

How to create life maps

HOW TO CREATE LIFE MAPS

By

ROBIN ROBERTS

Copyright © 2015

How to create life maps

FOREWORD

As you read this book you will:

Learn how to create Life, Relationship, and Self Maps.

Discover any roadblocks in your way.

Learn how to work towards creating solutions.

Join me and rediscover the person you were born to be.

How to create life maps

TABLE OF CONTENTS

Foreword

Table of Contents

Life Clutter

Self Maps

Relationship Maps

Life Maps

Roadblocks

Solutions

Manifestation

Things to Ponder

About the Author

Other Books by Robin Roberts

How to create life maps

LIFE CLUTTER

Before you begin any life journey, the very first thing you should do is have a spiritual spring clean. This helps make room for new ideas, people, and new beginnings.

So what surrounds you? What do you walk through every day? What do you think about? What people walk through your life and touch it? What activities take up your time?

We often walk through life gathering stuff, beliefs, people, dreams, goals, hobbies, passions, commitments, and responsibilities, but rarely do we stop and look at what surrounds us.

It is like living in a house for 30 years and, all of a sudden, you have to move to another city, so you start going through the rooms, looking at the 'stuff' you have collected.

In order to grow into an authentic life of abundance, we need to move our spiritual house every now and then. Have a garage sale; throw out any outdated beliefs that no longer suit us and replace them with new ones. We need to unpack the emotional baggage and sort through it. It's hard work, but you do not want it tied to you everywhere you go.

What moving house has taught me is that the lighter the load you carry, the easier it is to get to where you are going.

You can't have new beginnings if you are tied to the past. You can't have new beginnings if you are still tied to people in your past. Think about it...

Sometimes people fill their lives up simply to be busy and not think at all! Sometimes they fill their lives up so they don't feel so lonely. Sometimes they bring stuff into their lives to feel important. Sometimes they don't even know why they are doing the things they are doing!

Don't be a hoarder of either emotional or physical stuff. Look at your life as an outsider would and decide, based on who you want to be and where you want to be, whether you truly need what surrounds you!

SELF MAPS

Self maps are important because they show us what skills we do have and which ones we don't have, in very black-and-white terms.

But more importantly, they also give us the opportunity to weed out all the beliefs we hold about ourselves which no longer serve our highest good, or have never served it. They allow us to replace these beliefs with self-affirming ones in the form of affirmations.

Exercise: Create a set of affirmations to apply to your daily life.

Who am I?

Affirmation: I am a child of the world, deserving of love.

What do I want my world to be or look like?

I flow through life knowing all my needs will be met.

What will my relationships be like?

I am honest and clear in all communications.

Write down one negative assumption you have about yourself and change it into a positive affirmation.

I know I am not that beautiful.

Affirmation: My beauty shines from within.

HOW TO BUILD A SELF-MAP

Put a picture of yourself in the middle of a blank page.

Put the beliefs you hold about yourself in circles around your 'self'. Write whatever comes to you.



I don't like confrontation, or

I am a good communicator, or

I am not very attractive, or

I am not very assertive.

Then, once you have filled the page, go back over what you have written and ask:

Does this belief serve my highest good? Does it affirm my greatness?

Is this belief helping me create what I want in my life? Does this belief align with the direction I want to go?

In a different-coloured pen or marker, rewrite the negative beliefs into affirmations.

For example: I am not very attractive becomes: I find loveliness in myself and others, an inner beauty unique and cherished.

For example: I am not very assertive becomes: Single-minded yet flexible, I keep on moving with love and purpose towards my destination!



Write down a list of life skills you would like to develop and ways you might do so.

Assertiveness ~ Learn how to have healthy boundaries.

Confrontation ~ Learn conflict-resolution skills.

Self-Love ~ Do something nurturing for myself each day.

Good Communicator ~ Build on that by joining a speakers' group or volunteering with people.

Everybody needs to fill up their toolbox and be prepared before they start their journey.

It's a good idea to throw out those beliefs which no longer serve you because they just add to the life clutter around you.

RELATIONSHIP MAPS

We are, by nature, social creatures, and relationships are what give our lives meaning and purpose. But they can also become anchors which keep us where we are.

