

The Gold Achiever

A Short Guide to Your Map to Freedom



Hello

and welcome to My Map to Freedom!

Whether you are reading this because you want to live more fully in the now, become a more authentic leader, live the wisdom of the Enneagram or develop your coaching presence you are all looking for the same thing.

When you find the space to inquire, you will find that what binds all these quests is what Joseph Campbell calls 'feeling the rapture of being alive.'

If you inquire even further you will discover that the only way to feel this inner rapture is to strip away your well-conditioned patterns of closure and defense, and set the 'real you' free.

This is the work of My Map to Freedom. As a visual tool it shows your specific patterns of closure and defense and helps you get beyond them so that you can live in the moment, be more authentic or develop your coaching presence.

But how can My Map to Freedom help you find the real you? And how do you experience the rapture of being alive?

Great questions.

First, you need to understand the structure of your map and the nature of your self created prison... so read on.

The Layers of the Map

The diagrammatic version of your map shown on the next page points to a tantalising truth... namely that you are so much more than you think you are.

Most of us think of our personality as the full extent of who we are, but the diagram on the next page points to the possibility that your personality is only one part of a much wider range of potential that exists in us all.

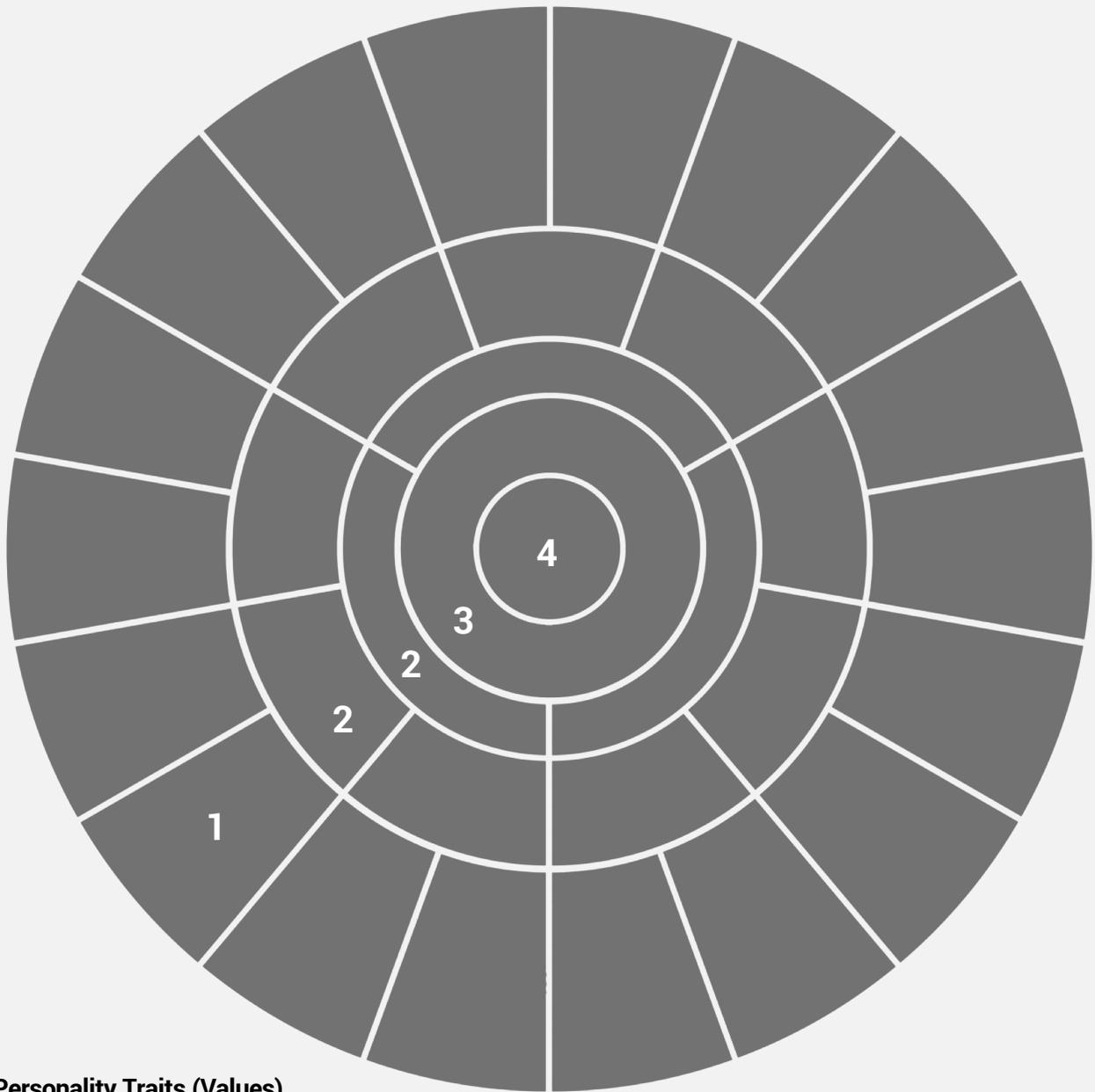
The Layers Of The Map

- **The Outer Layer** - Details your personality traits.
- The ways you act and behave in the world and the ways people know you as you.
- **The Second Layer** - Details your thoughts.
- The ways you think about yourself and the ways you act in the world.
- **The Third Layer** - Details your needs, emotions and fears.
- **The Centre Space** – Details your true self/real self/authentic self/soul signature

