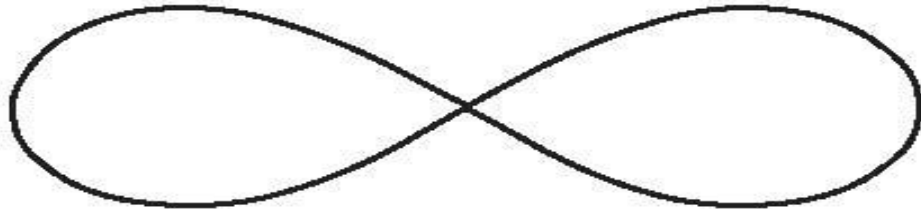


*Creating  
Your  
Own  
Map*



# *Creating Your Map*

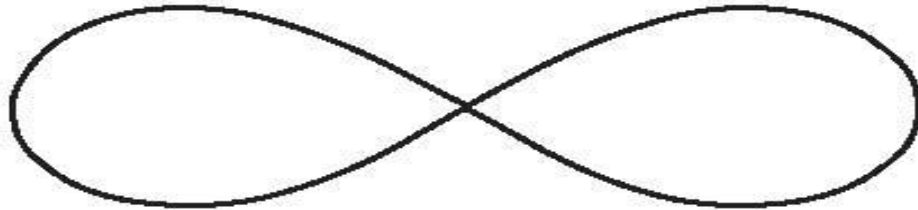
**Draw An Infinity Loop**



# *Creating Your Map*

- Draw A Box Above It
- Write Name of Situation Where Dilemma Lives

**The Situation**



# *The Lay Of The Land*

- In My Example Using:

- Context:

- Needs Of Professional & Personal Life



- Core Dilemma:

- Self vs. Other

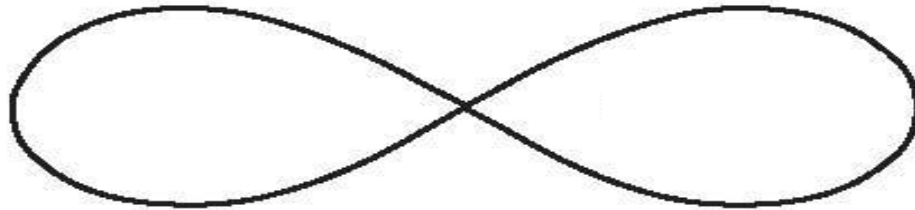




# *The Lay Of The Land*

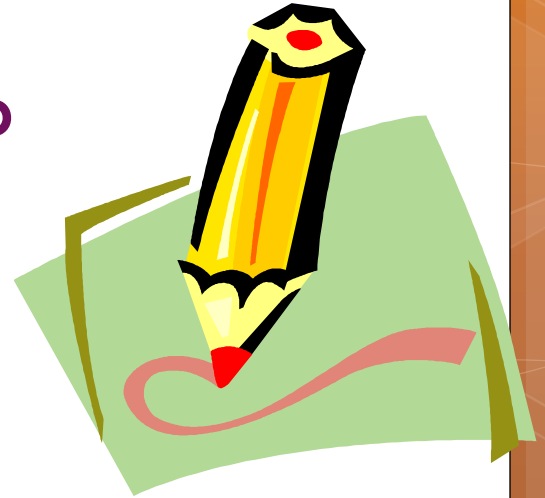


**Needs of Professional and Personal Life**



## *Creating Your Map*

- **Choose Loop To Hold Preferred Opposite**
- **Write Name INSIDE The Chosen Loop**
- **Write Name Of Remaining Opposite INSIDE Remaining Loop**

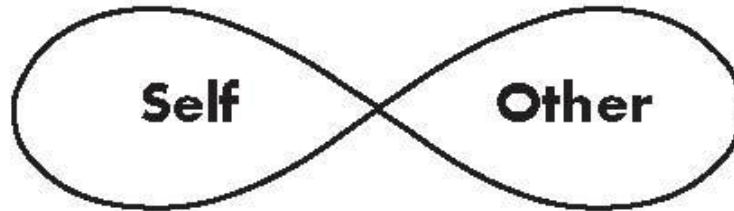




# *Creating Your Map*



**Needs of Professional and Personal Life**



# *Check - Are Opposites An IPP?*

- Do they use each other to define themselves?

YES



- If you remove one permanently does your problem go away?

NO



- Then It's An IPP





# *Creating Your Map*

- Fill in quadrant ABOVE preferred pole



- **STRENGTHS/BENEFITS** that come when focusing attention on this experience

# The Lay Of The Land



## Needs of Professional and Personal Life

### Strengths

### Strengths

love, joy, happiness, fulfillment,  
success, connection, creativity,  
community, belonging, satisfaction,  
contribution, laughter, humor,  
a wider perspective, curiosity,  
amazement, diversity, wonder,  
challenge, pleasure, approval,  
appreciation, accomplishment

**Self**

**Other**

**Weaknesses**

**Weaknesses**

# *Creating Your Map*

- Fill in the quadrant **BELOW** preferred pole



- **WEAKNESSES** that come when focusing on this experience to the exclusion of its opposite.