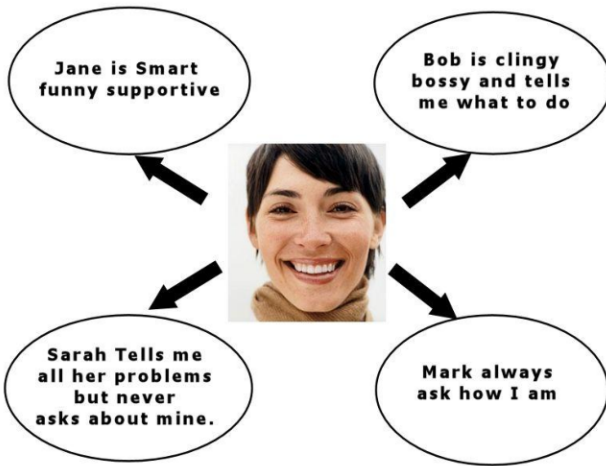
We need to understand our relationships with others: whether they fit in with who we are and where we want to be; whether they feed our spirit or take from it; whether the relationships are growing or whether they are static.

When we start to understand our relationships with others, we begin to have a better understanding of ourselves.

We can also begin to see patterns of behaviour, and this helps us create stronger relationships in the future.

Draw the people who are in your life around your 'self'.

Write down the words you would associate with these people without overthinking them.



Jane is smart, funny, and supportive.

Bob is clingy, bossy, and tells me what to do.

Sarah tells me all her problems but never asks about mine. She gossips and asks for money.

Mark always asks how I am and never has a bad word to say about anyone.

Now, next to each person, acknowledge your own contribution to the relationship.

I consider Jane my best friend. I ring her often.

I listen to Sarah gossip and never speak up.

I don't ask Mark how he is going often enough.

I don't have good boundaries in place with Bob.

So now you have some idea of the people you surround yourself with, and next you have to ask a few questions.

Have I outgrown this relationship, and do I honour both of us by not letting go?

Am I willing to put in the time and energy this relationship requires?

Is this relationship one which supports and nurtures me or is it one which is toxic and unhealthy?

What do I need to own, and what aren't I doing to help this relationship grow? Am I being supportive and the same kind of person I expect others to be? Am I walking my talk?

What does this person bring to my life and does it fit with who I am and what I want for my life?

Then, when you have answered all of these questions, you have to decide...

Am I going to honour the other person by speaking my truth? And am I, in a nonjudgmental

way, going to explain how their behaviour affects me?

And am I courageous enough to hear what they may say about my behaviour and how it affects them?

Am I going to spend more or less time with this person?

Am I going to cut ties or build bridges?

There are three choices:

End the relationship.

Rebuild the relationship.

Leave things as they are.

TOXIC RELATIONSHIPS

Toxic people have a number of characteristics.

** Usually they don't have healthy boundaries or any boundaries.*

**** They tend to play the martyr, the victim, or the rescuer.***

**** Their good deeds are designed to boost their ego, not really help anyone.***

** They are very manipulative and tend to believe their own lies and stories.*

**** They gossip and align themselves with the person or group which will most benefit them.***

Toxic people can produce the same symptoms as toxic mould.

** Headaches.*

**** Fatigue or a feeling of being drained.***

**** Disorientation or confusion.***

** Stress.*

In fact, your body is going to tell you in very plain terms when you have a toxic person around you.

So what can you do?

*** Try not to share any personal information.**

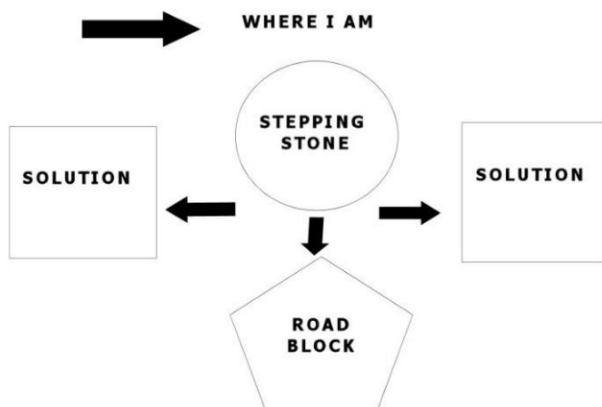
** Try to step aside rather than become a player*

in their games.

