



3 SKIPS
and a JUMP

to Becoming a
Woman of Influence

Tammy Hotsenpiller

FOREWORD

Once you start reading this book, it will take you on a journey to clean up your heart. Setting a pattern to get rid of negative thought processes is so freeing, and that is exactly what you are going to find here. It is a clear and detailed path to find your way to wholeness.

Tammy's engaging style and her heart to explain negative emotions that hit us all is huge. Her stories intertwined with practical advice resonate and reveal what is holding you back from being the Woman of Influence God has created you to be. Once these emotional roadblocks are unearthed and revealed, she provides practical answers on how to create a whole new way of thinking and looking at your life. Tammy takes you down the road to liberty, showing you how to plough through obstacles swiftly and surely. Enjoy and savor each chapter in this life-changing guide, knowing that a journey of a thousand miles begins with one step. If you are looking for emotional freedom, you have come to the right place.

Mary Hudson
Arise International

Some names and identifying details have been changed to protect the privacy of individuals.

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ENDORSEMENTS

Tammy Hotsenpiller is truly a Woman of Influence. Having personally worked with her on the California Women's Conference, I know her commitment to see women equipped and empowered to become all they were created to be. Tammy's gift as a Life Coach has impacted lives around the world. *3 Skips and a Jump* will take you where you desire to be!

Michelle Patterson

President of the California Women's Conference and CEO of Women Network

Tammy Hotsenpiller is creative, passionate, energetic, and highly motivational. Her workshops on life balance and on professional and personal development are truly inspiring and life changing! She is truly a Woman of Influence.

Christine Sakdalan

Vice President, Diabetes Marketing, Patient Centric Strategy and Solutions

This book is absolutely revelational. I learned about the power of putting away all excuses so I could jump into my destiny. Tammy has stories to draw from and has the ability to speak to women from all walks of life. When I read this book, I felt like it was written just for me. You will be a powerful, influential, confident woman when you are finished with this life-changing book.

Kristen Dalton

2009 Miss USA, Founder & Writer, SheIsMore.com

It's difficult to put into words the incredible impact Tammy has had on my life. The most crucial lesson I have learned from Tammy is the importance of incorporating balance and rest into my daily life—a woman who is run ragged is of little help to anyone. However, a balanced, rested woman, who functions from a place of peace, rather than a place of chaos, can truly help and influence many.

Ashley Allen

Wife, Mother, Producer (The Bachelor, Hell's Kitchen, America's Got Talent)

Tammy Hotsenpiller is one of the strongest and most inspirational women I've ever known. She practices what she preaches.

Caitlin Crosby
Singer, Songwriter, & Actress

Tammy has sown so much into my life with personal mentorship, life coaching, and friendship. The wisdom, honor, respect, and sacrifice that she pours into other people is beautiful. She has already changed the world, and I would read anything she writes and give it to everyone whom I cared about because if it makes us garner the wisdom to have the qualities that she has... then we are WINNING.

Heidi Tuttle
Director of Acquisitions, Truli Media Group
CASTING DIRECTOR (MTV, VH1, BET, CBS/Paramount, NBC, Bravo, Lifetime, & WB)

Tammy has been a coach, friend, and influence in my life, as well as a mom, wife, and leader in the lives of others. She has the insight and compassion to influence women to go to the next level—a healthy level. I hope, as women, we will let this book and Tammy's insight take us to the next level—physically, emotionally, and spiritually. As a relationship counselor and conference speaker, I would recommend you consider becoming an influence in your world.

Tina Konkin
Owner, Marriage & Help Centers, Orange County, CA

Tammy's ability to coach and encourage is truly a gift from God. She has encouraged me through the years to not only follow my dreams but also to dream bigger. Through wisdom and experience she inspires women to rise up into their true identity and to be all that they are created to be! I know this book will encourage women and change lives across the nations.

