



Your Personal Navigation System: Mapping Your Direction



Table of Contents

Introduction	2
First Expedition: Personal Values	3
Second Expedition: Strengths & Weaknesses	7
Final Expedition: Your Personal Purpose Proclamation	13
Appendix A: Matrix of Emotions	19
Appendix B: Purpose Proclamation Example	21

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!



First Expedition: Personal Values

A DEEPER INTROSPECTIVE

Values are the principles that you live by, the things that motivate and guide you. However, they are not static, not something we're born with and never change. While some may be intrinsic to Who we are and what our Ultimate Purpose is, most are adopted or developed throughout our lives in response to our experiences and our needs and our goals. Values also often shift in their rank of importance over time. Periodically identifying our most prevalent values allows us the power to call on specific ones to support us in any moment.

INSTRUCTIONS: Review the list of Values below. Select all that pop out at you.

Accomplishment	Emotional Health	Justice	Romance
Abundance	Environment	Leadership	Security
Achievement	Excellence	Learning	Self-Care
Adventure	Family	Leisure	Self-Expression
Altruism	Flexibility	Loyalty	Self-Mastery
Autonomy	Freedom	Mindfulness	Self-Realization
Balance	Friendship	Nature	Sensuality
Beauty	Fulfillment	Openness	Service
Belonging	Fun	Orderliness	Spirituality
Clarity	Harmony	Partnership	Trust
Commitment	Health	Peace	Truth
Communication	Holistic Living	Personal Growth	Variety
Community	Honesty	Physical Appearance	Vitality
Competition	Humor	Power	Wisdom
Connecting to Others	Independence	Privacy	Other:
Control	Influence	Professionalism	Other:
Cooperation	Integrity	Recognition	Other:
Creativity	Intimacy	Relaxation	Other:
Curiosity	Joy	Respect	Other:

Consider the following questions:

- Think about situations where you felt angry or hurt. What was it about the situation that made you feel angry or hurt? What value(s) was being trampled or neglected? *Ex: "I was angry because it wasn't fair," may reflect a Value of Justice.*
- Think about situations where you felt 'on top of the world', successful, or passionate about what you were doing. What was it about the situation that made you feel 'on top of the world', successful, or passionate? What value(s) was being honored or tapped into? *Ex: "Because I was able to create my own solution," may reflect a Value of Creativity or Freedom.*

For any additional Values that you identify, mark them above.

The goal at this point is to have selected at least ten values. If you have less than ten, keep working! *How would someone close to you describe what's important to you?*



My Top Ten

If you identified exactly ten values, skip ahead to the next section.

THE GOAL: Identify your Current Top Ten Values.

INSTRUCTIONS: In the space below, list your values selected from above. On a scale of 1 (Seldom) to 5 (Almost Daily), rate next to each value how often you feel you currently use the value in your personal and professional life.

Circle or highlight the ten highest rated values from your list. If you have a tie for your tenth spot, consider which of the values you most couldn't live without.

Understanding My Values: Definition and Importance

INSTRUCTIONS: List your Top Ten Values from above in the table below. Define what each value means and why it's important to You. Leave the "F or C" column blank for now.

Value	My Definition	Why It's Important To Me	F or C



The Birth of Your Values: Fear or Consciousness

Values born from fear cause us to take action to avoid something because they protect us from pain we experienced in the past. They are meant to protect us and are recognized by their trademark “have-to’s” usually followed by “or else.” But, paradoxically, instead of protecting us, Fear-Based Values lead our lives according to someone else, hold us back, and keep us playing small, telling us not to reach for something greater. This often creates feelings of guilt, resentment, or frustration and unease.

Alternatively, Conscious Values allow us to take positive action. They are our “want-to’s” and are relevant to our life Today. Conscious Values drive us from the present moment and are designed to lead us where we want to go.

An important distinction between Fear-Based and Conscious-Based Values is, while some Conscious Values may be connected to something we Don’t Want, they are conscious commitments to ourselves of what we *Do Want*. For example, “I don’t want to smoke and eat mostly fast-food like so-and-so because I don’t want to be frequently sick and physically restricted, so I’m going to commit to my health,” consciously chooses Health as a Value because you are choosing what you do want even though it is reinforced by seeing and recognizing what you don’t want.

