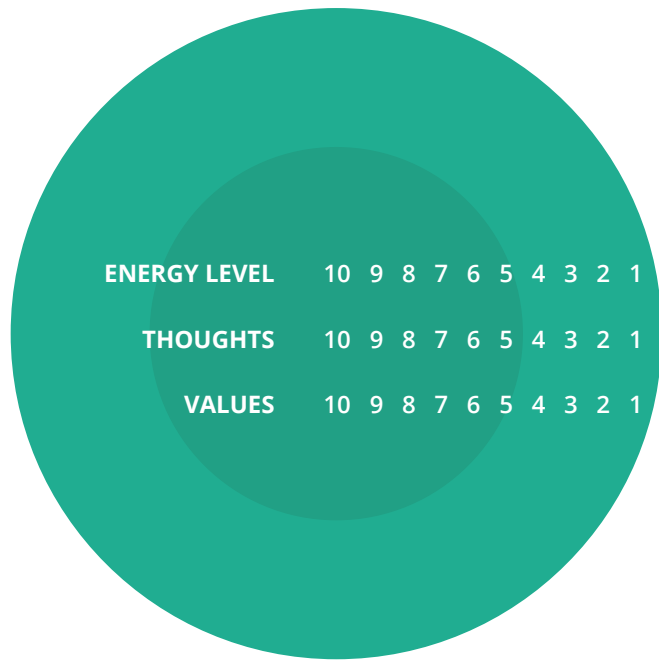


The answer comes from within, complete the Map to unlock your internal observer to get the answer you seek.

CoreSelf Mapping is an effective and efficient tool for building confidence, trust and respect in oneself and in important relationships. Regularly practicing CSM can clarify uncertainty and move an important projects forward.

What is the Challenge you would like to resolve?



In any situation or challenge, regardless of stress level, our brains have the ability to accurately articulate: Where I am and Where I want to be – in three distinct areas of our lives.

Core - You are the best you. Feeling certain, stable, calm & secure about the issue.

Rim - You are out of control. Feeling desperate, impulsive, anxious and uncertain about what to do next.

First, rate yourself on a scale of 1 to 10, in the areas of Values, Thoughts, & Energy Level.

X Cross out the number you are now.

O Circle the number you would like to be.

Investing the time to write is a key component of CoreSelf Mapping that integrates one's values, thoughts, and energy level by intentionally leveraging your Internal Observer resulting in insightful next best steps or real questions.

Reflection

What are your **Strengths** in this area? (Any resources I have to improve the situation.)

What are your **Struggles** in this area? (Good faith attempt that has not worked yet.)

Internal Observer

What are your **Strategies** to Solve this Challenge?

**Considering the process you just completed, where would you put yourself on the circle now?
Keep this Map available to you as you work towards better alignment and achievement.**