

Personal Roadmapping

SELF DISCOVERY AND REFINED GOAL SETTING

Girl Tribe →



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PERSONAL ROADMAPMING

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"GOALS ARE NO PLACE TO WAFFLE. THEY ARE NO PLACE TO BE VAGUE. AMBIGUOUS GOALS PRODUCE AMBIGUOUS RESULTS. INCOMPLETE GOALS PRODUCE INCOMPLETE FUTURES."

- Jim Rohn

PERSONAL ROADMAPPING

Notes from Robyn Savage**Owner and Co-Founder of [GirlTribe](#)**

Hi Spirit Sister,

Welcome to 'Personal RoadMapping' for your soul!

Without a clear vision and knowing how to take inspired action steps, it is too easy to become distracted and unfocused in such a wild world. And let's be honest, this world is nothing short of wild! When you don't know WHAT you are trying to achieve - or WHY - it is far less likely that you are on the quickest path to finding and receiving joy.

Close your eyes and picture this. You walk into a restaurant and tell your lovely waitress that you would like a vegetarian dish with a side serving of something. And lots of it! So your waitress goes to the kitchen and comes back with an abstract plate of fried veggies covered in some strange yellow sauce with a side of sauerkraut. And lots of it! Not exactly what you had in mind...but not far off from what you asked for either! How does your waitress know what you want if you don't clearly ask for it? The Universe is no different. This chapter, therefore, is designed to help you get focused, clear, and heart centred around your core goals and desires so that you can clearly ask for what you want - and RECEIVE it.

After working through the next seven days, you will gain clarity around your truest wants. You will learn what is most important to you, and why. You will get out of your way and become an advocate for your own joy. You will set clear goals and create an inspired action plan. You will dive deep into how you truly FEEL as the result of your actions and choices. You will create space in your life for the things you really want by establishing boundaries. You will see your future self clearly and vibrantly and you will seek her out. You will, in time, become her.

While developing your Personal Roadmap and answering a chapter full of curated questions, it's extremely important that you are honest with yourSELF. Drop any 'shoulds' or expectations that influence you from the outside. Get down and dirty with your deepest desires and don't be afraid to dream big!

So, are you ready for this? This seven days is bound to move mountains and make waves.

What exactly are goals?

'Goal' is another way of saying you would like to get something done, accomplish something, move forward, grow, become. Goals don't have to be intricate or elaborate, and they certainly don't have to move mountains! They can be related to career, relationships, finances, freedom, community, travel...the list is endless! The trick to setting goals customized to your life is tuning into the quiet (spirit) voice deep within you. Connecting to your heart centre to hear the tiny whispers of your true desires - and acknowledging them.

You can spend your entire life setting goals you think you SHOULD be achieving, but if these achievements aren't bringing you AUTHENTIC JOY, then somewhere along the way you lost sight of your WHY. You see, the whole point of setting goals is to increase your overall level of happiness by doing, seeing, sharing, and engaging in your own life! It's to stop repeating phrases like, "I wish I would have done that", "I'll never get to go there", "I could never afford that ", or "I just can't lose the last 10 pounds." All of these statements declare you aren't taking the right action steps, or that you're just going after the wrong goals for the wrong reasons. But don't worry! That's exactly why you're here; to get on the right track.

Let's get started!



Journal Exercise:

Identifying relationships that bring you joy verses relationships that cause stress.

This is an activity best done early on in the goal setting process, as many people don't recognize relationships that cause anxiety or stress. Once you identify the relationships that are most detrimental to your happiness and require the most attention, you might choose to create some goals around healing these specific relationships.

First, write down every relationship in your life you can think of (usually upwards of 10-20 relationships will end up on this list). This list is NOT limited to relationships with people! Here are a some examples to help get you started:

Your relationship with food
Your relationship with money
Your relationship with nature
Your relationship with your body
Your relationship with fear
Your relationship with yourself
Your relationship with your community
Your relationship with your dog
Your relationship with material things
Your relationship with alcohol
Your relationship with religion

Next, on a scale of 1-10 rate how strong this relationship is (0 = total rubbish, 10 = absolute bliss!) Bring into consideration how much joy each relationship brings you versus how much energy it sucks from you. Does this relationship leave you feeling depleted or charged up? Does this relationship have you in a constant state of giving? Do you feel at peace with this relationship or does the mere thought of it give you anxiety? Use one number score to rate each relationship.

Now you have a rating scale beside each relationship. Which 5 relationships are the healthiest? Which 5 are the weakest? Write them down.



What does this exercise reveal?

If, for example, your relationship with yourSELF is at a 1, then this exercise reveals you could definitely benefit from setting some goals to help fuel your self love tank. If you clearly love yourSELF but have a score of 1 beside your relationship with food, then it's time to set some healthy eating goals! If your relationship with your Mom is lowest, perhaps your goal is to increase communication and call your Mom once a week. If your relationship with your dog is suffering, perhaps your goal is to take your dog for one long walk in the woods every week!

