

## STEP 5: RESULTS

Record your weekly highlights as you journey towards your goal.

JOURNAL							
WEEK 1							
WEEK 2							
WEEK 3							
WEEK 4							
WEEK 5							
WEEK 6							
WEEK 7							

Monitor the daily 'doing' of your New Habit. After 21 consecutive successful days you can increase your HABITS performance.

MONITOR <input checked="" type="checkbox"/>								
NEW HABIT	M	T	W	T	F	S	S	TOTAL
WEEK 1								
WEEK 2								
WEEK 3								
WEEK 4								
WEEK 5								
WEEK 6								
WEEK 7								

What you LOOK AT and what your LISTEN TO will determine what you THINK ABOUT and ultimately who you BECOME.



### INTRODUCTION

If you are the kind of person who likes to make things happen, to see ideas materialise and dreams come true, then you will love the MAP4LIFE™ Methodology.

Few people know that nothing exists without first a MAP (Master Action Plan). With this Launchpad, you can quickly and easily take five simple steps essential to converting any dream into reality. The steps are:

- STEP 1:** Establish your **POSITION**.
- STEP 2:** Determine your **DESTINATION**.
- STEP 3:** Prepare your **PLAN**.
- STEP 4:** Take Meaningful **ACTION**.
- STEP 5:** Record the **RESULTS**.

In less than one hour, you will have the framework in place to begin the implementation of your plan. It's that effective.

This tried and proven methodology has helped countless thousands of individuals from all walks of life move from where they are to where they want to be. Now its your turn to experience first hand what it can do for you.

But why keep it to yourself?

We have created a **FREE SOFTCOPY** for you to download and share with family, friends and colleagues. Just use the **FREE SIGN UP** link on the front cover. We will also give you a **FREE E-BOOK** to inspire you along your journey.

Imagine how many dreams you could Launch by sharing this LAUNCHPAD?

### TAKE THE NEXT STEP

We have more tools such as PATHFINDER, BLUEPRINT, etc. that will help you to apply the MAP4LIFE™ Methodology with greater insight and more commitment.

We are also able to customise our tools to meet your specific application. Please talk to our representative below to determine the most appropriate tool for you or your organisation.

For more info or a FREE COACHING SESSION, call:

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# LAUNCHPAD

Pursue your Purpose  
with



and  
Leave a Legacy

**DO IT NOW!**

You are born  
for a purpose  
that the world  
cannot do without.

Pursue your purpose  
with passion and  
perseverance for life!

Glen A. McQuirk

**FREE SOFTCOPY**  
<http://eepurl.com/dmkwbr>

GET A FREE E-BOOK WHEN YOU SIGN UP

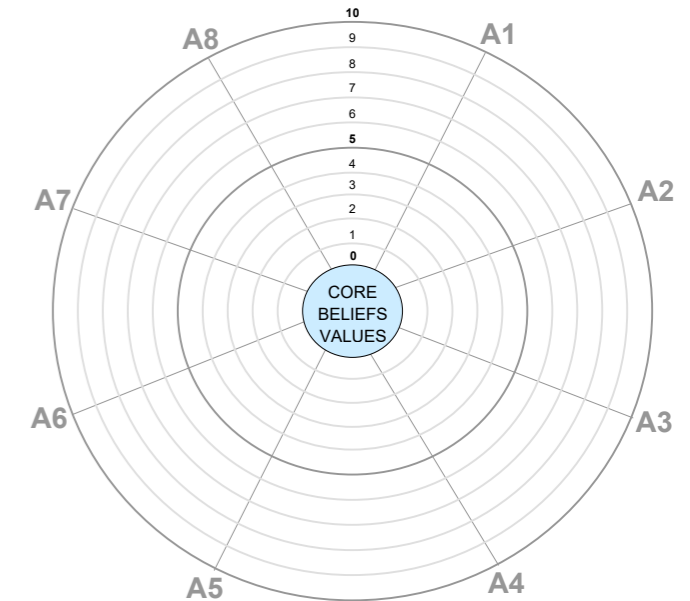
## STEP 1: POSITION

Define the eight Key Focus Areas of your world (A1 to A8).

DEFINE YOUR WORLD	
A1	A5
A2	A6
A3	A7
A4	A8

### Wheel of Life

Where are you in relation to where you want to be? Rate each area out of 10 on the wheel below then join the dots and see the shape you are in.



### Quick Assessment

**FOCUS AREA** Choose one from the Wheel above

A. What should I STOP or START doing? What should I do MORE or LESS of? to improve this Focus Area.

STOP	
START	
MORE	
LESS	

B. Which answer in A will give the best results?

BEST ANSWER

C. List four easy & fun daily habits that will bring about the positive change identified in B.

1	
2	
3	
4	

D. Choose the easiest NEW HABIT from above, then record the PAIN caused by the old habit and the PLEASURE you will enjoy with the new.

NEW HABIT	
PAIN	PLEASURE

Past or old HABITATS define your HABITS while NEW HABITATS demand NEW HABITS.

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