- * Put aside all emotion and stick to the facts.

- * **If all else fails, part company.**

Life Maps



STEPPING STONES

One stepping stone leads to another and so forth until you get to where you want to be. They fall under the category of things I either need to get or need to do.

ROADBLOCKS:

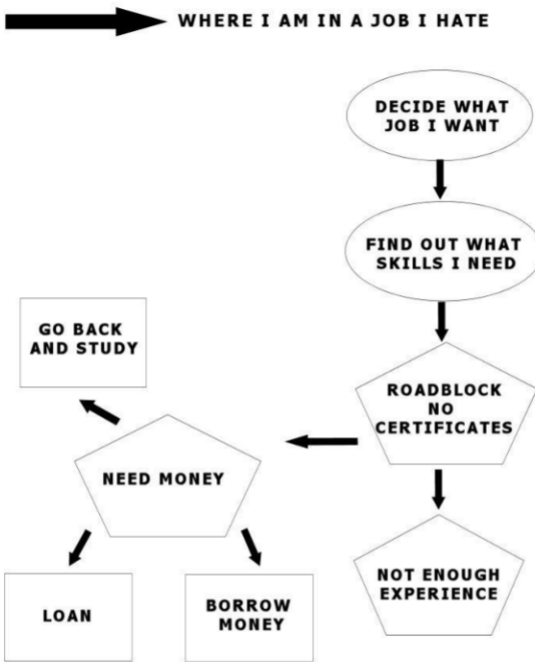
These are the obstacles you will meet along the way: the challenges, the things which are stopping you from moving on to the next step.

SOLUTIONS:

These are the things which will help you overcome the roadblocks and progress to the next step. This is where you brainstorm every possible resource open to you.

Think of your life map as a giant board game, and the objective is to accomplish each step and reach the finish line. And the good news is it's all on paper, so the risks at this stage are minimal but the benefits are huge.

Example: I am in a job I don't like and want to change careers.



In this example, you can see the stepping stones to finding a new job may be:

- * Decide what job you do want.
- * Find out what skills you need to do the job.

Then you think of any roadblocks you may face:

Not having enough experience and/or the right qualifications.

Then you would try and think of solutions such as going back to college to study.

Then another roadblock may come up:

Maybe you don't have the funds to go back to study, so you will have to find solutions, such as borrowing money from family, taking out a loan, or getting a part-time job.

The trick with all of this is to write everything down on paper first. This includes any roadblocks you think you might encounter, and from there you can brainstorm solutions.

This way, you are prepared for any obstacles which may come your way, increasing the chances of your success.

ROADBLOCKS

SELF-BELIEF

Self-belief is all about not needing the seal of approval from others. It is about not needing outside validation that you are worthy of abundance and love in all its forms. It is about trying and failing, but not using the failure to validate other people's opinions of you and what you do.

Your mantra should be:

I am a work in progress, or a spiritual renovation. I have learnt self-belief will come when you are comfortable in your own skin, when you are at peace with who you are and where you are right now. Self-belief is not about proving anything to anybody, including yourself. In fact, it is the opposite: it is not having to prove anything to anybody.

My challenge is to accept responsibility for my own life and to take a risk on me and my greatness. My goal is to reach a point where I no longer seek approval or validation, because I have a knowing that as long as I am walking my truth, it will always be okay.

ROADBLOCK: OVERTHINKING

There are a number of reasons people overthink things:

** Lack of self-belief.*

** We lack the ability to break things down into steps.*

** Emotions.*

An example of overthinking would be:

Jane doesn't like her job and wants to find a new one. Her first step would be to decide what her new job should look like.

Keeping it simple, she might say to herself, "I like working with people. I have great communication skills. I believe my life purpose is to be of service to others." So she might list possible jobs such as charity worker, human resources, and so forth, then narrow it down to one.