INSTRUCTIONS: For your values in the table above, review why each value is important to you and determine if the value is **Conscious-Based (C)** or **Fear-Based (F)**. Write your answers in the column provided. If you get stuck, consider how the value feels when it’s used.

Living In Your Values

1. When you review your Fear-Based and Conscious-Bases Values, what comes up for you?

2. Where do you see your Fear-Based Values playing out in your life? What can you do to reduce the impact of your Fear-Based Values?



3. What new value(s) might you want to adopt? What would be important to you about this new value(s)?

4. How would your life look differently using this new value(s)? How would you feel differently using this new value(s)?

5. How can you use more of your Conscious-Based Values daily? How would it feel to consistently use more of your Conscious-Based Values?



Second Expedition: Uniquely You – Strengths and Weaknesses

BEING AWARE OF YOUR STRENGTHS ALLOWS YOU THE OPPORTUNITY TO LET THEM WORK FOR YOU

Strengths are more than just what you are good at. They are also about what you love to do. Realizing your Strengths and Uniquely-You qualities provides you the ability to leverage them in beneficial ways, makes your life less stressful and more productive, and ensures you are always doing more of what you love! Identifying your weaknesses allows you the opportunity to minimize the roles they play in your life and to be okay with what you are not good at, because no one is good at everything. Let's limit the activities that fall outside your wheelhouse and redirect that energy to those that do!

Identifying Your Obvious Strengths

INSTRUCTIONS: Consider the scenarios below and what Strengths or Uniquely-You qualities stand out.

Think about experiences where you felt excited, happy, confident, in the zone and lose track of time. What strengths or unique qualities were you utilizing?

Think about social interactions and engagements where you felt satisfied, connected, understood, in the zone and lose track of time. What strengths or unique qualities were you expressing?

Think about things you are good at, that you enjoy, that energize you, hobbies, passions, interests. What strengths or unique qualities do you exercise that make these activities enjoyable for you?

List all other strengths or unique qualities that have come to mind as you've worked through these scenarios.

Unearthing Your Hidden Strengths

Many strengths are hidden underneath seemingly irrelevant abilities and skills. Let's identify some of your hidden strengths, those strengths and qualities you're not yet aware you possess.



INSTRUCTIONS: Answer the questions below, writing down the first things that come to mind. Then, review your answers to each question and consider what strengths or qualities are necessary to do/be/enjoy it. List all possibilities underneath *Possible Strengths* without judging whether they are true for you.

<p>How would someone close to you describe you?</p> <p>1.</p> <p>2.</p> <p>3.</p> <p>Possible Strengths:</p>	<p>What do you get complimented on most?</p> <p>1.</p> <p>2.</p> <p>3.</p> <p>Possible Strengths:</p>	<p>What advice or help do people come to you for most frequently?</p> <p>1.</p> <p>2.</p> <p>3.</p> <p>Possible Strengths:</p>
<p>What skills have helped you overcome an obstacle?</p> <p>1.</p> <p>2.</p> <p>3.</p> <p>Possible Strengths:</p>	<p>What do you most look forward to every week?</p> <p>1.</p> <p>2.</p> <p>3.</p> <p>Possible Strengths:</p>	<p>What facts about yourself do you wish more people knew?</p> <p>1.</p> <p>2.</p> <p>3.</p> <p>Possible Strengths:</p>

1. From all the possible strengths you identified above, list all the Strengths that resonate for you or feel “true” to you.



2. When you review your list of Hidden Strengths, where else in your life do you see these playing a role?

3. Now that you have identified some Hidden Strengths, how could you utilize them more in your personal and professional life?

4. How would your life look different if you used more of your Strengths? How would you feel different using more of your Strengths?



Identifying Your Weaknesses

INSTRUCTIONS: Consider the scenarios below and what is difficult or draining for you.

Think about experiences where you felt frustration, lack of motivation, uncomfortable, drained of energy. What is it about these situations that caused you to struggle?

