

# Your Current Life Map

The first stage of deep, permanent transformation, it's important that the key drivers of your unconscious and subconscious programming are identified. In subsequent sessions, we will begin permanently dissolving the biggest issues that are blocking the success in all areas of your life.

Once the causes have been addressed, the next stage is to engineer your Future Life Blueprint.

For the purposes of this exercise, please follow these instructions as best as you can.

- A. Divide your age into four equal stages. For example, if you are 36, then each phase will be 9 years.
- B. Write down the key positive and negative milestones that took place during each phase. These milestones were experiences that have left a lasting impression on you. Please note that they can occasionally be experiences that you vaguely remember.
- C. Write each milestone as a bullet point.

Here's a brief example for me for my first phase:

1. At 4½ years of age, I waved goodbye to my grandparents as my mum and my baby sister were leaving for England. I was distraught at leaving them.
2. At 5, my dad takes me to infant school. All I can see is closed rooms and high walls. It felt like I was being taken to prison.
3. I'm picked on by some of the boys from the time I start until 7. Then, I become best friends with Roger, the biggest boy in our year group. Nobody ever bullies me again.

I've kept my examples relative mundane as I don't want to plant harrowing experiences into your mind! Do this exercise in the table on the next page. Aim to have one full page of experiences. If you have any questions, make sure you phone me or text me. Your full engagement in this exercise **will** have a massive impact on your transformation in the next few sessions.

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Stage 1. Age range from 0 to	Stage 2. Age range from
Stage 3. Age range from	Stage 4. Age range from

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