:

Remember: Create a Health Mantra

Among all your daily questioning and repositioning and curiosity is one simple idea: it's not so much about being centered ALL the time but knowing your way back to center when you're not there. Especially when you're not feeling the most alive in your Health Life Area.

Mantras are an effective way to remember your way back to where you want to be.

So, consider this: how you would describe the essence of being healthy—how it would feel if you were a 10, inside and out? Think about this. Then, out in the world, notice any signs, billboards, art or songs that speak to you. Or books that you've been reading lately. Or conversations with your travel mates that make you pause. And then, from this inspiration, create a short statement that really hits home. That speaks to how you want to experience Health. And use it.

To help you get back to center, to give you a boost or to simply have more fun with Health, here are a few examples of statement that have worked for others. (Take 'em, leave 'em, just get that motor runnin' to create your own!)

Practice makes powerful. / Rising Strong / Energized! / Never hide. / I am courage. / YES!! / Healthy, stealthy and wise. / Freedom first! / Wellness WINS / Fill-in-the-blank-here...

Now, brainstorm a mantra of your own that meets your Health goals. NAV TIP: Use it daily. Feel it in your bones. See what changes.

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LIFE AREA: STUFF



What's working... (Insert your comments)	What you'd like to change... (Insert your comments)

To explore your Stuff Hot Spot, try this e>v experiment:

Celebrate Lightness: Clearing the Way for Happiness

What's with our tendency to equate personal worth with net worth? Or to accumulate things to make up for some other element lacking in our world? Not allowed on this trip. Or in life. Especially when it comes to "Stuff," a.k.a., the material things in our lives.

Instead, try this: Explore the idea of truly focusing on the things in your life that bring you joy. Then, challenge yourself to clear the clutter of material possessions that no longer serve you. All to celebrate a new lightweight way of being.

New ways to explore your relationship with Stuff:

- What does having too much or not enough Stuff feel like to you?
- Does the Stuff around you make you feel heavy or light?
- Ask yourself, "What sort of relationship do I have with my Stuff? Am I keeping heirlooms out of obligation? Am I buying a house because that says 'I've made it?' Am I keeping stuff that's someone else's style but not my own? Am I holding on to something that wants to be let go?"
- What would clearing away the "clutter" look like?
- What if you ditched the heavy stuff? Is that something to celebrate?

Set an intention focused on a different relationship with your Stuff. Organize your world in a way that brings you more joy and less junk. Ahhh ... now, what does that feel like?

NAV TIP: Try living life with empty hands and a full heart. What happens then?

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LIFE AREA: PLAY



What's working... (Insert your comments)	What you'd like to change... (Insert your comments)

To explore your Play Hot Spot, try this e>v experiment:

Play: The O'Mancy Family

Inspired by the original Bibliomancy—that fun practice of clearing your mind, posing a question for the type of insight you seek, opening a book randomly and placing your finger on the page (what's the text there? what answer does it tell you?)—the O'Mancy Family was born. Play with these ideas below. Ask a question, receive an answer. Explore your Hot Spot. See what happens.

- **Bibliomancy:** Using the instructions above, grab a magazine, a novel, the daily newspaper. Close your eyes, think of a question regarding Play, open the book and point. What does it tell you? Jot down some thoughts that come to mind, free-write a while or just explore what this passage can tell you about how Play shows up in your life. Or doesn't. Or could.
- **Artomancy:** Enter a gallery or museum, clear your thoughts, ask a question, close your eyes and have a travel partner lead you around, providing you with a right, left, forward or stop option at every crossroad, until you sense that you are in the place you want to be. Open your eyes. What do you see? What does it tell you? What is the impact on your sense of Play?
- **Songomancy:** Clear your mind, pose a question for the insight you seek and randomly select a song on your phone. What's the significance of the song? Want more? Put your player on shuffle and in between songs ask a quick question. The song will provide an often-amazing answer. At a place with a jukebox? Ask a question and punch numbers at random. Then, listen.

NAV TIP: Play. Just play.

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LIFE AREA: RELATIONSHIP



What's working... (Insert your comments)	What you'd like to change... (Insert your comments)

To explore the Relationship Hot Spot, try this e>v experiment:

Recalibrate: What's the Relationship Gift?

When our relationships are amiss, it can feel like we've missed the boat. Or they've missed the boat. And then, we can begin to wonder whether there was ever a boat at all.

Instead, to elevate your Relationship Hot Spot into a new sphere, think about this:

Look at your Relationships from 30,000 feet. When it comes to difficult or painful situation, from this viewpoint, trust that there's something there.

What's the gift hiding in a seemingly bad thing that happened? What's yours, what's theirs and what's yours together? What's that person teaching you about yourself? What's the wisdom being given to you? (Hint: Open up. Be curious. Lots of different perspectives, lots of different options, lots of other words to use than bad or good.)

Gifts to rediscover your Relationship mojo:

- What's intriguing about where you are right now in your relationships?
- What gifts of yourself can/do you offer others?
- What's that pattern that keeps showing up trying to tell you—especially now that you see it?
- What are you appreciating that's actually leading you down a more alive path?

NAV TIP: As you recalibrate or shift your inner state, your outer state will shift, too. Give it a go! Your relationship to "Relationships" might be better for it!

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LIFE AREA: EXPRESSION



What's working... (Insert your comments)	What you'd like to change... (Insert your comments)

To explore your Expression Hot Spot, try this e>v experiment:

Imagine: Expression Theme Park

Time for some intentional, expressive fun! That is, to explore your relationship with Expression, push yourself a bit and create a “theme” for your Hot Spot, your mood, your being or your day.

