



Map Your Mindset

Life is like a road trip—sometimes exhilarating, sometimes challenging, but always an adventure. Along the way, there are winding paths to explore, unexpected detours to navigate, and the occasional flat tire that forces you to pause and regroup. While we can't control every bump or curve, we *can* control how we respond to them.

Your mindset is like the GPS for your journey. It helps you plot your route, adjust when obstacles arise, and stay focused on the destination that matters most to you. With the right mindset, even the toughest roads can lead to growth, resilience, and success. But just like a GPS, your mindset needs regular updates and recalibration. If you've ever felt lost, stuck in a loop, or unsure of your next move, take a closer look at the map you're using to guide your life.

This short exercise invites you to reflect on where you've been, identify where you want to go, and chart a clear, actionable course to get there. Think of it as a tune-up for your mental roadmap—a chance to reset, refocus, and steer your life in the direction that feels most fulfilling.

Steps:

1. **Create Your Map:**

Think about a recent goal or challenge you've tackled. Write down the key milestones along the way and how your attitude played a role in reaching (or missing) them.

- **Example:** “Goal: Finish a work project. Milestones: Excited to start → Doubt when it got tough → Pride when I completed it.”

Your Goal and Milestones:

2. **Mark Roadblocks:**

Identify moments where a negative attitude or mindset slowed you down. Write down how you could steer around those roadblocks next time.

- **Example:** “I let fear of failure stop me from taking the first step. Next time: Focus on progress, not perfection.”

Your Roadblocks and Detours:

3. Highlight Successes:

Pinpoint the times when a positive attitude kept you moving forward. What mindset shifts helped you succeed?

- **Example:** “When I celebrated small wins, I stayed motivated to keep going.”

Your Success Points:

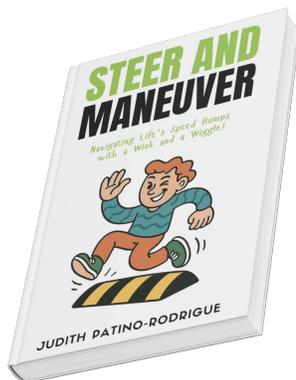
4. Plot Your Next Route:

Write down one goal you’re working toward now. Map out the attitude you’ll need to maintain to navigate any obstacles and reach your destination.

- **Example:** “Goal: Exercise three times a week. Attitude: Stay flexible and celebrate consistency, even if it’s not perfect.”

Your Goal and Attitude Plan:

Your mindset is your most powerful tool for navigating life’s twists and turns. If you’ve enjoyed this exercise, dive deeper with *Steer and Maneuver: Navigating Life’s Speed Bumps and Attitudes with a Wink and a Wiggle!*. It’s packed with practical strategies, relatable stories, and exercises like this one to help you take the wheel and steer your life in the direction you’ve always dreamed of.



You can find *Steer and Maneuver* wherever it’s easiest for you—on Amazon, Audible, or even directly on my website. Choose the format that fits you best.

Closing Encouragement:

Your mental map is a work in progress, and every step forward adds to your journey. Keep your eyes on the road, adjust your course as needed, and celebrate every mile. You’ve got this!