Virginia Morse Kramer
Model & Speaker

Tammy has been more than a life coach to me. She has stretched me in ways I never thought were possible. I never could have been confident enough to use the gifts God gave me or become an inspiration to others without the coaching and cheering on from Tammy. I can honestly say I would not be the woman that I am becoming if I hadn't met Tammy Hotsenpiller.

Kim Vinson
Owner CEO Kimmie's Coffee Cup
Voted Best Breakfast Restaurant in Orange County, CA

Tammy is a spiritual warrior with the heart of a mother, the wisdom of a sage, and the loving ear of your best friend. She is driven by a consuming passion to build up the spiritual, mental, and emotional health of the next generation, and she does so with enthusiasm, compassion, whimsy, and grace. Savor these words: They are from a new mentor who wants to see you thrive!

Allison Trowbridge
President, Copper Pictures
Partner, Just Business

There are only two types of people in this world—those who are influenced by their surroundings, and those who influence the surrounding around them. In *3 Skips and a Jump*, Tammy Hotsenpiller puts a treasure chest of practical tools within our hands, coaching each reader into their fullest potential!

Christa Black Gifford
Author, speaker, multi-platinum selling songwriter

RECOGNIZE YOUR WORTH



worth (noun): quality that renders something desirable, useful, or valuable; quality that commands esteem or respect.

I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well. *Psalm 139:14 (NIV)*

I trust as you have processed through the first two sections of this book that you have made observations as well as taken steps to jump into your future. You have been taking strides down the path to becoming a Woman of Influence, and a Woman of Influence knows who she is and what she has to offer the world; she recognizes her worth.

Many women struggle with self-worth. It is easy in our culture to think there is something wrong with us. We constantly compare ourselves with one another, feeling like we never measure up. We accept poor treatment, stay in harmful relationships, and participate in destructive behavior because deep down, we do not see ourselves as desirable, useful, or valuable. A vital step of becoming a Woman of Influence is learning to love and respect yourself. You must find your value in Christ, the One who created you and knows every part of you, good and bad.

DISCOVER YOUR VALUE



I was attending a conference the first time I heard this story. The speaker asked, “Who would like to have a twenty-dollar bill?” Hands went up all over the auditorium. “Great,” he said, and then he proceeded to crumple it up a bit. He wadded up the bill and asked, “Now who still wants this twenty-dollar bill?” Once again hands went up all over the room. The speaker then

dropped the twenty-dollar bill on the ground and rubbed it into the floor with his shoe. He picked up the crumpled dirty bill. “Now who wants it?” Again hands went up all over the room.

The speaker looked into the crowd and said, “Ladies and gentlemen, you have each learned a valuable lesson today. No matter what I did to the bill, you still want it because its value hasn’t changed. Even though it is crumpled and dirty, it’s still worth twenty dollars. Although someone may have been misused and abused, he or she still has the same infinite worth. Every person is precious in God’s sight.”

This story came to mind when I first met Toni at a girls’ study at a university in my community. Toni was somewhat reluctant to come with her friends—she was afraid that once I got to know more about her, I would judge her. Her friends reassured her that she was safe with me, and Toni began showing up to the group.

The first time Toni came, she sat as far back as possible, ready to make a mad dash if necessary. The next time she came, she sat closer with the girls and even participated a bit in the conversation. I did not know Toni’s story, but I could tell right away that she had a wall of protection all around her. Week by week, she showed up to hear my coaching sessions on worth and integrity.

One Tuesday night after our study, Toni approached me with a question. Asking to meet with me privately was a big step for her, but God was touching her heart. As we sat and had coffee, Toni began to share her story with me: “I’m afraid if I tell you more about myself and what my job is, you might not like me.”

“That’s impossible! I already like you, and what you do for a living will never change whether I like you or not,” I assured her. Then I asked, “What is it, Toni? What are you afraid to tell me?”

Toni began to share about her childhood and how life had changed for her in high school. As a child she grew up in what appeared to be a happy home. Her parents both worked full time on opposite shifts. Her father worked mornings so that Toni’s mother could be home with her during the day, then her mother worked an evening shift so her father could be with her

at night. It seemed to all work great in Toni’s little eyes—it was her normal view of family life.