Explanation? Feeling free to express our creativity often starts with getting into a centered “being” state before we start “doing.” To explore this, decide on a theme and carry it through the morning, afternoon, evening or your entire upcoming vacation. Explore how starting from a personal theme (a “being” state) opens you up to your Expression in a new way (your “doing” state).

Theme ideas to amplify your Expression:

- How about a theme of Regal? Calm? Exploratory? Flirtatious? Sacred? Peaceful? Rock Star?
- Play with the theme of humor: your fun side of your that allows for laughter and joy.
- Open up to a theme of serenity: your calm, collected, centered side that floats through time and space. Effortlessly. In flow. On point.
- Prepare for a VIP theme: your best-dressed, super-swanky, hottie side that always gets the best table. Or the upgrade. Or the red carpet.
- Tap into a theme that reveals your Expression in a new way. (Note: when the universe knows who it's dealing with, it has a much easier time catering the experience.)

So, what theme you could express on your next vacation? Or, maybe even today?

NAV TIP: Decide who you want to be before you jump into your action of Expression. When your being guides your doing, amazing things can happen.

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LIFE AREA: PURPOSE



What's working... (Insert your comments)	What you'd like to change... (Insert your comments)

To explore your Purpose Hot Spot, try this e>v experiment:

See Your Purpose: Sign, Sign, Everywhere a Sign

Your vacation isn't just about new territory. It can also be about old territory seen with new eyes. Or new territory seen with old eyes. So, open your eyes and notice! On any trip, everything is a sign. (Hint: Every. Single. Thing.) This is especially helpful if your Purpose feels out of reach.

Try this: on a crowded street, at a restaurant, on the bus or subway, while waiting in line at the grocery store, close your eyes and ask for a sign (yep) that will lead you toward uncovering your Purpose. Open your eyes and look around. What's the first thing you see? What does it say to you? How does it make you feel? What does it remind you of? How might this relate to your Purpose?

Signs to help you to reconnect with your Purpose:

- What's that billboard saying to you? That bumper sticker? That theatre marquee? That map? That graffiti? That newspaper headline? That fortune cookie? That guy's t-shirt?
- What makes you laugh? What makes you frown?
- What makes you run? Toward it? Away?
- What makes you cringe? Cry? Cackle?

Remember: When rediscovering your Purpose sometimes it's less about becoming something new and, instead, remembering who you've been all along. NAV TIP: Look for signs that create a spark, that put a jump in your tummy, that make you feel something that you remember. Start there. Then explore.

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LIFE AREA: SPIRIT



What's working... (Insert your comments)	What you'd like to change... (Insert your comments)

To explore your Spirit Hot Spot, try this e>v experiment:

Ask: Spirit Language Lessons

What if you asked a perfect stranger or your cab driver for an opinion about Spirit? Or your traveling companions? Or the bird that always seems to be circling? Curiosity empowers, so open up to the questions and start inquiring! **NAV TIP: Being shy and playing small doesn't do any good at all on your Trip or in your life. So, what questions do you have? Who is the most unlikely source that might have an answer? Brainstorm, ask and learn.**

Listen: Spirit Travel Guides

It's one thing to ask. It's another thing to listen. Most of the time, the majority of us are preparing our response while another is talking. What about this instead: ask only to hear others' answers. Take in ideas, seek out their messages, engage with your guides. What amazing gems of insight are waiting to be uncovered through a simple question and the ears and heart to hear? (And then, most importantly, listen to yourself. Pay attention to when your Spirit says hello.) **NAV TIP: On your trip and in your life, make a commitment to interact with others, your surroundings, and your Spirit differently. Starting now.**

Ideas to rediscover your connection to Spirit:

- Who is the most interesting person you could talk to about your Spirit questions?
- How can you listen differently?
- What new perspectives might you discover?
- What's holding you back from learning?
- How might your Spirit expand vs. contract?

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Thanks!

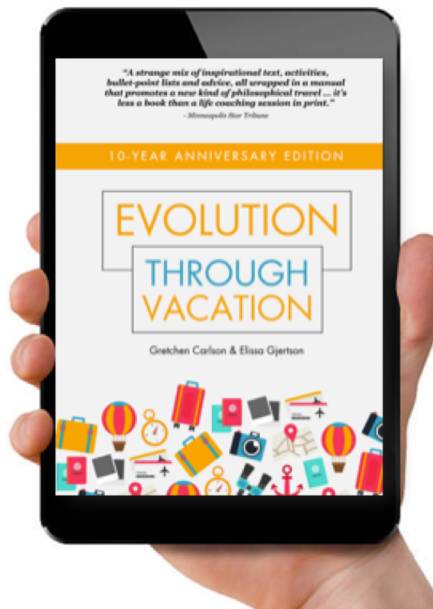
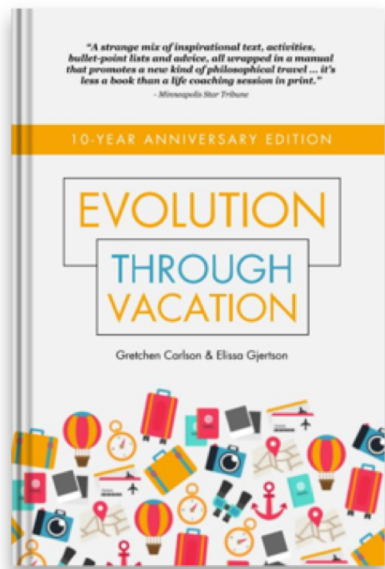
We hope you enjoyed the sample ideas included in this Life Map Experiment-To-Go™.

Want more?

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Then, get ready to hit the road and find yourself!



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