See how this works? You will start to relieve stress, anxiety and guilt the minute you start to address the relationships in your life and recognize how they lift you up or weigh you down.

Setting Reasonable Boundaries

Start saying NO! To people, to opportunities, to plans, to meetings, to events you "should" be attending...to men, to diets, to obligations! Saying the word NO is empowering and establishes healthy personal boundaries. By freeing up time spent doing things you don't want to be doing, you enable yourself to spend time doing things you truly love.

Of course, this is easier said than done! A lot of you might be people pleasers by nature, making it extremely uncomfortable saying no at first. You are not alone in this! But, just like most things, saying no is a daily practice you must integrate into your life. It's hard to be honest when you think it will hurt people's feelings, to take time for ourselves before taking time for others, to recognize obligations versus unnecessary tasks.

Well, your tribe is here to give you permission to STOP! Stop saying yes to everything and start practicing your right to say no. This alone might be the biggest change you make throughout this week long course, and it has the power to earn your time, energy and resources back.

'DO NOT UNDERESTIMATE THE POWER OF SAYING NO.'



Here are three tools to carry with you through the week:

1. Start each journalling session by sitting quietly and taking some cleansing breaths to centre yourself. This can be done on the subway during your commute to work, or in the bath at the end of a long day! Simply close your eyes and focus on your breath. Inhale "LET", exhale "GO" - repeat this 'letting go' breathing exercise until you feel your body relax and your mind slow. This will allow you to clear your head and make space for thoughts and words to flow freely!

2. Goals aren't written in stone! You can set daily, weekly, monthly, and yearly goals for yourself, and inevitably they will shift with the changing currents of your life. Allow your goals to remain flexible and adjust according to the different seasons of your life - you will thank yourself for being gracious and forgiving with yourself as unexpected situations arise and life moves you in new directions! That being said - be sure to hold yourself accountable and STOP MAKING EXCUSES! Changing seasons is not an excuse to quit.

3. Don't let the possibility of failure scare you. The fear of failure is always looming close by when one decides to GO FOR IT! This is often why people will refrain from setting goals in the first place - the fear of failure outweighs the chance of success. This week, do not let the burden of fear have POWER over your ability to get what you want. The life you have always wanted is waiting for you, so go back to Tool #1 and "LET GO" of the fear that is strangling you! Let go, so you can begin.



DATE: _____

TODAY'S FOCUS: I AM STATEMENTS

TODAY'S MANTRA:

"I AM LOVE."



TODAY'S TASK:

Write a list of 50 "I AM" statements.

What is an "I AM" Statement?

Do you ever notice that you subconsciously bad mouth yourSELF? This would include phrases such as "this dress looks terrible on me", "I could never do that", "I'll never make enough money to afford that", "I don't deserve that", etc. Negative self-talk is a real problem when we are trying to set and achieve goals. Imagine how much harder it is to KICK ASS at something when you are constantly berating yourself with negativity and self doubt? "I AM" statements are a tool to reinforce the truth and help you to reaffirm your greatness. Once you change your internal self-talk you will change your external reality.



**For examples of positive "I AM" statements
refer to page 41.**

**Tips on how to write I AM statements:**

1. Write with conviction. In other words, BELIEVE YOURSELF! As you write, "I am love", bring to mind a person you love and really cultivate the feeling of love within you. When you write "I am supported by the Universe", feel yourself physically supported by the Earth and know that you are endlessly supported by the ground beneath you. When writing about specific goals, ex. "I am running the Boston marathon and I achieve my personal best!" visualize yourself running and see yourself crossing the finish line! Feel the experience in your soul! What does it feel like to cross the finish line?

When you write with conviction, you start to believe the words you are writing. You cultivate the feelings you desire. "I am beautiful", "I am light", "I am joy"...repeat your I AM statements over and over...and over again, until you start to believe yourself. When you start to believe you are a capable being, your chances of achieving goals and co-creating your dreams grows exponentially. Alternatively, if you do not believe in yourself, you are not giving anyone else, or the Universe permission to believe in you either.

PERSONAL ROADMAPPING

2. Always write in the present tense, as if you are already doing/feeling/accomplishing the things you are writing about. In other words, **FAKE IT TILL YOU MAKE IT WOMAN!** Rather than writing in future tense, ex. "I will be so thankful when I earn \$100,000 a year", write in the present tense as if you have already achieved your goal, ex. "I am so thankful to be making \$100,000 a year!"

Your "I AM" Statements are a great place to start seeing yourself as the woman you are becoming. Over time (and this will happen quicker than you think) you will start to feel like you ARE the woman you are writing about. The woman who travels freely, smiles often, and feels abundant! By writing, repeating, and believing your "I AM" statements, you change your energy frequency and start to become and attract the goals and desires you long for.