As Toni grew older she started to notice her mother and father did not do many things together. They did not go on family vacations, attend church, or share meals at the same time. But Toni thought that her family was just different from her friends.

Then one day in high school as Toni was getting ready to leave, she heard her parents arguing about what was best for her. “She is better off with me,” her father said. “No, she is not. I am her mother, and we are very close. It is only right for her to live with me.”

At first Toni could not believe her ears. *What are they talking about? Are they getting a divorce? Is this about me?* Toni’s thoughts were racing in her mind as she stormed out the door. Life changed in an instant that day, and Toni’s world would never look the same.

When her parents separated, Toni saw the divorce as betrayal, and she moved out of the house at seventeen, determined to make it on her own. Withdrawing from them both, she thought she would get even by becoming successful and showing her parents she did not need them.

Her desire to make it on her own was such a strong driving force that it didn’t matter how she achieved her goal. Once she got to college, she started looking for a job. A new friend in her dorm told her that the local bar was hiring dancers and that she could make a lot of money really fast.

Initially, Toni thought she could never do that. But then little by little she thought about how she really needed the money and this might be a good way to get ahead. Toni’s heart had grown numb, and she reasoned that she would only be doing this to get through college. Once she graduated she would be able to get a really great job and move past this nightmare.

What she did not expect was to be challenged by her own conscience. As she listened week after week to the coaching sessions on worth and value, her heart began to soften.

“So that’s it...I make money using my body,” she finished. “That’s what I do. That is how I get through college. That is how I pay my bills. Now you know. See, it’s bad... I told you that you would not like me.”

I looked right into her eyes and said, “First of all, I still like you very much...but the real issue here is, it doesn’t matter how much I like you; it only matters how much you like yourself.”

She paused and looked up at me and said, “What does that even mean?”

“It means I am not the one who matters. Your worth and dignity is something that comes from God and dwells deep inside you, and once you understand that, you will only do and say the things that bring you value.”

Our coffee time together lasted much longer than I had planned, yet the time flew by as my heart became tethered to hers. I was moved with both compassion and sorrow—compassion for all she had been through, and sorrow for how she felt judged by the world. I agreed to meet with Toni on a weekly basis to help her understand her worth and integrity.

We worked on fundamental concepts of value, starting with the fact that we are created in God’s image (Genesis 1:27), and that God creates who we are on the inside and the outside (Psalm 139:13-17, see below). God does not create mistakes. He knows all of our weaknesses and strengths, just like a potter knows every imperfection and curve in his bowls and vases.

In time, Toni changed jobs, making more money as a waitress than she did in the club. But the best part was she came to discover her value through God’s eyes. She memorized and meditated upon Scripture that was uplifting and edifying, and she is now embracing the love of her Heavenly Father.

BELIEVE GOD’S OPINION

Most women who struggle with self-worth just haven’t taken the time to get to know who they truly are or how God sees them. Many of us allow others’ opinions to shape our self-worth; we do not feel secure unless someone else is telling us we are beautiful, smart, funny, or competent. If we lose that reinforcement from those around us, we will seek it wherever and however we can find it: an insecure person goes on shopping sprees, begins affairs, becomes a workaholic, accepts abuse, and so on. However, a Woman of Influence recognizes that her value doesn’t come from any single person; her worth is foremost in God’s eyes, and His opinion is the only one that truly counts. She has been bought with the price of Christ. She recites truths like:

- I am worth more than money.
- I am worth more than abuse.
- I am worth more than laziness.
- I am worth more than fear.
- I am worth more than excuses.
- I am worth more than past mistakes.
- I am worth the love of a Savior.

In her book *God Loves Ugly*, my friend Christa Black Gifford shares her battles with self-hatred and insecurity. She fought eating disorders, depression, and addiction in her search for self-worth, and understanding her worth in God’s sight was not a belief that came easily.

