

The background is a vintage-style map with a grid of latitude and longitude lines. A ship's steering wheel is centered in the upper half, and a compass rose is in the bottom left corner. A dashed line with small square markers winds across the map, ending in an 'X' that marks a location. The text is overlaid on this background.

**Unstoppable
Success Journey**

**Chart Your
Destiny
Treasure Map**

Year: _____



Publication Notice

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Theme for This Year

Welcome to the Chart Your Destiny Program - The time component of the Unstoppable Success System... Giving you more clarity.

The heroine, Marie, in my forthcoming book, *The Journey to ME* is told before she can sail through the Ocean of Possibilities, she needs to Chart her Course.

She learns it's the dream, desires and goals within her that create the treasure map for her life's destiny.

She writes a vision for her life before embarking on the journey.

A Big Picture Vision...

- Moves toward a compelling future while enjoying the moment of now.
- Is fun and when you're living it, you wake up so excited.
- Gives your life purpose and direction.
- Shifts out of the yearly calendar based goal/resolution cycle which pushes away your dreams.

This treasure map guidebook is divided into five sections:

1. Big Picture Vision - *this is where you will write your vision in detail*
2. Creating Your Treasure Map in 7 Days - *Follow the steps to craft your vision.*
3. Empowering Supportive Beliefs - *Taking your unsupportive beliefs and stories you tell yourself and turn them into positive empowering statements*
4. Focus on Feeling Good - *Staying in high vibration attracts your vision to you*
5. Your Vision Journal - *use this section of record thoughts, ideas, inspiration, quotes, vision boarding etc.*

Let's get started... go to section two - Creating Your Treasure Map in 7 Days on page 12

Your Big Picture Vision

Creating Your Treasure Map in 7 Days

You are sailing toward your destiny in the Ocean of Possibilities

Your heart steering the captain's wheel of your life.

Dedicate at least 30 minutes a day to accomplish each action. This makes this doable with a busy schedule. Don't worry about getting it perfect.

You can always go back to add to your vision or any of these steps.

IMPORTANT: Anywhere you feel resistance, don't push it. Let it go. Is there a limiting belief or story getting in the way? Use the Empowering Supportive Beliefs section to write it down.

Day One - 5-star lifestyle Assessment. Starting from Where I Am & Where do I Want to Go

Aiming for a 5-star lifestyle.

Every journey begins right where you are now in life. This is not right nor wrong. It just is... leave all judgement behind while doing this assessment.

There are 10 common life areas or what I'm referring to as Port O Call's or life destinations. You will review and rate each from one - five stars.

This will help you to better understand which of your life areas are flourishing and which ones need the most work.

Think briefly what a satisfying life might look like for you in each area. You can use the 10 affirming messages as guidance to assist you in rating. They may or not apply to you.

You can either circle the number of stars or cross them off.

IMPORTANT: Use the FIRST number (rate) that pops into your head, not the number you think it should be!

After you gave each Port O Call it's star rating, write what would make it a 5-star destination. This is where you will list the things you want but don't have.

Day Two - What I Have and Want to Keep

Write down everything you like and is working for you that you want to keep for each Port O Call.

For example for business:

Your new computer, you want to keep it,

You currently have 10 clients, you want to keep them

You have a great team, you want to keep them

Day Three - What I Have But Don't Want - Leave it behind/Get rid of it

These pages you will see two columns for each port. You are going to list all the things you have at each port but don't want, under the don't want column.

However, focusing your attention on the things you don't want will guarantee you will keep attracting them into your life.

Now transform your "Have but Don't Want" into positive want phrases.

For example:

You wrote "have extra 50 lbs on my body I don't want."

You can turn it into "I want to have a slimmer, trim and fit body." Write this Positive Phase column on the opposite side

Cross off "have extra 50 lbs" from "Have but Don't Want" column.

Repeat this for all your "have but don't want" statements.

Day Four - Wealth Plan - *Money loves a plan*

Creating a wealth plan supports you and gives you confidence because you're preparing for your forthcoming wealth. This exercise will help identify limiting beliefs around money.

There are no right or wrong answers.

First create your "Breath Easy" plan. Everything you need or put in place for you to feel financially secure and make life easier

Second create your "Over the Top" plan. You accomplish your Breath Easy plan and your money/income continues grow. How would you up level your lifestyle?