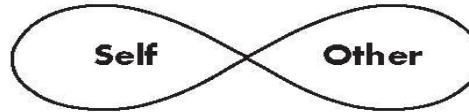
# The Lay Of The Land



## Needs of Professional and Personal Life

### Strengths

**Strengths**  
love, joy, happiness, fulfillment,  
success, connection, creativity,  
community, belonging, satisfaction,  
contribution, laughter, humor,  
a wider perspective, curiosity,  
amazement, diversity, wonder,  
challenge, pleasure, approval,  
appreciation, accomplishment



### Weaknesses

**Weaknesses**  
exhaustion, irritation, resentment,  
anger, pessimism, depression,  
despair, unhappiness, joylessness,  
apathy, frustration, hopelessness,  
doom, indifference, laziness,  
meaninglessness, purposelessness,  
feeling lost, abandonment,  
bitterness, hatefulness, harshness

# *Creating Your Map*

- **Fill in quadrant ABOVE opposite pole**
- **STRENGTHS/BENEFITS that come when focusing attention on this experience**





# The Lay Of The Land



## Needs of Professional and Personal Life

### Strengths

happiness, creativity, fulfillment, satisfaction, joy, meaning, purpose, sense of belonging, connection, optimism, drive, single-mindedness, vision, insight, motivation, self-acceptance, participation in life, gratitude, recognition, pleasure, time for reflection, awareness

### Strengths

love, joy, happiness, fulfillment, success, connection, creativity, community, belonging, satisfaction, contribution, laughter, humor, a wider perspective, curiosity, amazement, diversity, wonder, challenge, pleasure, approval, appreciation, accomplishment

**Self**

**Other**

### Weaknesses

### Weaknesses

exhaustion, irritation, resentment, anger, pessimism, depression, despair, unhappiness, joylessness, apathy, frustration, hopelessness, doom, indifference, laziness, meaninglessness, purposelessness, feeling lost, abandonment, bitterness, hatefulness, harshness

## *Creating Your Map*

- Fill in quadrant **BELOW** non-preferred pole
- **WEAKNESSES** that come to you when focusing on this experience *to the exclusion of its opposite.*





# The Lay Of The Land



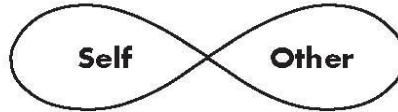
## Needs of Professional and Personal Life

### Strengths

happiness, creativity, fulfillment, satisfaction, joy, meaning, purpose, sense of belonging, connection, optimism, drive, single-mindedness, vision, insight, motivation, self-acceptance, participation in life, gratitude, recognition, pleasure, time for reflection, awareness

### Strengths

love, joy, happiness, fulfillment, success, connection, creativity, community, belonging, satisfaction, contribution, laughter, humor, a wider perspective, curiosity, amazement, diversity, wonder, challenge, pleasure, approval, appreciation, accomplishment



### Weaknesses

guilt, selfishness, hell, isolation, greed, huge ego, narcissism, self-importance, self-indulgence, arrogance, cockiness, egotism, haughtiness, being too big for your britches, pride, overconfidence, being a bad person, ugliness, cruelty, unkindness, unfriendliness

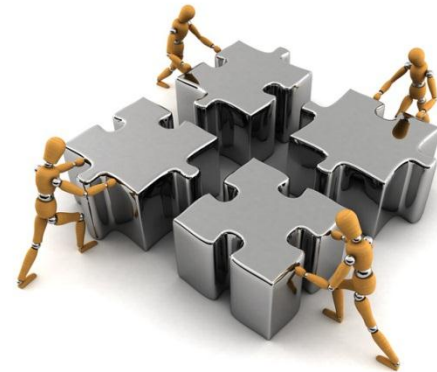
### Weaknesses

exhaustion, irritation, resentment, anger, pessimism, depression, despair, unhappiness, joylessness, apathy, frustration, hopelessness, doom, indifference, laziness, meaninglessness, purposelessness, feeling lost, abandonment, bitterness, hatefulness, harshness



# *Your Completed Map*

- **Out Of Your Head & On Paper In Front Of You**
  - **The Situation Where The Problem Is Living**
  - **The Core IPP Causing The Dilemma**
  - **The Strengths & Weaknesses of Each Pole**



# Homework

- Sketch Out  
The Steps  
To Create Map  
Of Your Own Unresolvable  
Dilemma



*See You In The Next Video*

*Much love,  
Ragini*