A Woman of Influence recognizes that *her value* doesn’t come from any single person; *her worth* is foremost in God’s eyes, and His opinion is the only one that *truly counts*.

Like too many young girls today, Christa experienced sexual abuse as a child. Those memories translated into feelings of unworthiness and shame that she could not explain. A mentality of brokenness led to more unhealthy thoughts and behaviors, which in turn left Christa lost and alone. Looking in the mirror only reminded her how of how ugly she felt each day. Christa looked for happiness in all the wrong places and through all the wrong people.

Over her senior spring break in high school, Christa’s parents made her attend a church service. She sat unmoved and defiant through the worship service, but then something unexpected began to happen that changed her life forever. A woman began playing the violin, an instrument that Christa had been playing since she was three years old. Somehow the melody of that song began to soften her rebellious heart. That night, Christa released her resentment and anger, and received the overpowering love of an almighty God who knows her better than she knows herself.

Christa chose to accept the peace of God and the unconditional love He gives. She opened her heart to His opinion of her as His beautiful daughter, and He took away the guilt and shame that she carried.

I have seen firsthand the impact Christa's story has had on countless women. She has been able to reach out to broken women and not only speak to them, but also write beautiful songs of love and encouragement.

In Psalm 139, David speaks of our worth and value to God, describing how intimately God knows us. Read this beautiful psalm that portrays the depth to which God loves each one of us:

You have searched me, Lord, and you know me. You know when I sit and when I rise; you perceive my thoughts from afar. You discern my going out and my lying down; you are familiar with all my ways. Before a word is on my tongue you, Lord, know it completely. You hem me in behind and before, and you lay your hand upon me. Such knowledge is too wonderful for me, too lofty for me to attain. Where can I go from your Spirit? Where can I flee from your presence? If I go up to the heavens, you are there; if I make my bed in the depths, you are there. If I rise on the wings of the dawn, if I settle on the far side of the sea, even there your hand will guide me, your right hand will hold me fast. If I say, "Surely the darkness will hide me and the light become night around me," even the darkness will not be dark to you; the night will shine like the day, for darkness is as light to you. For you created my inmost being; you knit me together in my mother's womb. I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well. My frame was not hidden from you when I was made in the secret place, when I was woven together in the depths of the earth. Your eyes saw my unformed body; all the days ordained for me were written in your book before one of them came to be. How precious to me are your thoughts, God! How vast is the sum of them! Were I to count them, they would outnumber the grains of sand—when I awake, I am still with you. ...Search me, God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting.

(Psalm 139:1-18, 23-24, NIV)

KEYS TO FINDING YOUR WORTH

The struggle for self-worth is an ongoing battle for many of us. However, the following steps will direct your focus when you feel unworthy and insecure.

Believe the God of the Universe Loves You

I often hear people say "God is too busy for my little stuff; I'll just save the BIG stuff for Him." The problem with this philosophy is God doesn't have a scale for stuff. He moves the Universe the same way he moves a pen... Effortlessly. This is the same way He approaches loving you. There is nothing you must do to receive His love or anything you can do to lose His love. It's endless and forever. All you need to do is accept the fact that the God who created the universe is the same God who created you, and He loves His handiwork. Until you embrace His "Open Arms" policy, you will never truly understand the love of the Father.

Believe You Have Something to Offer

I love watching people's lives change as they begin to understand their worth in this world. For some reason most of us have to be encouraged, coached, or convinced that we have something to offer others. We minimize our importance, worth, and purpose in this life, but the truth is that what you have to offer others is YOU. I love the simple messages from God. We come into this world with nothing and we leave the same way. It is not what we acquire that makes a difference in the lives of others. It's what we give away that changes the world. That gift is you.

