



Revolution Roadmap

Chapter One - Self

@My Ten Things

I have completed the list and identified my approximate age for each situation.

@My Belief System

Negative Beliefs

Is your negative belief system score High or Low Strength

Top three core negative beliefs:

- 1 _____
- 2 _____
- 3 _____

What do I understand about how these core negative beliefs affect my life?

Self

Relationships

Career

Finances

Health & Wellbeing

Spirit

Positive Beliefs

Top three core positive beliefs:

- 1 _____
- 2 _____
- 3 _____

What do I understand about how these core positive beliefs affect my life?

Self

Relationships

Career

Finances

Health & Wellbeing

Spirit

@Self-Worth Inventory

Note your score and the comment here
(76-80, 66-75, 56-65, 46-55, 0-45)

Please note any areas in which you scored less than two

- | | |
|---|---|
| <input type="radio"/> <i>Appearance</i> | <input type="radio"/> <i>Unconditional Worth</i> |
| <input type="radio"/> <i>Competence</i> | <input type="radio"/> <i>Self-Forgiveness</i> |
| <input type="radio"/> <i>Intelligence</i> | <input type="radio"/> <i>Acceptance of Weakness</i> |
| <input type="radio"/> <i>Personality</i> | <input type="radio"/> <i>Self-Love</i> |
| <input type="radio"/> <i>Success</i> | <input type="radio"/> <i>Freedom from Guilt</i> |

@Strengths Assessment

Please complete the following table using the information from your Report.

Character Strengths		Virtue
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
11		
12		
13		
14		
15		
16		
17		
18		
19		
20		
21		
22		
23		
24		

There are 24 character strengths and they are categorised into six different areas – Wisdom, Courage, Humanity, Justice, Temperance and Transcendence.

Wisdom – cognitive strengths that involve the acquisition and use of knowledge. This area includes Creativity, Curiosity, Judgement, Love of Learning and Perspective.

Courage – emotional strengths that show the ability to accomplish things in the face of opposition, either from others (external) or from within us (internal). This area includes Bravery, Perseverance, Honesty and Zest.

Humanity – interpersonal strengths that involve connecting and caring for others. This area includes Love, Kindness and Social Intelligence.

Justice – civic strengths that underlie healthy community life. This area includes Teamwork, Fairness and Leadership.

Temperance – strengths that protect us against excess. These include Forgiveness, Self-Regulation, Humility and Self-Regulation.

Transcendence – strengths that forge connections to the larger universe and provide meaning. These include Hope, Humour, Spirituality, Gratitude and Appreciation of Beauty and Excellence.

Please go back to your list and note the related 'Virtue' next to your list of character strengths.

Which character strength in each category is your highest ranked strength?

Your Top 5 are your 'Signature Strengths'. Consider each of those five and look at if they cross virtues, or group together around one virtue. How has each signature strength played a role in your life successes?

What effect does using your signature strengths have on others?

Chapter Two – Relationships

@ Review of Behaviours

There are seven relationship dimensions.

The reason I ask you to evaluate your previous relationship is because we need to understand ourselves and what happens when resentment builds in our relationships. This is so that we can learn from this rather than repeating the same mistakes again in our future relationships.

Dimension	Score
Playing Together	
Sharing Dreams	
Trust	
Working as a Team	
Conflict Resolution	
Parenting Your Partner	
Partner as Parent	

You should consider your current scores with how they may have been when you first fell in love. This knowledge is very helpful to aid your awareness of yourself and your own behaviours. You will be able to utilise them to determine the changes you will make in the future, and in which of the seven areas you may need to work on most.

@Clarifying Our Needs

My Personal Needs

We are going to complete the following information from the assessment pages. You take the information from each section about your childhood and copy it into the boxes below – then we can begin to see the pattern of our relationships.

I am attracted to people who are... (Copy the information from A – the negative traits of your parents)

I really want them to be... (Copy the information from B)



So that I can be... (Copy the information from C)

And Feel... (Copy the information from D)

When I don't get this from a relationship I... (Copy the information from E)

Please take a little bit of time to reflect on your past relationships and try and understand how this information brings clarity to understanding the types of partners we have been attracted to in the past and now understanding why this may have been the case.

@5lovelanguages.com

My Love Languages	
1	
2	
3	
4	
5	

Consider your top two love languages. How do you show these in Relationships?



@DailyReflection

This exercise is outlined in the membership area on the website.