3. Think big! Write "I AM" statements that talk to your future self, your best self, your brightest self! Don't be afraid to **THINK BIG** and dream bigger!



"IF YOU DON'T BELIEVE IN YOURSELF YOU WILL CONTINUE TO BE YOUR OWN GREATEST OBSTACLE."



Journal Day One

DATE:

"I AM LOVE."

My energy level today is 1 2 3 4 5 6 7 8 9 10

My stress level today is 1 2 3 4 5 6 7 8 9 10

Did I take my vitamins Y / N

Did I have my shake Y / N

I am excited for _____ today!

I love myself 1 2 3 4 5 6 7 8 9 10 today

I woke up feeling _____ .

Today I feel _____ in my body.

I am _____ .

Notes from Day One :

DATE :

TODAY'S FOCUS :

RELEASING SELF LIMITING BELIEFS

TODAY'S MANTRA :

"I LET GO OF ALL LIMITING BELIEFS."



TODAY'S TASK :

Silence your self destructive inner voice and let go of self limiting beliefs.

What is a self limiting belief?

Yesterday we got into the zone of owning your mind-set by using powerful "I am" statements, but what happens when that annoying little voice starts chirping in your other ear? You know, the voice that tells you, you aren't good enough, you don't deserve it, you're too old, you're too young, the one that says "who am I to do this, who am I to have that?" This voice is a LIAR, but unfortunately when these thoughts replay over and over in your mind you tend to start believing them. When you repeat thoughts often enough, they form your beliefs. Until you clearly identify your negative thought patterns as "self limiting beliefs" and engage in the act of "letting go", you will continue to block your potential to receive, achieve, and believe.

Today we are going to SILENCE these voices and start to change your negative thought patterns! Once your beliefs shift, you will start to break down your destructive barriers and see the light.



Take some time today to sit and get real with yourself. You are going to create a list of ALL the negative thoughts you tell yourself in a day. If you dig deep and are honest with yourself you will uncover negative belief systems that have been underlying for a LONG, LONG time. Once your list is complete, (this means you have revealed EVERYTHING!), it is time to release it. Take that list and burn it or flush it down the toilet. Create a little ritual that feels good for you, one that you can repeat as needed. As you physically release your negative beliefs say, "I am now releasing my negative thoughts that have no place in my mind or my soul. I let them go and set myself free." Take a deep breath, soul sister, and LET IT ALL GO!

Now that you have freed up your personal hard drive, you have made space for self love. In other words, you have cleared the negative to make way for the positive! You are now ready to receive. This ritual is a very important step in co-creating a life you love. The more you continue to LET GO, the more you will notice good things coming your way. Be sure to pay attention to the world around you and you will see the shift.



TIPS:

1. Having trouble getting started with this list? Often these are thoughts you casually replay over and over in your head, or they could be thoughts that are triggered by a reoccurring situation. Example: thinking "I am broke" everytime you look at your bank statement. This is a self limiting belief. The more you think, "I am broke", the further away from abundance you become. In order to grow your bank account, you must first enter an abundant mind-set. Think of thoughts such as these that cross your mind throughout the day, and get writing! (HINT: breakdown thoughts into categories if you are still having trouble getting started. Ie. fitness, productivity, finances, work, etc).

2. Remember, no-one is going to see this list except you. Put everything on the list - make it count! If there is a thought that goes through your head that you don't want to acknowledge or say out loud - it is probably exactly what NEEDS to go on this list! Brutal honesty and bare naked truth is exactly what you're calling on here. Don't be afraid to get down and dirty with yourself.



Journal Day Two

DATE:

"I LET GO OF ALL LIMITING BELIEFS."

My energy level today is 1 2 3 4 5 6 7 8 9 10

My stress level today is 1 2 3 4 5 6 7 8 9 10

Did I take my vitamins Y / N

Did I have my shake Y / N

I am excited for _____ today!

I love myself 1 2 3 4 5 6 7 8 9 10 today

I woke up feeling _____ .

Today I feel _____ in my body.

I am _____ .

I let go of the belief that _____
_____ .

Notes from Day Two :

DATE :

TODAY'S FOCUS :

IDENTIFYING CORE DESIRED FEELINGS

TODAY'S MANTRA :

"I RECOGNIZE MY CORE FEELINGS AND ALLOW MYSELF TO FEEL THEM AS THEY OCCUR."



TODAY'S TASK :

Identify your core desired feelings.

How to identify core desired feelings:

Ask yourself, "how do I want to FEEL in my everyday?" Examples could include: rested, energized, inspired, connected, loved, generous, grateful, fulfilled. Such core feelings as these, will translate into your core DESIRES, which will allow you to write specific goals based on how you want to feel. The difference is, these goals are not based on material wants or societal shoulds.

