



**THE FAST TRACK TO EXCELLENCE** provided by



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If you've ever used the Internet for driving directions, you know the drill. Answer two questions. Where is your starting point? What is your destination point? Press a button, and in seconds you get a detailed map. Life Maps © works pretty much the same way. It helps to identify your current reality, your starting point, and points the way to your destination in seven key areas: spirituality, finances, relationships, health, surroundings, career, and success.

The directions are simple. The only requirement is absolute honesty. You will be presented with a series of statements. Check whether a statement is true or false and then transfer the number of true statements to the chart on page eleven. Share your completed version with someone who knows you well and whom you trust to give you honest feedback..

If you score high (between 16 and 20) in each area—congratulations! People with high scores tend to have minimal stress, high energy levels, financial security and satisfying relationships.

If your scores are low (15 and under), you may feel overwhelmed, confused, and wonder where to start. Tackle the area with the most potential for causing pain, guilt and stress. Begin with small but significant changes because victories—large or small—inspire, motivate, and propel us forward to excellence.

If you are self-motivated and action-oriented—great! You know what needs to be done and you will probably just do it. But if you're like so many people, you will benefit from the perspective, accountability and support and encouragement from a coach/consultant, then I'm just a phone call away ready to help you chart a course toward excellence.

Sincerely,

*Krista Wells*  
*The Military Spouse Coach*



# **SPIRITUALITY**

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True False

- |     |     |  |
|-----|-----|--|
| ___ | ___ | I guard against allowing bitterness to poison my soul.   |
| ___ | ___ | I have given up my right to hate others for hurting me, I forgive instead.   |
| ___ | ___ | When I realize I have offended others I ask them to forgive me.  |
| ___ | ___ | I speak kindly about others in and out of their presence.  |
| ___ | ___ | I have an unwavering faith and belief in God.  |
| ___ | ___ | I believe in the power of prayer and pray regularly.   |
| ___ | ___ | I like <i>things</i> but I am not consumed by materialism.   |
| ___ | ___ | <i>Most of the time</i> I avoid listening to or participating in gossip.   |
| ___ | ___ | I make it a habit to search for the good in others.  |
| ___ | ___ | I seek guidance from people who demonstrate wisdom.  |
| ___ | ___ | I do not hold grudges.   |
| ___ | ___ | Gratitude is reflected in my words and actions.  |
| ___ | ___ | Others would say that I have a reputation for being a person of integrity.   |
| ___ | ___ | I can list several areas where I set a good example for others.  |
| ___ | ___ | I am faithful to my life partner.  |
| ___ | ___ | I avoid situations and people that might jeopardize my relationships, reputation, finances, career, and spiritual, physical or emotional health. |
| ___ | ___ | I do not steal time, money, services or products from <i>anyone</i> including my employer.   |
| ___ | ___ | I live according to an established set of moral guidelines.  |
| ___ | ___ | I do not lie to myself or to others.   |
| ___ | ___ | I do not compromise my values or adjust my standards to be accepted.   |

*Know God. Know peace. No God. No peace.*



## **RELATIONSHIPS**

True    False

- \_\_\_    \_\_\_    I get along with *most* people *most* of the time.
- \_\_\_    \_\_\_    When in conflict, I go directly to the person and not to others.
- \_\_\_    \_\_\_    I do not sense invisible walls between me and anyone else.
- \_\_\_    \_\_\_    In my presence others (even my children) feel validated and accepted.
- \_\_\_    \_\_\_    I encourage others toward excellence.
- \_\_\_    \_\_\_    I resist the temptation to correct flawed grammar.
- \_\_\_    \_\_\_    I am not a nag.
- \_\_\_    \_\_\_    I vent but limit it to ten minutes.
- \_\_\_    \_\_\_    I strive toward solutions and resist the urge to blame.
- \_\_\_    \_\_\_    I can laugh at myself...and often do.
- \_\_\_    \_\_\_    Others would agree that I am not touchy or super-sensitive.
- \_\_\_    \_\_\_    I manage feelings of anger, hurt and resentment *appropriately*.
- \_\_\_    \_\_\_    I say what I mean and mean what I say without being cruel or unkind.
- \_\_\_    \_\_\_    I resist the temptation to continually talk about myself.
- \_\_\_    \_\_\_    I work at being interested as opposed to being interesting.
- \_\_\_    \_\_\_    My friends are people I like, trust, admire and enjoy being with.
- \_\_\_    \_\_\_    At least three people support, love, validate, and accept me.
- \_\_\_    \_\_\_    I am free of jealousy (fear of being replaced).
- \_\_\_    \_\_\_    I am free of envy (wanting what others have).
- \_\_\_    \_\_\_    I set and maintain good boundaries.