Make sure that you have placed these notes prominently somewhere in our space that you can reflect on daily. Mine are on my bathroom mirror!

@Traits List

What are your Top 10 Positive Traits you would like in a partner?

1	
2	
3	
4	
5	
6	
7	
8	
9	
10	

What are the five negative traits you are prepared to tolerate in a partner?

1	
2	
3	
4	
5	

Are any of the traits you have listed above traits that you recognise in yourself? If so, what is the benefit of being with someone 'like' you? If not, why do you think you see someone with different traits?

@Why Men Are Like Shoes

Make sure you 'pre-register' for your copy of "Why Men Are Like Shoes" as it is coming in July 2017. <http://mspinkherself.com/why-men-are-like-shoes/>



@How I Hacked Online Dating by Amy Webb

What observations do you take from Amy's experience when you consider your own dating experiences?

@Financial Agreement – Basic

If you require it, this resource is always available to you to download from the Resources area on the website. Just remember that it is a 'basic' guide of the things you should consider, not a legal or binding document.

Chapter Three – Career

@Personality Profile Assessment (Genius Test)

What is your Genius?

How does this information explain how you behave in the work environment?

@Future Template

Please attach your Future Template as a separate file. What was the BEST thing about doing this exercise?

Chapter Four – Finances

@Financial Review

Budget and Cash Flow

Assets and Liabilities

Are your assets greater than your liabilities? YES/NO

Income and Expenses

What is your annual income?

Do you have a Budget that you review? YES/NO

Does your Budget match your pay cycle? YES/NO

Is your Budget in surplus? YES/NO

Are you saving money every pay cycle for investment? YES/NO

Debt Management

Do you clear your credit card every month? YES/NO

Do you only hold debt for investment purposes? YES/NO

What is the total limit on all credit and store cards _____

Total limit for all other loans – car, personal loans _____

Mortgage limit of Home Loan _____

Have you had to consolidate personal or credit card debts in the past two years due to debt stress? YES/NO

Do you think you debt is (Please check)

- Out of Control
- Convenient
- Manageable

Investments

Do you any investments – managed funds, shares, property? YES/NO

Do you have a Wealth Creation Strategy? YES/NO

Can you achieve your Lifestyle Priorities without financial stress? YES/NO

Do you need to consider investments for your children – such as Education Funds? YES/NO

Insurances (Please check)

- Life
- Accident Income Protection
- Asset Insurance – car, house and contents, etc
- Other _____

Superannuation

Do you have more than one superannuation fund? YES/NO
Do you have insurances within your superannuation? YES/NO
Do you know how your superannuation is invested? YES/NO
Do you know how much superannuation you will retire on? YES/NO
Have you reviewed your superannuation with a Financial Adviser? YES/NO

Estate Planning

Do you have a Will? YES/NO
If you are single with children, do you have provision for a Trust for your children? YES/NO
Do you have a Power of Attorney – enduring, medical, financial? YES/NO
Have you reviewed your Will in the past two years? YES/NO

What is your Life Stage? _____

Chapter Five – Health and Wellbeing

@Food Awareness

What was your most common eating scenario when you made good food choices? Time, place, emotions, mindfulness level, alone or with people, alcohol?

What was your most common eating scenario when you made unhealthy food choices? Time, place, emotions, mindfulness level, alone or with people, alcohol?

What is one change that you are going to make in relation to how you engage with food as a result of this process?

@The Plan

You are the ONLY person who can determine what could be the most effective 'Plan' for your weight transition regime. REMEMBER – we're NOT dieting!

Do you find it 'easier' to limit your food intake? Or exercise?

If limiting food intake is easier, how do you think you could adjust your current food intake to minimise your input without feeling deprived?

If exercise, how much 'additional' exercise would you need to do to offset your excess food intake? Can you commit to that amount?

If you have never been a 'fan' of exercise, what are the things you might like to try to do so that you can get moving? Think about 'incidental exercise' –



eg. walking the dog, parking further from the train station/supermarket, take up a new dance or yoga class.

What score would you give yourself out – between 1-10 – for your current level of commitment to doing something to achieve long term weight loss?

_____ Observe your number for a moment...

Tell me – why that number and not 'zero'? Write those ideas down...

What do you notice about your commitment now?

Chapter Six – Dharma Diva

@Desire Design

Outline the 'new' experiences that you are going to have as a result of this process. What are you going to try?

What resonates with you about Spirit?

Do you want to join a community for some 'different' experiences? If so, what are you going to join?