Here are some examples of how goals and dreams translate to core desired feelings:

I want to travel = I want to feel free

I want to make more money = I want to feel secure and supported

I want to spend more time with friends = I want to feel connected and engaged with my community

I want to lose weight = I want to feel healthy and light in my body

I want to find my soul mate = I want to love and be loved

**To get started:**

Be honest with yourself! There is no shame in wanting to feel any particular way. Remember, in trying to create your own reality you have to first give yourself permission to BE YOURSELF. You cannot write authentic goals and dreams based on what you think other people want you to be or do.

How can you find your authentic SELF?

By discovering your inner voice and connecting with your heart centre. You can do this by listening to that little voice deep within you that may have been silenced or ignored until now. You must work to strip away the layers and masks until you can see and hear your real Self once again.

Free Writing:

To shed the layers and get real with yourself, we suggest an exercise called 'Free Writing'. Find a quiet space, put on some light music, pour a glass of water/tea/vino, and grab your favourite journal! Set the intention that you are taking this time to sit with yourself to discover how you want to feel in your everyday. Write about where you see yourself in 3 months from now. Imagine the space you are in, the people who surround you, the smell in the air. Take note of what you are doing. What have you got in your hands? Are you at a desk? In a creative studio? Write down specific details about your future self and pay attention to how she feels. Use your imagination and think big! Remember, there is no harm in dreaming, and the bigger you dream the bigger a reality you will create.

**Let's get started!**

Set a timer for 10 minutes, and start writing! Don't think about grammar, or readability, or even writing full sentences! Just let ideas and thoughts flow freely through you. The hopes, dreams and desires that naturally flow out of you are bound to be authentic when they come from your heart centre. This means NO self judgement!

Once you've completed your free writing exercise, go through your notes and start to translate your goal and dreams into feelings verses things. This might be challenging the first time you read through, but do it a couple of times.

For example,

1. "I work in a studio with other creatives and we collaborate on awesome creative projects." Core desired feelings in this example would be: community, accepted, creative.
2. "I am promoted to Partner at my law firm." Core desired feelings in this example would be: security, success, personal growth.

Make a list of all the feelings you unveil in your Free Writing exercise. Notice which ones occur frequently throughout the exercise. Narrow your list down to the 3-5 most common feelings. Congratulations! You have now identified your CORE DESIRED FEELINGS!

Journal Day Three

DATE:

"I RECOGNIZE MY CORE FEELINGS AND ALLOW MYSELF TO FEEL THEM AS THEY OCCUR."

My energy level today is 1 2 3 4 5 6 7 8 9 10

My stress level today is 1 2 3 4 5 6 7 8 9 10

Did I take my vitamins Y / N

Did I have my shake Y / N

I am excited for _____ today!

I love myself 1 2 3 4 5 6 7 8 9 10 today

I woke up feeling _____ .

Today I feel _____ in my body.

I am _____ .

I let go of the belief that _____
_____ .

I want to feel _____ .

Journal Day Three

DATE:

"I RECOGNIZE MY CORE FEELINGS AND ALLOW MYSELF TO FEEL THEM AS THEY OCCUR."

Notes from Day Three :

DATE :

TODAY'S FOCUS :

GETTING CLEAR ON YOUR GOALS

TODAY'S MANTRA :

"I HAVE A CLEAR UNDERSTANDING OF MY
DIRECTION IN LIFE."



TODAY'S TASK :

Getting clear on your goals.

Getting Clear on your Goals:

The Universe is very straight forward. It gives us what we ask for. When you start asking for everything and anything, the Universe gets confused and scattered. This is why you will start to see a significant shift in your life - and the things you receive - when you start to get SPECIFIC about the things you want.



So you want to be "successful". What does success mean to you? Do you want to make more money? If so, how much money? Do you want a promotion? If so, what job do you want? What do you want your title to be? What company do you want to work for?

So you want to lose weight and feel good in your body? How much weight do you want to lose? What activities do you want to participate in? How do you want to feel?

So you want to travel? Where do you want to go? When? For how long? With who?

Do you see how these requests are specific, direct, and unambiguous? This is how your goals must be written. Clearly and with intent.



Tomorrow you are going to dive into TAKING ACTION and start moving in the direction of your dreams. Before you can do that, you must clearly identify what you are trying to achieve and attract into your life.

Start Now!

Grab your journal and set some goals, sister!

Remember the 'core desired feelings' you identified yesterday? Use those as a road map to write your goals. Feel free to add to or edit your list as you go! You will find your goals and dreams are always changing with the seasons of your life.