*For to love, loveless, is a bitter pill but to be loved, unloving, bitterer still.    Author unknown*



## **FINANCES**

**True      False**

- \_\_\_    \_\_\_    I do not spend money to fill a void in other areas of my life.
- \_\_\_    \_\_\_    I save a minimum of 10% of my income.
- \_\_\_    \_\_\_    I have two months salary reserved for emergencies.
- \_\_\_    \_\_\_    I consistently give 10% of my income to church, charity, and those in need.
- \_\_\_    \_\_\_    I maintain an entertainment budget and stick to it.
- \_\_\_    \_\_\_    My will is up-to-date.
- \_\_\_    \_\_\_    I maintain a clothing budget and stick to it.
- \_\_\_    \_\_\_    I pay the balance on my credit cards every month.
- \_\_\_    \_\_\_    I pay my bills on time, including money borrowed from others.
- \_\_\_    \_\_\_    I know how much money is available after paying fixed expenses.
- \_\_\_    \_\_\_    It is evident that I have made wise financial decisions.
- \_\_\_    \_\_\_    I can comfortably afford my lifestyle, toys, memberships, etc.
- \_\_\_    \_\_\_    My salary is commensurate with my skills and abilities.
- \_\_\_    \_\_\_    I have sufficient medical and life insurance.
- \_\_\_    \_\_\_    There are no legal clouds hanging over me.
- \_\_\_    \_\_\_    I know my financial worth and keep accurate, up-to-date records.
- \_\_\_    \_\_\_    I have emergency road service.
- \_\_\_    \_\_\_    I know my credit rating and have excellent credit.
- \_\_\_    \_\_\_    I have a notarized health care proxy in the event of a crisis.
- \_\_\_    \_\_\_    I have sufficient home and/or renter's insurance.

*"If your upkeep is more than your income your outflow will be your downfall."    Mary Kay Ash*



## HEALTH

True    False

- I limit my sugar and junk food intake.
- When I drink, I do not drink to get drunk.
- I avoid and/or limit caffeine.
- I consistently avoid fried, fatty and fast food.
- I am at a comfortable and healthy weight for my height.
- I am at an unhealthy weight but am *diligently* pursuing lifestyle changes.
- I eat at least three servings of fruits and vegetables daily.
- I limit my intake of red meat.
- I drink five or more glasses of clean water daily.
- I get at least 7 hours of sleep every night.
- I know which nutritional supplements are best and take them daily.
- I exercise three or more times per week.
- I set aside a day or half day to rest every week.
- I have my vision checked and change glasses/contacts regularly.
- My teeth and gums are healthy. My teeth are white and not decayed.
- I get annual physical exams.
- My finger and toenails are clean, trimmed, and/or manicured.
- I do not use illegal drugs or misuse prescribed medications.
- I do not ignore physical warning signs.
- My blood pressure and cholesterol is within normal range.