If you were being evaluated on how well you perform your various job duties and various life roles, what would be identified as areas for improvement? What makes these areas “less than satisfactory” for you?

Unearthing Additional Weaknesses

INSTRUCTIONS: Answer the questions below, writing down the first things that come to mind. Then, review your answers to each question and consider what weaknesses they may reflect. List all possibilities underneath *Possible Weaknesses* without judging whether they are true for you.

How would someone close to you describe what you struggle with?

1.

2.

3.

Possible Weaknesses:

What are you ashamed or embarrassed of about yourself?

1.

2.

3.

Possible Weaknesses:

What do you ask for help with most often?

1.

2.

3.

Possible Weaknesses:



What tasks do you frequently procrastinate on completing?

1.

2.

3.

Possible Weaknesses:

What do you dread doing every week?

1.

2.

3.

Possible Weaknesses:

What do you most hope people don't find out about you?

1.

2.

3.

Possible Weaknesses:

1. From all the possible weaknesses you identified above, list all the weaknesses that resonate for you or feel “true” to you.

2. When you review your list of weaknesses, where else in your life do you see these playing a role?



3. Now that you have identified some weaknesses, what is one thing for each that you could start doing, stop doing, or change to minimize its impact on your life?

4. How would you feel different minimizing your weaknesses in your daily activities? How would your life look different if you used more of your Strengths AND minimized your weaknesses?

Moving Forward with Might!

What are you going to do to incorporate more of your Strengths and reduce the role of your weaknesses moving forward?



Final Expedition: Your Personal Purpose Proclamation

YOUR PERSONAL NAVIGATION SYSTEM

A values-driven purpose statement not only empowers you, it creates Freedom. Freedom for you to make decisions and take action based on those values, creating space for out-of-the-box ideas and innovations, unconventional solutions, and an expansive evolution for you and your life.

PART 1: Charting the *WHY & HOW & WHAT* of Your Ultimate Destination

INSTRUCTIONS: In the first column, describe what is most important for you to achieve in your lifetime. This may be a feeling or state of being like Joy or Success or Inner Peace. In the second column, describe what is important for you to experience and accomplish in your lifetime. In the third column, from all the strengths you identified in your Second Expedition, list your most important five. In the last column, from the conscious values you identified in your First Expedition, list your top five, turning each into a verb describing how you use that value. *For example, 'innovation' = look at a problem from a different angle or 'fun' = not taking myself or life too seriously.*

WHY: Your Deeper Purpose What is important for you to achieve in your life? Why do you get out of bed in the morning? What is your purpose, cause, or belief?	WHAT: Your Ultimate Goals What goals and adventures are important for you to accomplish and experience in your lifetime?	STRENGTHS: Your Unique Qualities List your Top 5 Strengths, those that are most important to you or you most rely upon.	HOW: Uniquely You List your Top 5 Values. Turn each value into a verb describing how you most often use that value.



PART 2: *Bringing Your WHY to Life*

1. Reviewing your WHY from Column 1 above, what one, concise sentence encompasses your deeper purpose, your belief, your passion, what is truly important to you?

Example: I believe that joy is the core of everything, and fun and humor create the opportunity to live every day in its brilliance.

My one-line WHY:

2. Evaluate your WHY declaration above. Consider how you can make it more impactful, powerful, concise, clear, or more reflective of your personality. Write your enhanced and more powerful WHY declaration below.

PART 3: *Realizing Your Belief by Integrating Your HOW*

3. Reviewing your HOW from Column 4 above, what one, concise sentence encompasses your values and the actions you take to communicate those values and achieve your WHY?

My one-line HOW:



4. Evaluate your HOW declaration above. Consider how you can make it more impactful, powerful, concise, clear, or more reflective of your personality. How would it look to include your STRENGTHS (Column 3) here, if it empowers or clarifies your HOW declaration? Write your enhanced and more powerful HOW declaration below.

PART 4: *Achieving Your WHY With the Tangible of Your WHAT*

9. Reviewing your WHAT from Column 2 above, what one, concise sentence encompasses what goals and adventures are important for you to accomplish and experience in order to achieve your WHY?