PERSONAL ROADMAPPING

Here are some categories to consider when goal setting. Try to write three distinct goals for each category. Write your goals in 3 months, 6 months, and 1 year increments. This will help you see short term and long term (you will see how this becomes helpful in the next steps.)

1. Financial Goals
2. Career Goals
3. Health Goals
4. Relationship Goals
5. Personal Growth
6. Giving Back

Still stuck? Here are some helpful journal prompts and questions you can ask yourself to get the ball rolling!

"In ___ months from now I am...."

Where are you living?

What job are you doing?

How much money are you earning?

Who is your boss?

Do you travel?

What do you see when you look in the mirror?

How does your body feel?

Are you in shape?

What are you doing to keep yourself healthy?

Who are your friends?

How often do you see your family?

Are you engaged in your community?

What are you doing to contribute to the greater good?

Keep going! What questions arise as you make your way through this list? What do you want to achieve? How do you want to personally grow? Who do you want to become?



Congratulations! Now that you have clearly defined where you want to GO, you can clearly define HOW you are going to get there! The work has just begun, but doesn't it feel good?

Journal Day Four

DATE:

"I HAVE A CLEAR UNDERSTANDING OF MY
DIRECTION IN LIFE."

My energy level today is 1 2 3 4 5 6 7 8 9 10

My stress level today is 1 2 3 4 5 6 7 8 9 10

Did I take my vitamins Y / N

Did I have my shake Y / N

I am excited for _____ today!

I love myself 1 2 3 4 5 6 7 8 9 10 today

I woke up feeling _____ .

Today I feel _____ in my body.

I am _____ .

I let go of the belief that _____
_____ .

I want to feel _____ .

I am most excited about my goal to
_____ .

Journal Day Four

DATE:

"I HAVE A CLEAR UNDERSTANDING OF MY
DIRECTION IN LIFE."

Notes from Day Four :

DATE :

TODAY'S FOCUS :

GETTING STARTED

TODAY'S MANTRA :

"SMALL STEPS EVERYDAY CREATE
BIG RESULTS."



TODAY'S TASK :

Create an action plan to help achieve your goals.

PERSONAL ROADMAPPING

Yesterday you set some BIG Goals! Goals for 3 months, 6 months, and 1 year from now. If you have set goals that are a little bit outside your comfort zone, achieving these goals may feel daunting.

Striving to achieve your goals often involves taking that leap of faith (which may feel like jumping off a cliff) and boldly saying YES in the face of your fear.

"BE INSPIRED BY YOUR OWN GOALS! DO YOU HAVE BUTTERFLIES YET?"

Today you are going to break down your larger goals to figure out what that first step is to move in the direction of your dreams. Consistency is key! So let's determine a list of tiny baby steps you can perform each day that will constantly get you closer and closer to the final outcome.



Beside each goal write down one actionable step you can take that relates to that specific goal. Here are a couple of examples:

Goal: In 3 months I will be earning \$1,000 more a week than I am right now.

Action: Today I will reach out to five new potential customers.

Goal: I will run a marathon in April of next year.

Action: Today I will go for a 10 minute run.

Goal: I have a new circle of friends who are positive and uplifting.

Action: Today I will join the ['GirlTribe Community'](#) on Facebook to become involved with a new group of women.

Continue to write a list of these small action steps you can commit to completing by a certain date. If you do this on a daily or weekly basis you will begin to see progress.

Holding ourselves accountable is one giant leap towards trusting we can do anything we put our minds to! The more you follow through with your actions, the deeper the belief in yourself becomes.

"A GOAL WITHOUT A PLAN IS JUST A DREAM. LET'S TURN YOUR DREAMS INTO REALITY!"

Remember to celebrate each of your successes! It's easy to get caught up in the rhythm of setting and achieving goals, but it's important to CELEBRATE your wins! Be sure to take the time to thank yourself and recognize your hard work, commitment and dedication to self love and personal growth. You deserve a pat on the back, and probably a glass of bubbly when you cross the finish line.



Journal Day Five

DATE:

"SMALL STEPS EVERYDAY CREATE BIG RESULTS."

My energy level today is 1 2 3 4 5 6 7 8 9 10

My stress level today is 1 2 3 4 5 6 7 8 9 10

Did I take my vitamins Y / N

Did I have my shake Y / N

I am excited for _____ today!

I love myself 1 2 3 4 5 6 7 8 9 10 today

I woke up feeling _____ .

Today I feel _____ in my body.

I am _____ .

I let go of the belief that _____
_____ .

I want to feel _____ .

Journal Day Five

DATE:

"SMALL STEPS EVERYDAY CREATE BIG RESULTS."