If she started overthinking, she might say to herself, "My partner wouldn't like it if I quit my job. My boss might not give me a good reference or, worse yet, what if I took the new job and didn't like it? My mother would love to be able to tell me, 'I told you so.' I wonder how the kids will react to the new changes; maybe it would unsettle them too much. How am I going to afford new work clothes? Who is going to walk the dog each day? And how will... and what if... and when... and how will..." and so forth. A back-and-forth conversation with the ego self is what overthinking is.

ROADBLOCK: COMFORT ZONES

There is a quote which goes something like this: "The first step towards getting somewhere is deciding you are not going to stay where you are."

Sounds rather simple, doesn't it? Most of us can muster up enough bravado to exclaim, "Today's the day." Yet when push comes to shove, all the old fears, doubts, and insecurities swell up to form an invisible wall of reasons why it isn't going to happen.

We stay where we are because the familiar is comfortable. Knowing what we will be doing and who we will be doing it with, day in and day out, even if it is negative, still provides a sense of comfort. So it is not like we don't know when a situation is not right for us, or we don't know it's time to move on.

The irony of staying within our comfort zone and playing it safe is that we will always be left wondering, 'What if?' For some, it's better to live with knowing you might have failed than to have tried and been proven right. These people take their final breath with a whole heap of regrets in their pockets and not much else to show for the time they were on the planet.

ROADBLOCK: FEAR AND DOUBT

Fear is often revealed when we begin to stretch ourselves and shed the comfort blanket of familiarity. Change is scary, and self-belief is not always there when we need it. Nine times out of ten, we talk ourselves out of doing something based solely on what we fear might happen if we did it!

Fear is a story we tell ourselves so we never have to take a risk, take the next step or believe in ourselves.

You're going to have to practise these newfound skills of positive self-talk and mindset. And practice is what it takes. It isn't going to happen overnight, but eventually you will start recognizing your fears as stories you are telling yourself.

The way I deal with fear is this: when I start thinking of taking a step forward, I take a step back and try to visualize all the tools I need to be carrying with me when I take that next step. Or, if a fear creeps up on me, I dissect it and break it into pieces. I might fear trying for a new job, so then I ask myself, "What do I think might happen if I do?" and the answer may be, "They will not hire me because I am underqualified."

Well then, I can go through the job outline and my resume and maybe tell myself, "It's okay, I have everything on the list," or conversely, "I need to go do

this certificate before I apply for this type of job." We are often our own worst enemy, but we can overcome our fears by becoming our own best friend.

ROADBLOCK: PRIDE

Pride broken down is:

P = Pass me by; I don't need your help.

R = Really, I am okay.

I = I insist I can do it on my own.

D = Damn, I wish I had asked for help.

E = Ego wins again.

You only get one life. You cannot go back. It doesn't work that way, so please do not let pride stop you from creating an abundant life for yourself, right now, at this moment.

Throw your pride out the window and replace it with the greatness within. You are a walking, divine miracle of creation. You deserve to honour your greatness by using the resources Creator places in your path to build the life he/she put you on the planet to live.

ROADBLOCK: EXPECTATIONS

“Throw the ruler you are measuring yourself by out the window. You don’t have to measure up to anything or anyone.”

“Lose an expectation; gain an experience.”

There are going to be times when even careful planning and honest, clear communication are not going to be enough to stop people and situations falling short of your expectations. There will be times when you will have to accept things as they are.

A Buddhist may say this is the nature of things: nothing is permanent.

A Christian may say, “God grant you the serenity to accept the things you cannot change, the courage to change the things you can, and the wisdom to know the difference.”

A Spiritualist may say these are the lessons the Universe is providing so you can learn and grow.

An atheist may say it sucks, but you only have one life and you have to keep moving through it.

When we let go of expectations, we are left with things to discover. When we let go of fear, we are left

with things to explore. When we let go of the need to have, we are left with things to share.

PROCRASTINATION

Procrastination is, by definition, the act of delaying or deferring an action: to put something off until another time or to get around to it later.

If this was your last breath, what would you regret? What dream would disappear?

If this was your last breath, what would you want to be remembered for? What would now seem important or unimportant?

Ask yourself these questions every day, because the reality is all you have is the next breath moment.