Stop Looking Elsewhere

Our human nature tries to validate our worth through achievements and relationships. We search for approval and admiration by getting job promotions, earning credentials, or making social connections. While these pursuits are not necessarily wrong, they do not elevate your worth one degree. The Bible tells us our worth is found through Christ alone. God values your life so much that He gave His son for you. You are a child of the King of Kings; therefore, you are crowned with royalty. The seed of worth was planted in you at birth. Water it with faith and confidence and see it grow into a life full of purpose and meaning.

Stay Focused on the Truth

You can know something in your mind, yet your emotions can throw you under the bus. I may agree with someone that I have worth and purpose, and then in a matter of moments have feelings of low self-esteem and insecurity. The only way to battle negative feelings is to stay focused on the truth. Write out Bible verses that remind you of your worth and put them in prominent places—on the bathroom or bedroom mirror, next to the computer, on the dashboard of your car.

LIFE MAP ASSESSMENT

As a Life Coach, I have seen many things that have the potential to cripple our vision, passion, and ability, and that prevent us from moving forward into becoming Women of Influence. With almost all of my clients I use the Life Map Assessment to start them on the journey of self-discovery. I am introducing it in this chapter because I see it as a powerful tool for you to begin understanding your worth and value, and it will be a meaningful tool for examining your identity and destiny as you move forward as well.

What is a Life Map?

The goal of a Life Map is to meet and love yourself. A Life Map provides a visual model of your life experience. Each of us is unique. We all experience life in a different way, and that is what makes us who we are today and who we are on the way to becoming. The Life Map allows you to take those experiences and, for the first time, put them in a form where you can see yourself at a glance.

A Life Map will enable you to understand your unique operating style. Do you ever wonder what drives your decision-making process or why you respond to things differently than a friend or family member might? Your Life Map will provide insight into your unique drivers and how to use these to achieve your goals. You can stop questioning, “Why do I do that?” in a negative way, and instead gain empowerment to use your unique operating style to move yourself forward.

A Life Map will assist you in the discovery of your encoded thread of passion—what you really love to do! Your unique experience and your unique operating style come together in this visual model to empower you to use your unique passions to live the life you truly want to live.

The First Stage

Before we begin the mapping process, we’re going to start by going down memory lane. Focus on remembering as much as possible of the different stages of your life. The highlights of this information will go into your Life Map.

The following pages contain sets of questions. Try to answer as many as relate to you. These are prompts to help you tell your story in your own way. Don’t worry about grammar or spelling, just put down whatever you can remember. For some of the questions relating to your earlier years, you may need to talk to someone who knew you then, like a parent or other close relative. Remember, there are no wrong answers to these questions—there are only *your* answers.

At times this assessment may be difficult. We all have positive and negative memories, and all of those contribute to who we are. Be okay with going back into difficult times. These are as much a part of us as the good times.

Also, take your time. The more you put into this exercise, the more you will get out of it in the end. Put thought and detail into your responses and try to think about why you felt or acted the way you did at the time the events happened. This is who you are. This is how you uncover the things that are unique about you and make you stand out from everyone else.

“There is no greater agony
than *bearing an untold story*
inside you.”

Maya Angelou

Where did you grow up?

Describe your home. What was your favorite part of the home?
What part did you like the least?

Did you have pets? If so, what kind?

“Find out who you are and do it on purpose.”

Dolly Parton

What was your favorite thing to do as a small child?

Were you shy as a child or were you outgoing?

What is the best thing you remember about your childhood?

“One that would have the fruit must climb the tree.”

Thomas Fuller

Were there any painful times in your childhood?

Who did you look up to as a child?

What was your first day of school like?

“You must do the thing you think you cannot do.”

Eleanor Roosevelt

Describe your best friend in elementary school.

What was your favorite thing about elementary school?

What did you like the least about elementary school?

“Cast all your anxiety on Him because He cares for you.”

1 Peter 5:7 (NIV)

Describe your bedroom. How did you decorate it?

What were your favorite activities growing up?

Who did you look up to as you grow older?

*“You must have control of the authorship of your own destiny.
The pen that writes your life story must be held in your own hand.”*

Irene C. Kassorla

Did you live in one place growing up or did you move around?

