



## IAM - Essence Map <sup>TM</sup>



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- The inner circle represents your current understanding of your *Essential Best*. It includes knowledge of your values, strengths and motivations/passions: who you are.

*What words would **you** use to describe yourself at your best?*

- Your challenge is to see yourself at your *Essential Best* **all the time**. Your true identity is good, true, beautiful and wonderful: a gift to the world.

*In what ways do you see yourself as a gift to others?*

- The outer cloud represents the infinite potential of who you are becoming. You are constantly learning and growing, becoming your *Essential Best*. Your capacity to know yourself and act in the world has no limits.
- The **Drama** in the cloud represents challenges and opportunities to move deeper into your *Essential Best*. You may get confused and think **Drama** is who you are. It is **not**. **Drama** is like signposts along the road guiding you into deeper into self-knowledge – your *Essential Best*.

*Who do you see yourself becoming?*

- Use this IAM Map to **Focus on the Essential**<sup>TM</sup>: the best of who you are. Use the **Drama** in your life as leverage to uncover your wholeness, to discover the potential of your *Essential Best*.

*What helps you navigate back to your best, despite whatever might be happening around you?*