*What do you do now that you know you shouldn't do but do anyway? Why?*



## **CAREER**

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True    False

- |                          |                          |  |
|--------------------------|--------------------------|--|
| <input type="checkbox"/> | <input type="checkbox"/> | My natural abilities and talents fit my primary and secondary careers. |
| <input type="checkbox"/> | <input type="checkbox"/> | I minimize enemies and maximize friends.                               |
| <input type="checkbox"/> | <input type="checkbox"/> | I strive for excellence, not perfection, in everything I do.           |
| <input type="checkbox"/> | <input type="checkbox"/> | I go the extra mile on a regular basis.                                |
| <input type="checkbox"/> | <input type="checkbox"/> | I can accept constructive criticism.                                   |
| <input type="checkbox"/> | <input type="checkbox"/> | I make it a habit to ask for feedback.                                 |
| <input type="checkbox"/> | <input type="checkbox"/> | My salary is commensurate with the work I do.                          |
| <input type="checkbox"/> | <input type="checkbox"/> | I set goals and achieve them.  |
| <input type="checkbox"/> | <input type="checkbox"/> | I try to understand others before attempting to be understood.         |
| <input type="checkbox"/> | <input type="checkbox"/> | I dress appropriately for my age and career.                           |
| <input type="checkbox"/> | <input type="checkbox"/> | I delegate <i>easily</i> .   |
| <input type="checkbox"/> | <input type="checkbox"/> | Procrastination is not a problem for me.                               |
| <input type="checkbox"/> | <input type="checkbox"/> | I am often told I make a positive impact in the lives of others.       |
| <input type="checkbox"/> | <input type="checkbox"/> | I offer honest, direct and constructive feedback.                      |
| <input type="checkbox"/> | <input type="checkbox"/> | My desk and files are organized.                                       |
| <input type="checkbox"/> | <input type="checkbox"/> | I use time wisely.   |
| <input type="checkbox"/> | <input type="checkbox"/> | I under-promise and over-deliver.                                      |
| <input type="checkbox"/> | <input type="checkbox"/> | When wrong, I admit it and apologize when necessary.                   |
| <input type="checkbox"/> | <input type="checkbox"/> | I accept full responsibility for my attitudes and my actions.          |
| <input type="checkbox"/> | <input type="checkbox"/> | I employ a win-win strategy and seek mutually satisfying solutions.    |

*"Even if you're on the right track, you'll get run over if you just sit there." Will Rogers*



## **SURROUNDINGS**

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- \_\_\_ \_\_\_ My car is clean, runs well, and is serviced regularly.
- \_\_\_ \_\_\_ The tires are rotated regularly and have plenty of tread.
- \_\_\_ \_\_\_ My home files are organized and papers can be retrieved quickly.
- \_\_\_ \_\_\_ My computer files are backed up regularly.
- \_\_\_ \_\_\_ My appliances, electronics and gadgets are in good working order.
- \_\_\_ \_\_\_ Clothes in need of alterations get immediate attention.
- \_\_\_ \_\_\_ I don't wear clothes with stains, missing buttons, loose hems, etc.
- \_\_\_ \_\_\_ I wear colors that flatter me.
- \_\_\_ \_\_\_ I wear styles that flatter my body type.
- \_\_\_ \_\_\_ I am comfortable with my physical appearance.
- \_\_\_ \_\_\_ My living space is clean, comfortable and organized.
- \_\_\_ \_\_\_ My living space is decorated to my liking.
- \_\_\_ \_\_\_ I surround myself with things I love.
- \_\_\_ \_\_\_ I feel comfortable entertaining in my home/apartment.
- \_\_\_ \_\_\_ I repair, replace, and/or resurface when necessary.
- \_\_\_ \_\_\_ The inside and outside of my home/apartment is safe and secure.
- \_\_\_ \_\_\_ My medicine cabinet, tub/shower is clean and organized.
- \_\_\_ \_\_\_ I have enough space/storage for my needs.
- \_\_\_ \_\_\_ I purge closets, files, basements, garages, attics, and storage areas annually.
- \_\_\_ \_\_\_ I have created a private space to read, meditate, pray, etc.