Did you have any hobbies as a child?

Were there any other significant things about your childhood that stand out to you?

*“Learn to...be what you are and learn to resign with a good grace
all that you are not.”*

Henri Frederic Amiel

Describe your junior high or high school experience.

What were your favorite things about junior high/high school?

What were your least favorite things about junior high/high school?

“He who trims himself to suit everyone will soon whittle himself away.”

Raymond Hull

What activities were you involved in?

What were your favorite subjects?

What were your least favorite subjects?

“You were born an original. Don’t die a copy.”

John Mason

Who was your best friend in your teens?

What were your hobbies as a teen?

Who did you look up to as a teen?

“Sometimes when I consider what tremendous consequences come from little things, I am tempted to think there are no little things.”

Bruce Barton

How did you relate to your family as a teen?

Are there any other significant things about your teenage years that stand out to you?

Did you go to college? If so, where?

“Forgiveness means letting go of a hurtful situation and moving on with your own happiness.”

Amanda Ford

What subject did you major in?

Did you join a fraternity or sorority?

If you didn't go to college, what did you do after high school?

“Be willing to be a beginner every single morning.”
Meister Eckhart

Did you stay close to home after high school or did you move a distance away?

What attracted you to the path you chose after high school?

Who did you look up to at this time of your life?

“When one door closes, another opens; but we often look so long and so regretfully upon the closed door that we do not see the one which has opened for us.”
Alexander Graham Bell

Who was your best friend at this time?

What are your favorite memories of this time?

What are your least favorite memories of this time?

*“The wise man must remember that while he is a descendant of the past,
he is a parent of the future.”*

Herbert Spencer

What have you done since college?

What do you like the most about what you do now?

What do you like the least about what you do now?

*“Changes are not only possible and predictable, but to deny them is to
be an accomplice to one’s own necessary vegetation.”*

Gail Sheehy

If you could do anything and get paid for it, what would it be?

Who are the significant people in your life now?

Who are you closest to in your family?

*“Here is the test to find whether your mission on Earth is finished:
If you’re alive, it isn’t.”*

Richard Bach

What is your favorite thing about your home?

What significant things have happened to you over the years since high school that have made an impact on you?

“Peace I leave with you; My peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.”

John 14:27 (NIV)

STEP 2

CREATE AN OUTLINE FOR EACH STAGE:

Answer the following five questions for each life stage:

What were the high points?

What were the happy times, the times that you look back on fondly?

These are the times that you would relive if you could.

EARLY YEARS:

PREPARATION YEARS:

FORMATION YEARS:

CLARIFICATION YEARS:

What were the low points?

These are the painful times. This could be a time of personal pain or a time when family or friends faced adversity.

EARLY YEARS:

PREPARATION YEARS:

FORMATION YEARS:

CLARIFICATION YEARS:

What were the bridges or tunnels that enabled you to cross a barrier?

What enabled you to get through a difficult time? This can be a place, an activity, or an attitude that you used to enable you to deal with adversity. It may be healthy and positive or unhealthy and negative.

EARLY YEARS:

PREPARATION YEARS:

FORMATION YEARS:

CLARIFICATION YEARS:

What were the centers of energy?

These are places or activities that recharge you or focus you and drive you forward. Many people find energy in solitude. Others may find energy interacting with others.

EARLY YEARS:

PREPARATION YEARS:

FORMATION YEARS:

CLARIFICATION YEARS:

Who were your heroes?

Who were the people you looked up to? They may be people in your life, people in the news, historical figures, or even fictional characters. Typically, we are attracted to people who are like us. By examining the people that we look up to we can learn more about ourselves.

EARLY YEARS:

PREPARATION YEARS:

FORMATION YEARS:

CLARIFICATION YEARS:

STEP 3

RATE YOUR EXPERIENCES

Rate the positive or negative impact of each experience on a scale of -10 to +10. A +10 rating would be for the happiest and most energizing experiences. A -10 rating would be for the most painful experiences. Place your ratings in the margin next to each entry.