The centre space is the part of you that is the vast, largely unrecognised quality of being that has been encased in layers of protection and for the most part forgotten, it is this aspect of who you are that you have sensed is missing. This core part of your being has been named many things. Your true self, your authentic self, your essential self, your unconditioned self, your soul, the names are many but they all describe the same thing. The real you.

Most of us have had glimpses of our true self, for example, in times of exquisite peace or happiness, but they have been fewer than we would like because our awareness is so dominated by the day-to-day dealings of our personality.

There is much learn about the layers of the map but this brief introduction will get you started. So with that firmly in mind, read the full description of the outer layer of the **Gold Achiever** and notice what seems familiar and what does not.



1. **Personality Traits (Values)**
2. **Thoughts**
3. **Needs & Emotions**
4. **True Self**

The Outer Layer:

Your Personality & Desire for Success

As a Gold Achiever, you value success above all else. You believe that if you are successful then you will be happy. The ways that you ensure your success is by being a performer or a status seeker because you want to be seen as adaptable, efficient, driven and charismatic.

You want to be competent, productive, charming and professional, but more importantly, you want to be good at what you do and to look good doing it. You see yourself as ambitious, competitive and career orientated and would like others to see you as a winner with all the trappings of success. Your idealised image is that you are admirable and productive. You tend to rise to the top, based half on your ability to work hard and excel and half on your charm, poise and diplomacy. Displaying confidence, professionalism and dedication that is often rewarded handsomely in the workplace, you value productivity and competence and envision making the world a more efficient place.

Concerned about having prestige and status, you quickly adapt to whatever role is expected of you. You want to be seen as an exemplar of the person who has it all together and is on their way to the top. Seeking success through appearance, you are likely to place continuous pressure on yourself to maintain an enviable image.

You do this by controlling your emotions, being efficient and maintaining a focused, single-minded attitude. You are impressive in your ability to put aside your personal feelings and accomplish goals in an efficient and practical manner.

You focus attention on tasks, goals, and recognition and live by the motto 'Why do when you can overdo!' You take great pleasure in crossing tasks off your 'to do' lists after quickly finishing them. You may even write down a task on your list that you have already completed just so you can enjoy the sense of accomplishment you feel when you cross it off.

To say that you are self-confident and motivated is an understatement. Your high level of enthusiasm, self-confidence, and energy tends to rub off on everyone around you with your positive attitude often motivating others and your friends value you, seeking you out for your adaptability, charm and winning attitude. You need to be the best at whatever you do and you love the sound of applause and the accolades that are given for a job well done. A natural born performer, you do your best to be an 'all-star' at whatever you attempt. There is no second best for you and you keep trying until you reach your goal, striving for and often developing finesse.

The Outer Layer:

Your Personality & Avoidance of Failure

As a Gold Achiever, you avoid failure or being unsuccessful. You believe that if you fail you will be unhappy. Because of this your weaknesses and negative tendencies are associated with measuring yourself by external achievement and becoming focused on your image.

You may neglect your inner-child, suppressing your inner desires and emotions to become what your parents or organisation expects of you. You work so hard at achievement that you are no longer aware of your inner-voice telling you to slow down. You want others to admire you and tell you that you have done a good job.

You avoid failure, worthlessness, being second best or appearing as though you cannot accomplish what is expected of you. You can confuse your image with who you are at your core. This chronic self-deception can lead to you living a life where the ends always justify the means but leaves you with an empty or superficial emotional existence.

On the way to achieving your goals, you may repress or swallow your emotions, seeing them as speed bumps that slow you down along the way and this can cause your emotions to come up and surprise you at unexpected times.

In your drive for success, you can often be calculating and manipulative towards those around you in order to achieve your goals.

Always on the go and energized by starting new projects, you achieve a great deal but are also at risk of burning out. As soon as you reach one goal, you are on to the next. As a result, it is difficult for you to relax, to stop over-excelling and become one of the team. As you push harder and harder to complete tasks, you may even appear robot-like and ruthless because you have begun treating yourself like a machine. Because you tend to mistake what you do for who you are, you can become a human 'doing' instead of a human 'being' and become anxious and fearful that your carefully crafted image of the successful, on the go, efficient 'doer' might be unmasked as false. Your vice is deceit. You have a tendency to be overly boastful and others can think of you as pretentious. Seeking status through approval, your attention targets performance and prestige. Hyper-focused on your audience, you adapt to the expectations of others, which can give you the appearance of being opportunistic.