Third create your "Super Abundance" plan. You're manifesting massive, huge amounts of money each year. The sky is the limit... you can even go beyond the sky. Why set limits! Let your imagination come out and play.

This is your wealth plan... for you alone. Make sure it feels good.

Day Five - Captain's Wheel

The Captain's Wheel of Life is a simple but powerful tool gives you a visual representation of all the areas of your life from where you are now. The wheel helps you to better understand which of your life areas are flourishing and which ones need the most work.



Draw a line across each segment that represents your star rating for each area. (*see example to left for Love and Finance. Do for all*)

The center of the wheel is 0 and the outer edge is 5

You can begin to Day six if you want...

Day Six - Putting All Together.

You can begin creating your Big Picture Vision. I like to pretend it's the end of the year, 2 years from now. I'm sitting with my best friend telling her about all the exciting things that happened.

I take everything from day one - What would make my Port O calls feel like a 5-star destination, everything I want to keep from day two, positive statements from day three and the "breath easy" part of the wealth plan and weave into a story.

You can also pretend you writing in your diary/journal on Dec 31 two years from now.

There is no right or wrong way to write your Big Picture Vision.

Guidelines:

You can set a timer for 15 - 30 minutes and go through the achievement imagination exercise. Start writing when the timer goes off.

Close your eyes and imagine you already achieved your vision. See it playing in your mind's eye. See yourself achieving it. What colors do you see, what sights, smells. What do you hear around it? Is somebody cheering you on? Pay attention to how you feel.

Your subconscious can't the difference between real or imagined. It will work with you to bring your vision to fruition.

Ready... Set.. Write

Use a pen or pencil & paper. *I like use a spiral notebook to begin my vision.* Something magically happens when you connect a pencil and paper and write. You can type later.

Write out what you saw playing in your mind and include the feelings.

Write your vision as if you accomplished it. Don't worry about how you achieved it. Focus on you feel now that it is accomplished. Write about the difference you're experiencing in your life. Use feeling words like happy, enthusiastic, passionate, joyful. Make your details as emotionally compelling and juicing as you can. The more details about your experience, the better.

Day 7 - Write the finalize version of your vision in the beginning section of this guidebook.

Day One

Love/Romance Port of Call

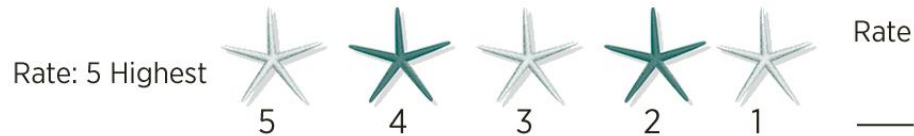
- I feel heard and respected by my partner, even if we disagree.
- I know I can count on my partner's word.
- I create romance in my life and look for ways to keep it fresh and exciting.
- I am fully present with my partner when we make love. Sex is a choose for me not a compulsion.
- Our love making is richly satisfying for me in both quality and quantity.
- I grow as a person in this relationship and I choose stay because I feel emotionally supported.
- I take responsibility to communicate what I want and need and I listen to my partner fully.
- Our relationship has moments of tenderness, kindness and gentleness.
- We are perfect for each other right now and I respond to my partner in ways which honors his/her best self.
- I express gratitude and feel blessed for all my partner brings to our relationship and let them know how much I appreciate him/her.



What would make this feel like a 5-star destination?

Finance Port of Call

- I am free from worry and anxiety about money.
- I have a detailed plan for financial freedom. (retirement)
- I have a detailed budget that I faithfully follow.
- I save 10% or more of my monthly income.
- I have one year expenses saved in a reserve account
- I pay credit card off each month.
- I make money because I add value to the people who need what I have
- I manage my financial affairs and records well
- I have a healthy relationship with money and respect it
- I live within my means and spend and invest money wisely



What would make this feel like a 5-star destination?