STEP 4

PLOT THE POINTS

Now transfer the information from your answers onto the Life Map. You can use the Map in the following pages, use your own paper to create a large Map, or download one at www.WomenofInfluence.today. Some people plot the points of events across the years and connect them with a line. Others plot sections of their lives in a general range (+10 for the early years, for example) and then plot any points that relate to specific items that run through those ranges.

STEP 5

IDENTIFY KEY WORDS

Look for key words that describe the dominant themes in your Life Map. For example, three key words from the events in my Life Map are faith, fashion, and fitness. Add these in the space provided on the Map. When we're done with the Life Map, you're going to be able to see your life based on a few words, and I'm going to ask you to articulate or define or explain yourself in three to four words.

USE THIS ADDITIONAL SPACE FOR ANY NOTES
OR THOUGHTS YOU HAVE DURING THIS EXERCISE.

LIFE MAP

EARLY YEARS

PREPARATION YEARS

FORMATION YEARS

CLARIFICATION YEARS

+10

+5

-5

-10



www.WomanofInfluence.today

ANALYZING YOUR LIFE MAP

STEP 1:

PEAKS & VALLEYS

Note the dominant highs and lows throughout each of the four stages of your life. Compare the peaks then the valleys to answer the following questions:

EARLY YEARS:

What do the peaks have in common? The valleys?

How did you feel during those times?

What effect do they have on you today?

“How many cares one loses when one decides not to be something but to be someone.” Gabrielle “Coco” Chanel

PREPARATION YEARS:

What do the peaks have in common? The valleys?

How did you feel during those times?

What effect do they have on you today?

“Life is no brief candle to me. It is a sort of splendid torch which I have got hold of for the moment, and I want to make it burn as brightly as possible before handing it on to future generations.”

George Bernard Shaw

FORMATION YEARS:

What do the peaks have in common? The valleys?

How did you feel during those times?

What effect do they have on you today?

*“One day your life will flash before your eyes. Make sure it’s worth watching.”
Gerard Way*

CLARIFICATION YEARS:

What do the peaks have in common? The valleys?

How did you feel during those times?

What effect do they have on you today?

*“So many of our dreams at first seems impossible, then they seem improbable,
and then, when we summon the will, they soon become inevitable.”
Christopher Reeve*

STEP 2:

USING YOUR LIFE MAP, ANSWER THE FOLLOWING QUESTIONS.

When I think of the person who has made the strongest positive impact on my life, I believe he or she has had a powerful influence on me because:

The qualities of character I most admire in others are:

I am impressed by the following attitudes:

The three people whom I feel have accomplished the most with their lives are:

How have they accomplished this?

The three people whom I know that are the happiest are _____ because _____.

If I had unlimited resources I would:

The moments of greatest happiness and satisfaction come to me when:

The people who know me well tell me that my greatest strength is:

The one thing that brings me the greatest satisfaction is:

The three most admirable qualities of my life are:

My top three priorities in life are:

The thing about my personal life I am most proud of is:

STEP 3:

REHEARSE YOUR LIFE MAP

Share your Life Map with at least one other person—invite them to ask questions. We learn a lot through journaling and reviewing our own memories. However, we can learn even more when we tell our story to someone else. There may be things that we could dig deeper into. The probing questions of someone else can cause us to reevaluate things that we may have passed over when we worked through our journaling process. Additionally, someone who knew us when we were younger may have insight into our earlier lives that we may not remember.

“Your imagination is your preview of life’s coming attractions.”

Albert Einstein

Do you feel you know yourself better now? The Life Map Assessment is a way to learn who you really are and to understand that God has called you into being exactly who you are. Understanding your unique story and how it shapes who you are today is a key to setting your goals for the future. Only you can do the things that you will achieve—God has a purpose and a plan for you. Embrace this knowledge and embrace yourself! You are now empowered to move forward.