It's usually the other roadblocks mentioned earlier which are the root of procrastination, lack of self-belief and fear to name a couple. The trick is to do something. It doesn't matter what it is, just anything to get you moving. And should you stumble a bit, remind yourself what you are moving towards. It also pays to keep some self-forgiveness in your pocket and bring it out instead of beating yourself up when things don't go quite according to plan.

CONTROL ISSUES AND LACK OF FLEXIBILITY

Things change, and there is nothing we can do about it because we have no control over the outside environment or other people. The only things we can control are our own thoughts and actions. When you seek to control every aspect of everything, you limit the ways in which the dream can grow. You have to practise a certain level of flexibility, of give and take, and learn how to adapt and change as situations change.

The trick is to let go of expectations and understand there are many pathways which lead to the same destination. Just because one has closed doesn't mean you don't have other options. A lot of people throw in the towel at the first obstacle encountered. They often use it as an excuse to say, "Oh well, I can't do it now," and this gives them a reason to go back into their comfort zone.

Those who have faith and trust in their dream, simply raise their head and start looking for ways around or through the roadblock in front of them. Or they access other resources to gain the knowledge they need.

IMPATIENCE

When we plant a seed in the ground, we take it on blind faith that it will grow with the right amount of nurturing. And we keep that faith even though we

cannot see the seed once it is planted. When you plant a seed in the Universe, it's the same deal: you have to trust that, with the right amount of love and attention, it will grow and become all you want it to be.

BEING TOO SINGLE-FOCUSED

This is when we are looking at the finish line and forgetting we have to begin at the start. When you are looking too far ahead and forget to be in the moment, you miss opportunities and lessons which may have helped you grow the dream or solve the problem.

It also fits in with flexibility because we have to have the ability to adapt and change the dream or goal with each new circumstance which arises. If you are fixed on a certain outcome, then you limit your options to what is directly in front of you instead of embracing all which is happening around you.

LACK OF BELIEF

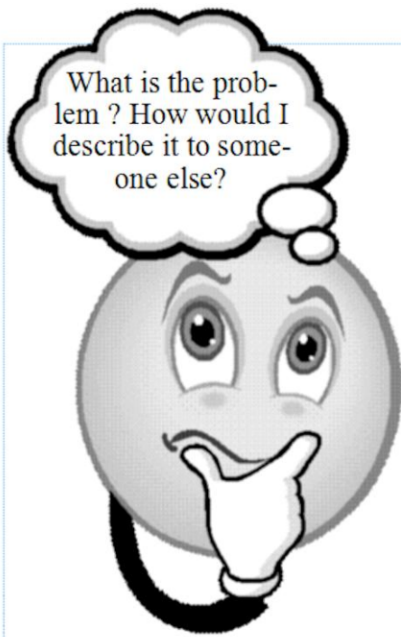
If you do not believe it will happen or believe a solution can be found, then chances are good you have already created the outcome before a step has been taken. You need a strong faith or belief in yourself and in whoever or whatever your higher power is.

Ralph Waldo Trine:

“The optimist is right; the pessimist is right. Each is right from their own particular point of view, and this point of view is the determining factor in the life of each. It determines whether it is a life of power or impotence, of peace or pain, of success or failure.”

SOLUTIONS

A solution, by definition, is a process or method of solving a problem.



Step One:

The first thing which has to happen in order for a solution to happen is that you have to define the

problem clearly. Keep to simple language which goes straight to the point.

Step Two:

Brainstorm. By this I mean write down any avenue or option available to you and anything you can think of which may have worked in the past. Don't censor what comes; let all ideas fall upon the page, even those which may seem outrageous.

Step Three:

Then it is a process of going through each option, writing down all the pros and cons, until you find the solution which best fits the problem.

What is the problem?

How would I describe it to someone else?

Is it too big for me to solve on my own? Do I need help?

Am I looking at it from all angles or is my vision limited?

Can it be broken down into smaller pieces?

Do I need some inner guidance? Should I meditate on

the issue?