Business Port of Call

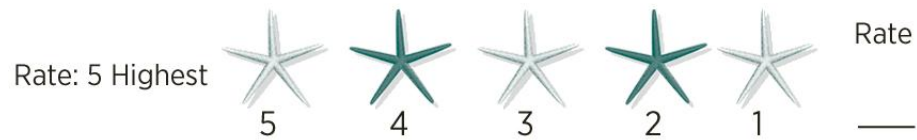
- I have a clear detailed plan for my business.
- I am passionate about what I do and enjoy getting up every day.
- I have systems in place that allow me to scale my business.
- I focus on my strengths, delegate my weakness, and have the perfect team in place so I can have fun.
- I devote time to building relationships
- I have a mentor/coach and mastermind group I can turn to that support me.
- My business environment supports my business growth and vision.
- I am comfortable charging what I'm worth.
- I only work with clients who energize, respect and pays me on time.
- I allow time for fun, creativity and brainstorming in my business



What would make this feel like a 5-star destination?

Spiritual Port of Call

- I have a personal relationship with my spiritual source.
- I feel connected to my inner world.
- I feel God's presence in my life and all around me.
- I pray and meditate daily.
- Every day I express gratitude for all God give me.
- I have a plan I follow for continual spiritual growth.
- I follow my inner guidance.
- I trust God provides for me in all areas of my life.
- I understand where I fit in the universe.
- I make God a partner in my life and business.



What would make this feel like a 5-star destination?

Health & Wellness Port of Call

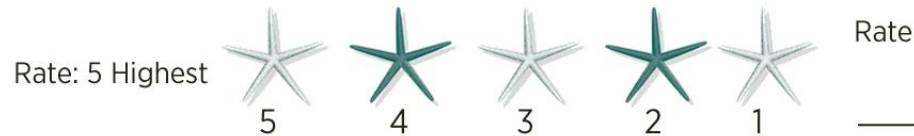
- I drink 8 glasses of purified/filtered water daily.
- I move my body in some form of activity 3 -5 times a week.
- I am responsible for my physical well-being.
- I have more than enough time during my day.
- I am generally fit, well and my body is in good shape.
- I eat healthily for substance and pleasure and not for emotional support.
- I experience 6 - 8 hours of undisturbed sleep every evening.
- I effectively reduce stress daily by meditating, taking a long bath, exercising, walking, etc.
- I receive proper, effective medical care for any health problem. (including alternative healing methods)
- I receive regular dental care. My mouth is in top condition.



What would make this feel like a 5-star destination?

Friends and Family Port of Call

- I spend as much time as I want with my family and friends.
- I devote time to nourish and develop my friendships.
- I am loved by the people who mean the most to me.
- I have a best friend and treat him/her extremely well.
- I choose to spend time with only those who respect and appreciate me.
- My friends uplift and support me.
- I support friends and family when they need supporting.
- My friends and family are there for me
- I get together with friends at least once a week.
- I take responsibility to resolve conflicts in relationships important to me and seek and give forgiveness for those around me.



What would make this feel like a 5-star destination?

Personal Empowerment/Growth Port of Call

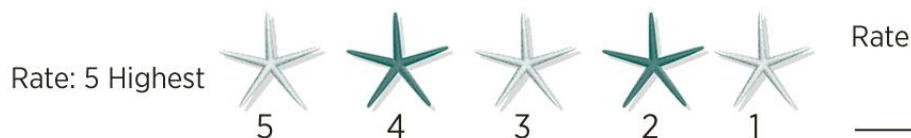
- I create an inspiring vision aligned with my values and orientate life around it.
- I have learned to take the path of least resistance as I accomplish my goals by using inspired action.
- I attract success and don't need to chase after it.
- I have a belief system that sustains me no matter what happens in my life.
- I am evolving because I continually educate, experiment and constantly experience new opportunities.
- I regularly devote time to review and reflect on my life and my vision.
- I am comfortable making and learning from my mistakes.
- I read something instructional and/or inspirational for at least 30 minutes a day.
- I am beyond striving for success; I simply enjoy my life and focus on what fulfills me.
- I have resolved the stresses and key issues of my upbringing and past events.



What would make this feel like a 5-star destination?