*"It takes so little to be above average." Florence Littauer*



## **SUCCESS**

True    False

- |                          |                          |  |
|--------------------------|--------------------------|--|
| <input type="checkbox"/> | <input type="checkbox"/> | I make a conscious effort to improve, grow, shift, and adjust.                   |
| <input type="checkbox"/> | <input type="checkbox"/> | I am aware of my strengths and capitalize on them.                               |
| <input type="checkbox"/> | <input type="checkbox"/> | When things don't work out, I do not bail out physically or emotionally.         |
| <input type="checkbox"/> | <input type="checkbox"/> | If I make a wrong decision, I make a concerted effort to right the wrong.        |
| <input type="checkbox"/> | <input type="checkbox"/> | I hold myself solely accountable for the choices I make.                         |
| <input type="checkbox"/> | <input type="checkbox"/> | I am 100% willing to do whatever it takes to reach my goals.                     |
| <input type="checkbox"/> | <input type="checkbox"/> | I recognize my self-limiting beliefs and destructive self-talk.                  |
| <input type="checkbox"/> | <input type="checkbox"/> | I make it a point to dwell on thoughts that enhance my self-worth.               |
| <input type="checkbox"/> | <input type="checkbox"/> | I have identified patterns of behavior that are obstacles to my success.         |
| <input type="checkbox"/> | <input type="checkbox"/> | I have devised a system to overcome self-defeating patterns.                     |
| <input type="checkbox"/> | <input type="checkbox"/> | I am not a slave to instant gratification.                                       |
| <input type="checkbox"/> | <input type="checkbox"/> | I admit my fears but move forward in spite of them.                              |
| <input type="checkbox"/> | <input type="checkbox"/> | I am willing to discuss and resolve explosive issues in a reasonable manner.     |
| <input type="checkbox"/> | <input type="checkbox"/> | I am not a slave to the child within.  |
| <input type="checkbox"/> | <input type="checkbox"/> | If I find myself continually apologizing for a particular behavior, I adjust it. |
| <input type="checkbox"/> | <input type="checkbox"/> | I give myself permission to be authentic.  |
| <input type="checkbox"/> | <input type="checkbox"/> | I am proud of the person I am becoming.  |
| <input type="checkbox"/> | <input type="checkbox"/> | I would like to be treated the way I treat others.                               |
| <input type="checkbox"/> | <input type="checkbox"/> | I have given up the need to always be right.                                     |
| <input type="checkbox"/> | <input type="checkbox"/> | I have matured to the point where it's okay if everyone doesn't like me.         |

*What can you do today to improve your life?*



## **SCORING DIRECTIONS**

Count the number of boxes you checked *true* for each area. Transfer this number to the chart below by coloring the blocks up to the number of your score. For example, if fifteen boxes were checked true under Career, color up through Block 15.

Score	Spiritual	Relational	Financial	Health	Career	Surroundings	Success
20.							
19.							
18.							
17.							
16.							
15.							
14.							
13.							
12.							
11.							
10.							
9.							
8.							
7.							
6.							
5.							
4.							
3.							
2.							
1.							
Totals							

## **A final thought...**

Now, choose the one area that is the biggest obstacle to your success. On a separate piece of paper describe the way you want life to be in this area. Write *as if* it already is the way you want it to be. For example, if finances are a problem, writing *as if* might sound something like this:

After a year of sacrificing, my goal of two months salary in the bank as personal reserve is only three months away. What a great feeling! With my impulse spending under control, I'm not itching to withdraw the money; instead I get a kick out of watching it grow.

Now that I'm paying cash instead of plastic, which never seemed like real money, I've curtailed my spending. I have to really want something before I'm willing to part with my money.

I love being debt free and the freedom that comes from owning my paycheck. No longer does it belong to creditors. Driving a car I can afford and living within my means translates into more available money to spend or save.

Because you are all too familiar with your current reality and your frequent but failed attempts to change, writing *as if* something were already true may seem ridiculous to you and a huge waste of time. Trust me, it isn't. If your goals are realistic for your situation, within your reach, and can be measured on a regular basis, you will reach them. Documenting where you want to be and reading it often causes it to sink into your sub-conscious where it becomes a compelling do-able vision that pulls you much like a magnet attracts metal.

The next steps are harder because they require action.

1. Get wisdom. Learn as much as you can about your situation. Talk to others who have gained a measure of success in the area you're struggling and ask them for advice. Read books, listen to tapes, etc.
2. Map out a workable strategy.
3. Chart your progress on a regular basis.
4. Work with someone to hold you accountable.

Striving toward excellence means shedding old ways and trying on new ones, expect a yearning to go back to what was, to be stretched and challenged, and expect it to cost you something. Excellence does not come cheaply. At first, the desire to give up and give in to hopelessness will be strong. Don't give up.

*"What we obtain too cheaply we esteem too lightly.  
It is dearness only that gives something its value."  
James Dobson, PhD*

If you get stuck and need the support, perspective, and accountability of a professional coach I'm ready to partner with you as you chart a course toward excellence.

*Krista Wells  
The Military Spouse Coach*