



Your Euphoric Life Map – GAPS

GAPS is your map to your desire. You'll fill the gaps in your life by effectively setting a goal, creating your action plan, installing your pillars, and scheduling your action steps.

Goal (Your desire statement)

Actions (Your action steps)

Pillars (Your motivational cues)

Schedule (Your accountability)

G- Write your desire statement

A- Create your step-by-step action plan

Step 1

Step 2

Step 3

Step 4

Step 5

Step 6

Step 7

Step 8

Step 9

Step 10

P- Pillars List

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

S- Schedule your action steps in your Journey Guide

Get out your Journey Guide Calendar and start writing in your action steps and when you want each step completed.