Ultimate Self-Care Port of Call

- I keep the promises and appointments I make to myself.
- My boundaries are strong enough that people respect me, my needs, and what I want.
- I consistently have adequate time, space and freedom in my life.
- I have more than enough energy and vitality to get me through the day.
- I know I am a worthy person.
- I surround myself with positive, supportive people.
- I confidently and comfortably ask for help.
- My clothes are all pressed, clean and make me look great. (*No wrinkles, baskets of laundry, torn, out-of-date or ill-fitting clothes*)
- I have at least one hour a day exclusively for me and I choose to invest the time in activities that give me personal pleasure.
- I am living my life, not the life someone else designed for me or expected of me.



What would make this feel like a 5-star destination?

Physical Environment Port of Call

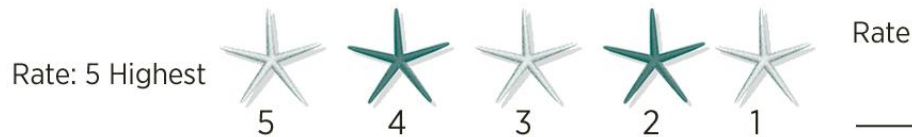
- I love my home: its location, style, furnishings, light, feeling and décor and it brings me joy every time I walk inside.
- My car is in excellent condition. *(Doesn't need mechanical work, repairs, cleaning or replacing)*
- My home is neat and clean. *(Vacuumed, closets clean, desks and tables clear, furniture in good repair, windows clean)*
- My appliances, machinery and equipment work well. *(Refrigerator, toaster, snow-blower, water heater, toys)*
- My plants and animals are healthy. *(Fed, watered, getting light and love)*
- My bed/bedroom lets me have the best sleep possible. *(Firm bed, light, air)*
- My work environment is productive and inspiring. *(Synergistic, ample resources; the right tools, equipment, computers, software and peripherals that I need to work with; no undue pressure)*
- People feel comfortable in my home.
- I have nothing around the house or in storage that I do not need.
- I surround myself with music and beautiful things which makes my life more enjoyable.



What would make this feel like a 5-star destination?

Port of Call of Fun & Recreation

- I take regular vacations each year with at least one with no business connection or work.
- I create fun for myself and others.
- I belong to clubs, societies and associations that fit my interest.
- I unplug and disconnect at least 24 hours once a month.
- I attend cultural events (concerts, museums, theatre etc.) at least once a month.
- I live life to the fullest every day and easily take delight in the littlest things.
- I regularly participate in activities that renew and interest me.
- I have several hobbies I enjoy and do them at least twice a week.
- I take time every day to daydream.
- I have designed and am living the perfect lifestyle for me right now.



What would make this feel like a 5-star destination?

Day Two

Love/Romance Port of Call

Write down everything you like and is working for you that you want to keep

Finance Port of Call

Write down everything you like and is working for you that you want to keep

Personal Empowerment/Growth Port of Call

Write down everything you like and is working for you that you want to keep

Ultimate Self-Care Port of Call

Write down everything you like and is working for you that you want to keep

Physical Environment Port of Call

Write down everything you like and is working for you that you want to keep

Port of Call of Fun & Recreation

Write down everything you like and is working for you that you want to keep

Day Three

Love/Romance Port of Call

Write down what you "have but don't want" and turn into positive phrases.

Don't want	Positive Phrase

Finance Port of Call

Write down what you "have but don't want" and turn into positive phrases.

Don't want	Positive Phrase

Business Port of Call

Write down what you "have but don't want" and turn into positive phrases.

Don't want	Positive Phrase

Spiritual Port of Call

Write down what you "have but don't want" and turn into positive phrases.

Don't want	Positive Phrase

Health & Wellness Port of Call

Write down what you "have but don't want" and turn into positive phrases.

Don't want	Positive Phrase

Friends and Family Port of Call

Write down what you "have but don't want" and turn into positive phrases.

Don't want	Positive Phrase

Personal Empowerment/Growth Port of Call

Write down what you "have but don't want" and turn into positive phrases.

Don't want	Positive Phrase

Ultimate Self-Care Port of Call

Write down what you "have but don't want" and turn into positive phrases.

Don't want	Positive Phrase

Physical Environment Port of Call

Write down what you "have but don't want" and turn into positive phrases.

Don't want	Positive Phrase

Port of Call of Fun & Recreation

Write down what you "have but don't want" and turn into positive phrases.