My one-line WHAT:

10. Evaluate your WHAT declaration above. Consider how you can make it more impactful, powerful, concise, clear, or more reflective of your personality. If your STRENGTHS are not identified in your HOW declaration, how could you integrate them into your WHAT declaration? Write your enhanced and more powerful WHAT declaration below.



Initiating Your Personal Navigation System: Your Personal Purpose Proclamation

Declaring *your* unique purpose of what is truly important for you to accomplish and experience and learn within this lifetime is the **first** step to making those things reality. It provides you with your ultimate destination and maps the way to get there. It is a declaration of your passion, and proclaiming your passion allows you to live in your passion!

INSTRUCTIONS: Combine your three declarations from above in order of WHY, HOW, WHAT to program and initiate your Personal Navigation System.

Your Personal Purpose Proclamation:

Your Navigation System is Activated: Embarking on Your Greatest Expedition

11. What is one thing you could do tomorrow that expresses your Personal Purpose Proclamation?



12. Where in your life are you currently out of alignment with your Personal Purpose Proclamation?

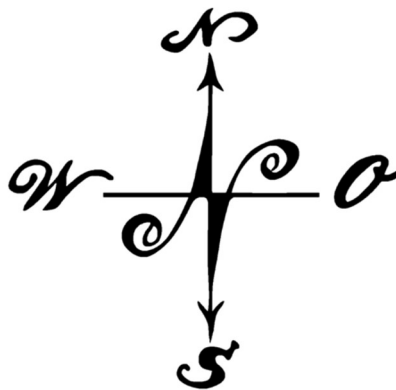
13. What is it costing you to be living out of alignment in this area(s) of your life? How does this area(s) of your life feel for you right now?

14. What are you willing to change to align more of your life with your Personal Purpose Proclamation and live with passion and purpose?



15. What is one action you can take toward accomplishing one of your ultimate goals? When will you complete it?

16. What can you do to remind yourself to live purposefully each day? How will you know at the end of each day if you lived that day in alignment with your Personal Purpose Proclamation?



Appendix A: The Matrix of Emotions



HOW DOES THAT MAKE YOU FEEL? PART I

ANGRY		DEPRESSED		CONFUSED	HELPLESS	INDIFFERENT	AFRAID		HURT	SAD	JUDGMENTAL
abrupt	spiteful	achy	self-hating	argumentative	alone	bored	alarmed	unwelcoming	aching	abandoned	attacked
aggressive	stubborn	alienated	slouching	authoritative	compulsive	cold	anxious	uptight	afflicted	anguished	aversion
agitated	swearing	ashamed	stuck	awkward	craving	dull	apprehensive	wary	agonized	apathetic	blunt
annoyed	ticked off	blocked	submissive	blushing	cut off	insensitive	attached	worried	appalled	betrayed	bossy
bitter	upset	bummed out	sulky	comparing	distraught	lifeless	avoiding		belittled	blindsided	combative
blaming	vindictive	burdened	touchy	condescending	distressed	preoccupied	concerned		bulldozed	crying	complaining
contrary		cheerless		confounded	doomed	reserved	cowardly		bullied	devastated	disapproval
controlling		crabby		demanding	empty	robotic	criticized		crushed	disconnected	disgusted
critical		dejected		disdainful	fatigued	slow	defensive		deprived	discontented	fake
devastated		despairing		disillusioned	fidgety	sluggish	disrespected		distant	dismayed	frowning
disrespectful		desperate		disoriented	hungry	tired	disturbed		heartbroken	fragile	glaring
enraged		despicable		distracted	inadequate	uncaring	edgy		humiliated	grieved	hurtful
exasperated		despondent		distrustful	incapable	uninterested	frightened		indignant	guilty	loathing
explosive		diminished		doubtful	incapacitated	unresponsive	guarded		injured	isolated	obsessive
frustrated		disappointed		embarrassed	incompetent	weary	immobile		insulted	lonely	opinionated
furious		discouraged		hesitant	inept		inhibited		miffed	mournful	pushy
hateful		disheartened		indecisive	inferior		insecure		offended	oversensitive	ranting
hostile		dissatisfied		judgmental	insignificant		intimidated		pained	remorseful	recoiling
hotheaded		down		lost	jittery		intolerant		rejected	sentimental	rude
impatient		drawn		manipulative	nauseated		nervous		ridiculed	sorrowful	scolding
incensed		gloomy		off-kilter	overwhelmed		panicked		secretive	sour	serious
infuriated		grouchy		perplexed	paralyzed		paranoid		slighted	sullen	shallow
insulting		haggard		shy	pathetic		petrified		smothered	tearful	stern
Irritated		hopeless		uncertain	shut down		prejudiced		suffering	unhappy	stiff
jealous		in hell		uncomfortable	sick		restless		tormented	unworthy	stilted
malicious		lousy		uneasy	squirming		rigid		tortured		stonewalling
mean		low		unsure	trapped		scared		victimized		tactless
offensive		miserable			trembling		self-absorbed		violated		territorial
overbearing		moody			twitching		self-conscious		withdrawn		
provoked		morose			useless		shaky		worthless		
quarrelsome		negative			vulnerable		skeptical		wronged		
reactive		no energy			weak		stressed				
rebellious		off					suspicious				
reprimanding		out of sorts					tense				
repulsed		pessimistic					terrified				
resentful		powerless					threatened				
sarcastic		resistant					timid				
scornful		self-critical					troubled				
seething		self-deprecating					unbending				

