

MAPPING THE TRAITS

UNDERSTANDING YOUR PERSONAL METAPHYSICAL GPS...

QUESTIONS TO ASK AND ANSWER ABOUT YOU. BE AS DETAILED AS POSSIBLE.

- **THINK ABOUT WHAT YOU ARE ALREADY AWARE OF WHEN IT COMES TO YOUR NATURAL INNATE GIFTS AND WRITE DOWN AS MANY AS YOU CAN THINK OF. DON'T WORRY ABOUT YOUR EGO BLOWING UP; BE AS NON-BIASED AS POSSIBLE AND TUNE INTO WHAT YOU'RE AWARE OF.**

- **THINK ABOUT WHAT YOU KNOW REGARDING YOUR NATURAL WEAKNESSES AND WRITE AS MANY DOWN AS YOU CAN THINK OF WITHOUT JUDGMENT.**

- **THINK ABOUT THE GIFTS OR QUALITIES THAT YOU ADMIRE ABOUT OTHERS AND SECRETLY WISHED YOU COULD BE LIKE THEM. IF YOU KNOW THEIR NAME, PUT THAT DOWN. THEY REPRESENT AN ARCHETYPAL ENERGY.**

- **THINK ABOUT WHAT YOU FIND YOU ARE CONSISTENTLY ATTRACTED TO IN OTHERS AND WRITE THESE QUALITIES DOWN. TRY NOT TO FILTER ANYTHING, LIST THE THINGS YOU JUDGE AS GOOD AND HEALTHY AND THOSE YOU JUDGE AS UNHEALTHY QUALITIES ABOUT THOSE YOU FIND YOURSELF ATTRACTED TO.**

- * **IF THERE WERE ABSOLUTELY NO RESTRICTIONS OR EXCUSES WHAT-SO-EVER AND YOU KNEW THAT NO ONE COULD OR WOULD EVER TELL YOU "NO" OR THAT IT COULDN'T BE DONE OR THAT YOU WEREN'T SMART ENOUGH, TALENTED ENOUGH OR GOOD LOOKING ENOUGH. THAT NO ONE SAID THAT YOU BETTER BE CAREFUL OF WHAT YOU WISH FOR OR PLANT ANY SEED OF DOUBT IN YOU. THAT YOU COULDN'T USE MONEY, RESPONSIBILITY, TIME OR BEING TOO YOUNG OR OLD AS AN EXCUSE... SINK DEEP INTO THIS...DEFINE VERY CLEARLY WHAT IS YOUR HEART'S DESIRE OR GREATEST DREAM OF WHAT YOU WOULD LIKE TO ACCOMPLISH IN THIS LIFETIME. DO THIS IN THE REALM OF RELATIONSHIPS, HEALTH, WEALTH AND CAREER IF YOU HAD NO EXCUSES? WRITE IT ALL OUT.**