*Can I be objective? Do I need to take a break to
regain my balance before solving this?*

MANIFESTATION

I came across a book I want to share called 'Little One Step' by Simon James. We would all do well to remember the lesson taught in it, and I highly recommend it for anyone with children.

This is a story of a group of little ducks who get lost and how the oldest duck gets his little brother moving along the pathway towards home.

“My legs feel wobbly,” whispered the little one.

“Tell you what,” said the oldest brother. “Have you tried doing One Step?”

“What’s that?” said the little one.

“Watch carefully,” said his brother. “Just lift one foot like this and say, ‘one.’”

“One,” said the little one.

“Then put it down in front and say, ‘step.’”

“Step,” said the little one.

“Then start again with the other foot,” said his brother.

I won't give you the whole story, but the message is one we can all take on board. Life is a series of steps. And to get where we want to be, we just have to keep putting one foot in front of the other and take it one step at a time.

That's all manifestation is: taking a step towards what you want. And each step will bring you closer to where you want to be.

This is what I call the simple man's guide to manifestation:

Find out who you are.

Find out what you need to resolve and heal. Open your mind.

Seek out the resources you will need to develop the skills you need.

List what makes you happy and what brings you joy.

Remember, it is love which sustains the spirit - open your heart.

Decide on a goal, then decide what you need to do to make it happen.

List the steps you need to take, but be open to all

possibilities. Then take a step, then another, then another.

Remember the saying, “The strongest of all warriors is time and patience.”

You have to believe in yourself. You have to have passion for your dream and you have to walk through the lessons along the way.

THINGS TO PONDER

As a Psychic/Medium, I see a lot of people who are struggling to create change in their lives. One of the reasons for this is that they have no clear idea of who they are or what they really want.

Before you make a life plan, you need to have an authentic picture of who you are, what you like, and where you want to be. Otherwise, you will end up in jobs which you hate, in relationships which are unfulfilling, and going in a direction which takes you nowhere.

Once you know where you want to be and what dreams you want to chase, put it all down on paper

first. This way, you will always have a visual reminder of the things you need to do, the obstacles you may face, and the solutions which you may need to implement.

It will cost very little to do this, money- and time-wise, but will save you a lot of heartache in the long run.

The other thing I see as a Psychic is people sabotaging their own success by not believing they are capable of creating change and quitting when things get tough.

Going after your dreams isn't always easy. There will be setbacks, and sometimes life maps have to be adapted to changing circumstances, which is why you have to have flexibility. Nothing should be set in stone. There are many rivers which lead to the same ocean, and there are many different pathways which can lead you where you want to be.

Remember not every job you take has to be a final destination. It can be a stepping stone to get you where you want to be.

People take jobs to fund their dreams all the time. Many a famous person started as a waitress or a used car salesman or a grocery clerk.

Belief is 90% of the battle. A lot of people who come to me for readings don't believe they deserve to have a life of abundance. They don't believe they have the ability to create such a life.

Vision boards are great, but going after your dreams requires you to take real steps, make real plans, and understand there will be roadblocks which you will need to overcome.

A soldier doesn't prepare for battle by walking towards the enemy unprepared. You have to be that spiritual warrior.

Begin by having a clear idea of where you want to be, then figure out what steps you need to take to get there.

Play devil's advocate. Think of every worst-case scenario you can, everything which could go wrong, every hill you may have to climb.

Then fill up your spiritual toolbox for the journey. Find solutions to problems before you encounter them.

How much easier will the journey be if you have a knowing that you have the knowledge to overcome any obstacle you may face?

Life mapping is not just about getting somewhere. It is also about what you want to bring into your life, what beliefs you wish to carry with you, what people you wish to walk the journey with and what kind of person you wish to become.

I am Robin J Roberts and together we will walk the road of your dreams.

ABOUT THE AUTHOR



Robin Roberts is an Australian Psychic and Medium currently residing on Vancouver Island, off the coast of British Columbia, Canada. Over the last 30 years, she has sought to bring what she terms 'simple wisdom' into the lives of the people who come to her.

She hopes, through her writing, to lead people to the corners of their souls so they may rediscover the people they were born to be. As a Psychic, she offers a unique perspective on personal transformation and the challenges facing all of us.