Appendix A: The Matrix of Emotions



HOW DOES THAT MAKE YOU FEEL? PART II

OPEN	LOVING	HAPPY	INTERESTED	ALIVE	POSITIVE	PEACEFUL	STRONG	RELAXED
accepting	admiring	amused	absorbed	active	adaptable	angelic	complete	aware
approachable	adorable	blissful	amazed	animated	bold	assured	composed	beaming
connected	affectionate	cheerful	amused	communicative	brave	at ease	dynamic	centered
easy	allowing	child-like	astonished	courageous	conscientious	authentic	energized	efficient
embracing	amorous	delighted	attentive	energetic	constructive	balanced	hardy	fluid
empathetic	appreciative	easygoing	awe	excited	cooperative	blessed	honest	glowing
fearless	caring	ecstatic	courteous	exhilarated	creative	calm	important	graceful
flexible	charming	elated	curious	frisky	daring	carefree	perseverant	grounded
flowing	compassionate	euphoric	engrossed	giving	eager	certain	powerful	laughing
free	considerate	festive	entertained	intelligent	earnest	clear	proud	light
friendly	devoted	giggly	fascinated	passionate	enthusiastic	comfortable	reliable	meditative
harmonious	expansive	glad	focused	playful	exuberant	confident	respected	natural
kind	gentle	gleeful	inquisitive	sexy	helpful	content	responsible	non-controlling
outgoing	gracious	in heaven	intent	sharing	honored	encouraged	secure	open-minded
present	grateful	jovial	intrigued	spirited	hopeful	forgiving	self-affirming	radiant
receptive	honoring	joyful	involved	spunky	in the zone	fulfilled	solid	reflective
satisfied	humble	jubilant	observant	thrilled	inspired	genuine	stable	rested
sympathetic	intimate	lighthearted	surprised	tickled	keen	grateful	supportive	spontaneous
tolerant	kind	mellow	thoughtful	vigorous	motivated	liberated	sure	steady
understanding	loyal	on top of the world		youthful	optimistic	pleased	tenacious	supported
welcoming	non-judgmental	silly			productive	quiet	truthful	trusting
	patient	sunny			resourceful	self-sufficient		unassuming
	respectful	thankful			responsive	serene		unhurried
	romantic				upbeat	unburdened		
	sensitive					uplifted		
	sweet							
	tender							
	touched							
	warm							

Appendix B: Personal Purpose Proclamation Example



Jaime Bartolotta Personal Purpose Proclamation

COMPOSING A PERSONAL PURPOSE PROCLAMATION FROM THE INSIDE OUT...

I am composing my personal purpose proclamation, but I want it to be reflective of my values and personality and empower me to live my life in alignment with my purpose. So, I'm decoding my personal purpose proclamation from the inside out.

