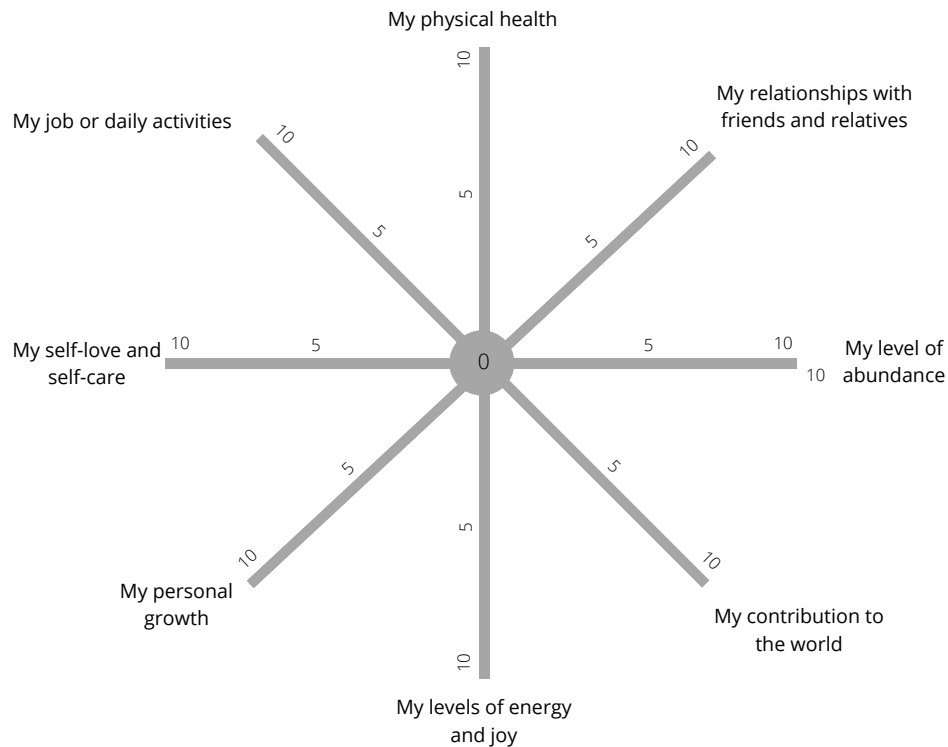




## Chapter 1

# My life map

Review the various aspects detailed in the following chart, and reflect on how you feel about each one.



Now, on each axis, make a mark to indicate how satisfied you currently feel in each of these aspects. Use the following values as a reference:

10 = I feel complete satisfaction.

1 = I feel great dissatisfaction.

Choose any number between 1 and 10 that most closely defines your state of satisfaction. For example, if you feel completely satisfied with your social life, you can make a mark where the number 10 is located on the diagram. If you don't think that this aspect is going well or if it doesn't give you satisfaction, make a mark near the circle in the center of the diagram. If you feel that this aspect is not going badly, but it's not going very well either, mark 4 or 5, near the middle of the axis. It doesn't have to be perfect; just do it based on your immediate reaction, to reflect briefly on the current state of your life. Your answers can change at any time, so this diagram will only be a reflection of today.

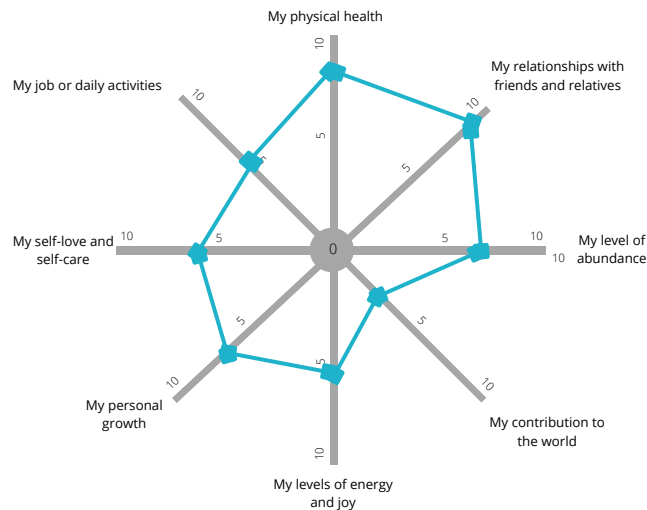


## Chapter 1

# Your life map

Now, on page 1, connect all the points on each axis and you will see the outline of a geometric figure in the center (as in the example below).

Example:



And reflect on the following questions:

- Which aspects are closest to the center?
- In which ones do you feel great satisfaction (those that are close to 10)?
- In which aspects of your life would you like to feel greater satisfaction?
- Finally, write freely about what you noticed while making this map and how you felt. All your emotions and thoughts are valid because they make up your current experience.