

Map of consciousness

Taken from the work of Dr. David R. Hawkins



The Map of Consciousness is an Attitude and Mindset Management Self-Reference Tool to Master Personal Leadership

Enlightenment "I am"

Peace Let my life be an instrument for greater good. Good will drives my choices.

Joy I am grateful beyond measure. I am overflowing.

Love I love myself and you regardless of appearance. It is global and unchanging.

Reason There are two sides to every story. I seek the truth.

Acceptance I am letting go of control. I will do what I can then let it be.

Willingness Let's make it happen, Let's get it done. Stop blaming.

Neutrality I need to rise above this situation and see the bigger picture.

Courage What would courage have me do? I must do what is right.

Pride I know what I am talking about. I know I am right.

Anger I am not going to accept this any longer!

Desire I want more. I deserve more.

Fear I am afraid to take action. I'm afraid of the unknown.

Apathy It is not my fault. This was done to me.

Guilt Why did I do that? I feel so badly.

Shame I am not good enough. I do not like myself. I feel separate and alone.

Personal Leadership

Ask Yourself The Right Questions

We can manage our attitude and mindset through radical self-awareness, honesty, and self-coaching/soothing. Here are some questions to help you work through the different stages.

1. Shame What happened that made me feel so worthless and ashamed?

2. Guilt Why do I feel so badly? What did I do or didn't do that I wish I could change?

3. Apathy Deep down, whom do I blame for my situation? (Hint: be honest)

4. Grief How did their actions hurt me, change me, or keep me stuck?

5.Fear What fears are stopping me from moving forward?

6.Desire If I was not afraid I would:

7. Anger Am I willing to remain disempowered? Am I waiting to be saved?

8. Pride Don't I deserve better? How does my situation deserve better?

9. Courage What would courage have me do? (the stage that moves us forward)

10. Willingness Am I willing to do it? _____