I am most excited about my goal to

_____.

I am proud of myself for

_____.

Notes from Day Five :

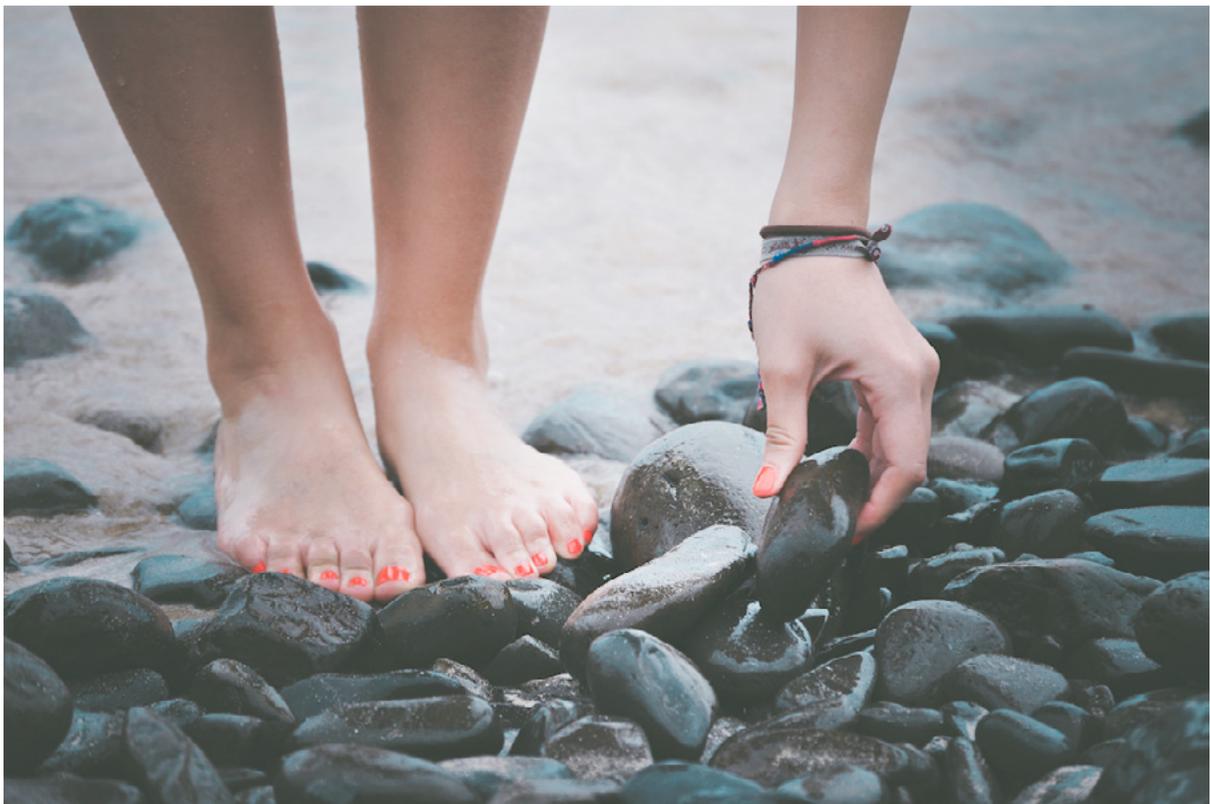
DATE :

TODAY'S FOCUS :

LIVING IN THE PRESENT

TODAY'S MANTRA :

"I AM PRESENT EVERY STEP OF THE WAY."



TODAY'S TASK :

Stay in the moment. Don't rush through simple moments for these moments create life.

PERSONAL ROADMAPPING

Before you begin...

Pause. Take a look around. Where are you right now? Take a moment to take in your surroundings. Breathe. This is your life, soul sister, don't be afraid to really feel it. Step into it.



Focus on the present rather than the past or future. When you spend a lot of time and energy focussed on the past, you create patterns in your present moment. In other words you subconsciously create behavioural patterns and retell the same story over and over. Alternatively, when you focus your energy on the future you avoid the present, and often live in an anxious state. By enjoying life in the present and fully stepping into the current moment, however crazy that moment may be, you take ownership and become present in your life.

Living in the now creates longevity in your days because you are not always wishing your moments away. Example: "I can't wait for tomorrow when this rain is gone!" Using language like "I can't wait" or "imagine when" may seem harmless, but it actually dampens your awareness of where you are and how you feel in this moment. Please remember. You are not going to feel 100% joy in every single second of your day. Times are going to get tough and raw and sad. Moments are going to be bleak and broke and dark. But in order to create your life, and to CHANGE your life...you must fully feel it all. You must own it all. The dark is equally as important as the light, and you, soul sister, are made up of both.

Don't get us wrong! This does NOT mean you can't have goals for the future or that you must avoid getting nostalgic over beautiful memories from the past. It simply means most of your energy should be focused on where you are right now. Feel the feelings as they come and go. Don't avoid what shows up in your life today - it's there for a reason. It all belongs.

"EACH MOMENT GIVES US THE OPPORTUNITY TO LIVE
IN THE PRESENT."