Charting the *WHY* & *HOW* & *WHAT* of Your Ultimate Destination

WHY	WHAT	STRENGTHS	HOW
To guide others to the greatest version of themselves, live in joy, share unconditional love with others, life is not worth living if it's not fun	Have and raise children, become successful in my business to reach the people I'm destined to reach, sell out workshops and programs, host a fun and successful podcast, celebrate my children's accomplishments, create a safe, supportive, and loving space for all who enter.	Flexibility Humor Compassion Make people feel safe Attention to detail	Fun – not taking life too seriously Joy – reveling in the beauty and promise and opportunity in all life's scenes Freedom – forging my own path Creativity – creating something from nothing and finding my own unique solutions Service – sharing joy with others

My One-Line *WHY*, *HOW*, & *WHAT*

WHY: I believe that everything in life worth doing is fun and that fun and humor and unconditional love concoct the perfect recipe for living every day in joy, cherishing all of life's experiences for the opportunities for greatness they offer.

HOW: I revel in forging my own path to create my own unique solutions while having fun sharing in joy with others.

WHAT: I bond with others through humor and deepen those connections by creating a compassionate space free from judgement where I may guide them to become the best versions of themselves.

My Personal Purpose Proclamation

Proclamation: I am passionate about finding the fun and laughter in all things and believe that fun and humor and unconditional love concoct the perfect recipe for living every day in joy. **[WHY]** I revel in forging my own path to create my own unique solutions while having fun sharing in joy with others. **[HOW]** My humor deepens my connections with others and create a compassionate space free from judgement where I may guide them to become the best versions of themselves. **[WHAT & STRENGTHS]**

BONUS MATERIAL: Support for Your Next Expedition



You're Done, Now What?

HOW MAY I SUPPORT YOU?

You just completed this incredible journey to excavate and decode your life purpose. Now what? What would support you at this moment in learning to live in alignment with that purpose? How can we work together to turn that personal purpose proclamation into a **ROAR**? Here's a few options designed to keep you moving forward!

I. Are You Being Bitten By an Energy Vampire? Assessing the Energy Drain

What's preventing you from achieving your life purpose? What's keeping you stuck and playing small and self-doubting? What's stealing your energy every day, leaving you less and less to do great things and enjoy life? This **FREE** online assessment calculates your overall level of energy drain as well as the specific energy areas where you're being attacked. If you want to defend yourself against the Energy Vampires and being reclaiming your energy, be sure to check out this assessment!

II. Levels of Leadership

We all Lead, either by Default or by Choice. How well will you Lead yourself to living in your **VALUES**, leveraging your **STRENGTHS**, and aligning your life to your **PURPOSE**? Curious about where you fall on the Leadership Spectrum? Take the **FREE Levels of Leadership Quiz** and find out your Leadership Level, what your level means for you, and how we can **UNLEASH** Your Dynamic Leader Today!

III. Request a Lead By Choice Interview

Are you ready for more support? Begin the process by applying for a **No Cost Lead By Choice Interview**. In this 30-minute Private Interview, we'll determine if we would work well together, we'll identify your struggles, and we'll discover your goals.



Expedition Endnotes

HOW WAS YOUR EXPERIENCE?

Thank you for sharing your time with me. I hope you found this mini course enlightening, expansive, and, above all, Fun! I value your voice. Please take a few minutes to share your thoughts, ideas, and constructive criticisms with me. Your input is the compass guiding the direction of this event and others as I am passionate about creating material beneficial and supportive for those daring to achieve their dreams!

1. On a scale of **1** (*watching grass grow would have been more beneficial*) to **10** (*this amazing experience was priceless!*), how would you rate your overall experience?

2. If you rated less than **10**, what would create a one-point shift higher for you (i.e. what would you change, add, etc.)?

3. What was the most powerful expedition for you, and why? What did you like the least, and why?

4. Please write a brief review of your experience exploring Your Personal Navigation System mini course.

May I post your review on my website and other promotional materials?

If YES, please write how you would like your name to appear (i.e. full name, initials, first name only, with name of city, etc.).