YOUR ROADMAP TO SUCCESS

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Where am I at today?

- If you'd like to go on a trip, you know where you are (Point A) and where you want to go (Point B).
- You may want to stop at some interesting places on the way but you know where you're headed to!
- Often in life, we are unsure where we're heading (Point B) and sometimes, we don't even realize where we are at now (Point A) and what got us there!
- So sit down, grab your favourite beverage, ensure you're not disturbed by anything else and anyone else and be honest with yourself! This is your chance to start your journey and become a better version of yourself.
- Reinvent yourself, learn who you TRULY are and what you REALLY want!



Be honest with yourself

- How does your life look like? Be honest with yourself!
- 1 really bad, can't be worse (or have none of it) ☺
- 5 it's OK
- 10 wonderful, can't be better, am really happy in this area of my life!
 ⁽ⁱ⁾

	1	2	3	4	5	6	7	8	9	10
Family										
Significant other / romance										
Physical Environment										
Career / Job										
Money										
Health										
Sleep										
Emotions										
Overall energy										
Personal growth										
Daily routines / rituals										
Spirituality										

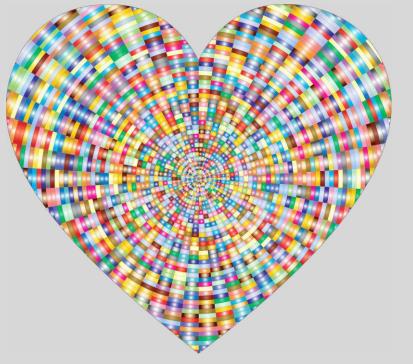
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Check in with your feelings

We often run on autopilot and DO DO DO.... We are human beings so we also need to BE BE BE! So this is the time to check in with your feelings and again, be honest with yourself! Fill in the blanks below. I'll help you with an example. Make sure you identify as many feelings as you can. Research shows that people usually use a very few words for their own feelings and those are happy, sad or tired. Isn't that alarming that we went so downhill on the way how we are able to express our feelings?! That's why I attached a feelings cheat sheet for you on the next page.

• Example: I often feel energized because I love serving my clients and working on presentations like this just fuels me!

l often feel because..... l often feel because..... 2 l often feel because..... 3. l often feel because..... Loften feel 5. l often feel because..... l often feel because..... 7. l often feel because..... 8. l often feel because..... 9 Loften feel 10



				List o	of Feelings				
Accepting / Open	Free	Edgy	Free	Involved	Aloof	Fear	Moved	Self-loving	Dissatisfied
Calm	Нарру	Exasperated	Grounded	Stimulated	Bored	Afraid	Thankful	Serene	Disturbed
Centered	Inspired	Frustrated	Proud	Despair / Sad	Confused	Anxious	Touched	Vulnerable	Grouchy
Content	Invigorated	Furious	Strong	Anguish	Distant	Apprehensive	Guilt	Warm	Hesitant
Fulfilled	Lively	Grouchy	Worthy	Depressed	Empty	Frightened	Regret	Stressed/Tense	Inhibited
Patient	Passionate	Hostile	Valiant	Despondent	Indifferent	Hesitant	Remorseful	Anxious	Perplexed
Peaceful	Playful	Impatient	Connected / Loving	Disappointed	Isolated	Nervous	Sorry	Burned out Questioning	
Present	Radiant	Irritated	Accepting	Discouraged	Lethargic	Panic	Hopeful	Cranky	Rejecting
Relaxed	Refreshed	Irate	Affectionate	Forlorn	Listless	Paralyzed	Encouraged	Depleted	Reluctant
Serene	Rejuvenated	Moody	Caring	Gloomy	Removed	Scared	Expectant	Edgy	Shocked
Trusting	Renewed	On edge	Compassion	Grief	Resistant	Terrified	Optimistic	Exhausted	Skeptical
Aliveness / Joy	Satisfied	Outraged	Empathy	Heartbroken	Shut down	Worried	Trusting	Frazzled	Suspicious
Amazed	Thrilled	Pissed	Fulfilled	Hopeless	Uneasy	Fragile	Powerless	Overwhelmed	Ungrounded
Awe	Vibrant	Resentful	Present	Lonely	Withdrawn	Helpless	Impotent	Rattled	Unsure
Bliss	Angry / Annoyed	Upset	Safe	Longing	Embarrassed / Shame	Sensitive	Incapable	Rejecting	Worried
Delighted	Agitated	Vindictive	Warm	Melancholy	Ashamed	Grateful	Resigned	Restless	
Eager	Aggravated	Courageous / Powerful	Worthy	Sorrow	Humiliated	Appreciative	Trapped	Shaken	
Ecstatic	Bitter	Adventurous	Curious	Teary	Inhibited	Blessed	Victim	Tight	
Enchanted	Contempt	Brave	Engaged	Unhappy	Mortified	Delighted	Tender	Weary	
Energized	Cynical	Capable	Exploring	Upset	Self-conscious	Fortunate	Calm	Worn out	
Engaged	Disdain	Confident	Fascinated	Weary	Useless	Grace	Caring	Unsettled / Doubt	
Enthusiastic	Disgruntled	Daring	Interested	Yearning	Weak	Humbled	Loving	Apprehensive	
Excited	Disturbed	Determined	Intrigued	Disconnected / Numb	Worthless	Lucky	Reflective	Concerned	

Are you working on yourself?

• I (don't) have time for personal development. (Underline the right words to make it a true statement for you.)

• My last 3 books I've read are:

• These are my top 5 learnings from these books:

Where do I want to go?

- I don't know where my destination "happy" is!!!
- $\,\circ\,$ I want to be my "good old happy and successful self"
- I have a clear vision and plan to get to where I want to be! I know I have to do the following:
 - Step 1...... Complete by:......
 Step 2...... Complete by:......
 Step 3...... Complete by:......

 I don't know how to get there!!! Please help me now! or via

Connect with me at: hello@marketahuzel.com



@marketahuzel





What to be mindful of?

0	Wh	at are my barriers to achieving my goal?
	1.	
	2.	••••••
	3.	
0	Wh	at are my distractions on the way?
	1.	
	2.	
	3.	
0	Wh	o are the people and/or tools which can
	help	o me to speed up my journey?
	1.	
	2.	
	3.	



ACTION!

- 1. Take your time to read through your answers now.
 - What have you learned about yourself?
 - What do you want to focus on now?
- 2. Take a massive uncomfortable action and you'll see your dreams will turn into goals and you will reach your new destination soon!

Remember, I am here to help you and accompany you on your journey! Talk to you very soon! ©

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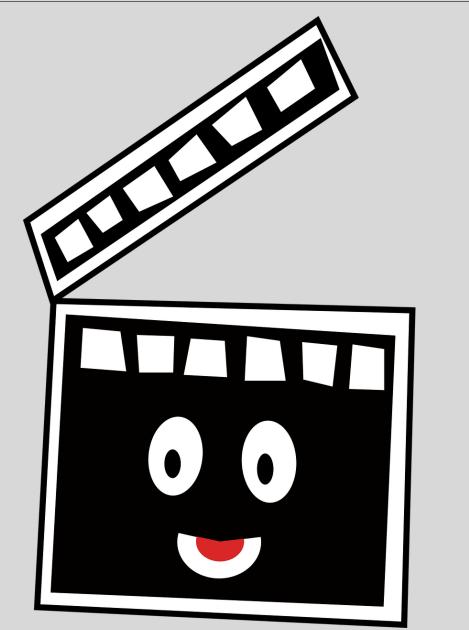


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