Don't want	Positive Phrase

Over the Top: Monthly Income _____

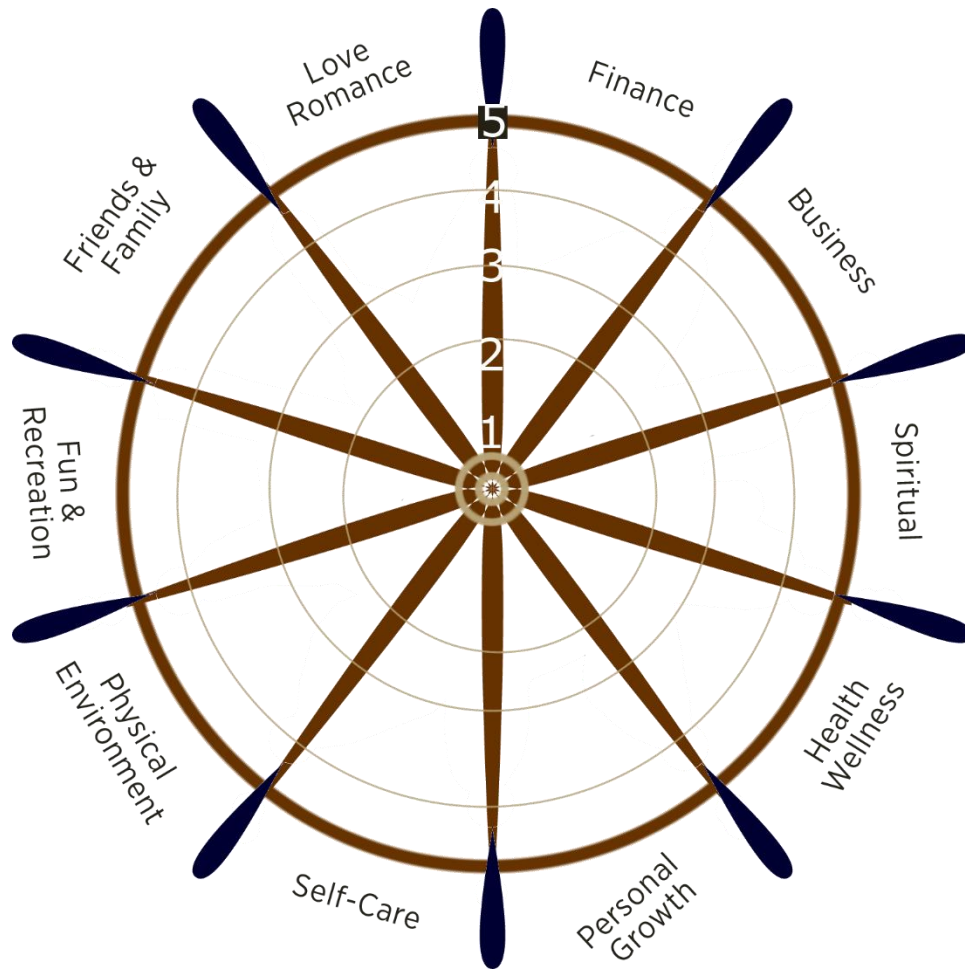
Horizontal lines for writing monthly income data.

Super Abundance: Monthly income _____

Horizontal lines for writing monthly income data.

Your Captain's Wheel

Letting heart-felt dreams steer your life.



Next, draw a line across each segment that represents your star rating for each area.

- The center of the wheel is 0 and the outer edge is 5
- Now draw a line and write the score alongside (see example to left for Love and Finance)

Empowering Supportive Beliefs

What limiting beliefs hold you back? Start paying attention to resistance, negative self-talk, and doubt as you do the Chart Your Destiny exercises. Even throughout your day, pay attention to the stories you tell yourself.

On the left side right the limiting belief. On the right side write down a more empower, positive, supporting belief to replace it. When you finish, cross out the limiting belief. Put a line right through it.

Limiting Belief	Empower Positive Statement

Limiting Belief	Empower Positive Statement

Limiting Belief	Empower Positive Statement

Focus on Feeling Good

Gratitude List

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Gratitude List

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Gratitude List

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Gratitude List

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Your Vision Journal

*use this section of record thoughts, ideas, inspiration, quotes, vision
boarding etc.*

Doodles

Doodles

Doodles

Doodles

Doodles

Vision

Vision

Vision

Vision