Beyond Fear



PERSONAL ROADMAPPING

Eliminate "what if" thoughts. "What if I don't get the job?", "What if he doesn't call?" Thinking these types of thoughts creates anxiety and puts us in a low vibe state that defers feelings of joy. By constantly questioning the future we are interfering with our ability to feel joy today, because we are constantly questioning the uncertainty of tomorrow. Try this: rather than doubting the future, refer back to your "I AM" statements from Day One of the chapter and think positively about all the possibilities in your life! Not only will this eliminate anxiety, it will also help you put positive thoughts and LOVE towards your goals and desires which will increase the likelihood of them coming true. BONUS! Remember, where your energy goes, your life flows.

Set goals that create happiness in your life TODAY! For example, the goal to run a marathon will not only bring you joy on the day you run the marathon (you go girl!), but it will also make you feel stronger, healthier, and more vibrant on the journey to getting there. The goal to get more organized will make you feel more productive and clearer every day you practice the ritual of organization, until one day your desktop is clear and your inbox is empty! You see? The goal is not always about the final outcome, it is focused and grounded in your RIGHT NOW, bringing you happiness and gratitude in this moment.

This might take a little bit of practice, since you boss babes are trained to strive for more and "get ahead", but once you root your energy in the current moment and get grounded where you stand, you will feel peace and calm. You will feel in love with your life just the way it is.



Journal Day Six

DATE:

"I AM PRESENT EVERY STEP OF THE WAY."

My energy level today is 1 2 3 4 5 6 7 8 9 10

My stress level today is 1 2 3 4 5 6 7 8 9 10

Did I take my vitamins Y / N

Did I have my shake Y / N

I am excited for _____ today!

I love myself 1 2 3 4 5 6 7 8 9 10 today

I woke up feeling _____ .

Today I feel _____ in my body.

I am _____ .

I let go of the belief that _____
_____ .

I want to feel _____ .

I am most excited about my goal to
_____ .

Journal Day Six

DATE:

"I AM PRESENT EVERY STEP OF THE WAY."

I am proud of myself for _____
_____ .

I feel _____ in this moment.

Notes from Day Six :

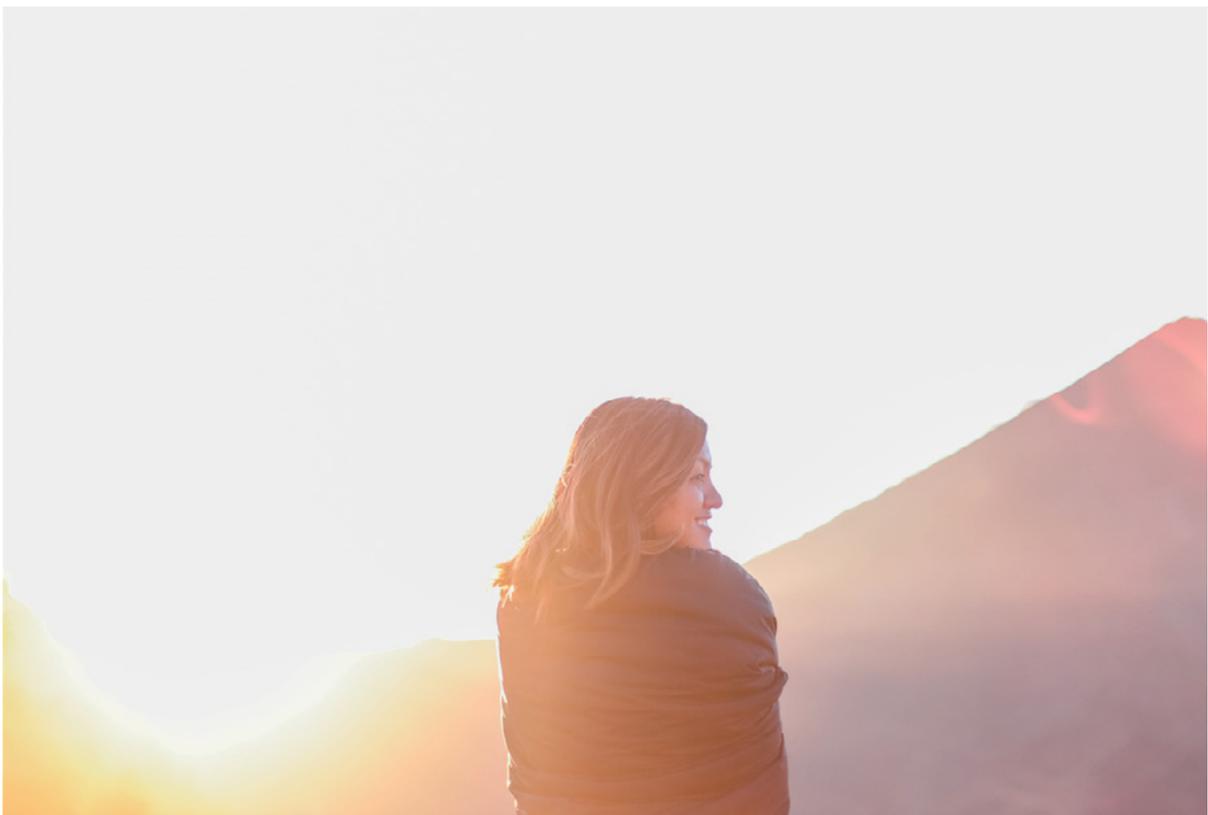
DATE:

TODAY'S FOCUS:

TAKING INSPIRED ACTION

TODAY'S MANTRA:

"I ACHIEVE MY GOALS WITH GRACE AND EASE."



TODAY'S TASK:

Learn how to listen to your intuition and step into your flow.

Taking Inspired Action:

Start listening to your gut! This is your intuitions way of communication with you. Usually when you have a gut feeling it's the Universe trying to tell you something or lead you in a certain direction. If your core feelings and desires are in line with your authentic self (come from your heart centre), then these impulses will work in your favour and assist you in getting you where you want to be. In other words, the Universe helps you take the path of least resistance towards achieving your goals when you step back and stop interfering. Pretty cool right?

However, there is a (good) chance you might be too stubborn, stuck in your daily routine, or simply not aware enough to recognize these signs and signals from the Universe. You must listen to your gut (intuition) and take inspired action based on what you FEEL, rather than what you THINK.

In other words, feel energized knowing you are moving towards your end goal. If you spend 3 months, 6 months, or 1 year just waiting to accomplish a goal, you sacrifice joy in your present moment. This is NOT what goal setting is all about! Make sure to take the time to appreciate and soak in the journey. Notice how you feel throughout the different stages of your journey. Appreciate the learning curve. Acknowledge yourself for putting in the hard work along the way.

Recognize the things you cannot control and LET THEM GO! Don't let external circumstances have power over your own sense of joy. Carry on your path knowing you are on a personal voyage of happiness! The world will always happen around you, the trick is learning to accept the things you cannot change and not letting a few stormy days throw you totally off track. Take a few deep breaths, re-centre yourself around your goal, and trust that you are moving forward in the right direction. You got this girl!! Believe in yourself above anything.



Journal Day Seven

DATE:

"I ACHIEVE MY GOALS WITH GRACE AND EASE."

My energy level today is 1 2 3 4 5 6 7 8 9 10

My stress level today is 1 2 3 4 5 6 7 8 9 10

Did I take my vitamins Y / N

Did I have my shake Y / N

I am excited for _____ today!

I love myself 1 2 3 4 5 6 7 8 9 10 today

I woke up feeling _____ .

Today I feel _____ in my body.

I am _____ .

I let go of the belief that _____
_____ .

I want to feel _____ .

I am most excited about my goal to
_____ .

Journal Day Seven

DATE:

"I ACHIEVE MY GOALS WITH GRACE AND EASE."

I am proud of myself for _____

_____ .

I feel _____ in this moment.

Today my intuition told me to _____

and I listened by _____ .

Notes from Day Seven:

To summarize...

This week we taught you the GirlTribe way to personally road map your path to JOY. Do your best to integrate the tips and tricks you have learnt this week into the weeks coming up, and forever! This is not a one week program, this is a lifelong journey to self discovery and growth. Return to your Personal Road Map every time you need a reminder of where you are heading. Use this resource as a tool to ensure you are forever striving towards becoming your best and brightest self. On the days you continue to feel lost (which you will), remember,

**you are on the
beautiful path to finding, discovering + loving YOU!**

You are a total goddess!

Your GirlTribe Crew

XOXO



A major shout out to Danielle LaPorte for teaching us about Core Desire Feelings with her incredible book "The Desire Map" - if you haven't read this - you must! It's a wonderful tool in further developing your Personal Road Map.

PERSONAL ROADMAPPING

I am abundant
I am light
I am joy
I am a miracle
I am worthy
I am healthy
I am radiant
I am dedicated to finding joy
I am able to communicate clearly
I am living a life I love
I am heard
I am genuine
I am generous
I am compassionate
I am a good friend
I am aware
I am present
I am here, in this moment
I am willing
I am open to opportunities
I am in control of my actions
I am beautiful
I am deserving
I am open to receiving
I am a divine being
I am excited
I am on time
I am in line with my purpose
I am on the right path
I am trusting of my journey
I am here for a reason
I am supported
I am secure
I am enough
I am love
I am loved
I am okay
I am comfortable
I am happy
I am in my flow
I am flexible
I am capable
I am gentle