You want to be the very image of success where ever you are and with whatever you do, but this trying to stand out and be number one can be exhausting. You find it hard to ask for help or to pay attention to your deeper feelings, and feel like you always have to greet the world with a smile so that people will smile at you.

The Problem:

Whilst we humans are remarkable creatures we have some basic limitations and the most prevalent is our need to create ways of acting, or behaving, that enable us to cope with the challenges of daily life. You might think I am talking about taking a glass of wine in the evening, or distracting yourself with some mindless TV and whilst these things are certainly coping mechanisms the less obvious coping mechanism are the habitual patterns of our personality. Your personality is in fact a well conditioned set of strategies that have helped you cope with life, in fact if you had not developed these strategies you may not have survived. But whilst these coping strategies are useful for keeping you comfortable, they become habits of closure and defensiveness that rob you of living a life of authenticity and presence.

However the challenge of observing these traits in action is very real. In a world where we are perpetually in motion it is difficult to find the space to see what is right in front of us. (Or what is right inside us). We find ourselves overwhelmed and overworked, and tired and stressed people do not have the time, space or motivation to observe themselves.

The Solution:

It was out of this modern day and largely western problem that the need for a device that could help us observe our thoughts and behaviours in action emerged. Your map is the answer.

Your map allows you to recognise these habitual patterns of the personality is key to living your life authentically, fully present and in the now. It involves making ongoing conscious efforts to observe yourself and your patterns of closure. The aim of your map is to bring awareness to the day-to-day dealings of your personality and show you the way back to your true self, authentic self, your coaching presence, and to the present moment. As you work with your map you will come to see the the walls you have built for self preservation and self protection that are now robbing you of the freedom to feel alive.

Your map is a visual tool that does two things:

- Firstly it shows you the specific ways you stop yourself from being who you are.
- Secondly it enables you to connect to your true self.

Two Ways to use your Map

1. The R.E.S.T. Process

The journey of **getting free** from old patterns of acting, thinking and feeling happens when you sit with your full scale working map in front of you and your work through a process called R.E.S.T.

The R.E.S.T process is a set of questions that form the basis of an internal inquiry, the aim of the inquiry being to bring awareness to;

- The ways you reject or resist living in the present moment.
- The ways you avoid being authentic or real.
- The ways you avoid being present with others.

Broadly R.E.S.T stands for;

- R Recognise the ways you defend/resist and avoid life.
- E Explore the reasons why.
- S Surface the underlying emotions, needs and fears.
- T Transform through connection with the true self.

In the R.E.S.T. process you are learning to become a witness to your own habitual patterns. As you work with your map you will see connections, patterns and recurring themes with a new perspective and awareness. You not only become aware of what and why you are doing the things you do, but your awareness will also dissolve your old patterns and set you free.

Two Ways to use your Map

2. Guided Meditations

The journey of staying free happens when you sit with your wall art map in front of you whilst listening to a guided meditation.

This process is for those who are looking for a daily practice which will keep them routed in the present moment and enable them to live more fully in the now. The more you practice using your map in this way the more it becomes an anchor that brings you back to the inner stillness of your true self. From this place you will be able to respond to life's challenges rather than reacting to them.

Working with your map in this way is a form of deep listening. Through questioning, listening and acknowledging, you will become an explorer, charting territory both strange and familiar. In each encounter with your map you will listen for the new and the steadfast, bring back learning and resolutions and listen for the wisdom they hold.

There is a free sample of a guided meditation on our site and we encourage you to try it out.

Obviously you will need to have your map open in front of you. If you have not purchased a printed map yet then please use the sample at the back of this guide and give it a go!

What Next?

Thank you for your interest in My Map to Freedom I can't wait for you to find out how much more there is to know and understand about the map, the R.E.S.T. Process and yourself. If this brief guide has intrigued you and you are curious to explore further, then here are some choices:

If you would like to explore how to live more fully in the present moment then we recommend you check out the on-line programme 'Living in the Now.'

If you would like to explore how to use the map in your coaching practice then we recommend you check out our programme for coaches.

If you would like to explore how to use the map to live the wisdom of the Enneagram then we recommend you buy the box set with the book **How to Live Unleashed and Alive** and the foldable map.

Or maybe you might simply like a copy of your map for the wall or as a gift. Please visit our shop to see the wonderful array of 'home friendly' designs!

Finally, one more choice.

I would be honoured to welcome you to the growing community of explorers on Facebook that are using their maps to radically change their lives. We have a general Facebook page which will inspire you with daily quotes and thoughts about inner freedom and a closed group for those wishing to learn more about using their map on a daily basis.

Whichever way you choose to use your map I wish you the warmest wishes on your onward journey to freedom.

Jane Douglas

