

EXERCISE: TREASURE VS. ROAD MAP QUIZ

For each pair below, give yourself one point in the corresponding column for the statement that best describes how you think.

<i>1 or 0</i>	<i>Treasure-Map Thinking: Column No. 1</i>	<i>Road-Map Thinking: Column No. 2</i>	<i>1 or 0</i>
	Disappointment is hard for me.	I handle disappointment well.	
	I am good at getting what I want.	I am good at enjoying whatever comes my way.	
	I am often angry or hurt when others criticize me.	I handle criticism well.	
	I feel that I am in control of my life and/or, at times, out of control of my life.	I feel that there is a plan for my life OR there is no need to plan—it will come.	
	It is important that I feel appreciated by others for my efforts.	I am not strongly motivated by the appreciation of others.	
	It really bothers me when life is unfair to me and/or others.	When life is unfair, I make peace with what happened quickly.	
	Everyone is free to seek happiness his/her own way.	Happiness is a choice.	
	← Total Points Column No. 1	Total Points Column No. 2 →	

If your Column No. 1 score is larger than No. 2, SUBTRACT Column No. 2 Score from No. 1; plot on the LEFT half of scale below.

If your Column No. 2 score is larger than No. 1, SUBTRACT Column No. 1 Score from No. 2; plot on the right half of the scale.

Treasure Map

7 — 5 — 3 — 0 — 3 — 5 — 7

Road Map

Small Steps in a Better Direction

Identify three situations where it would most benefit your life to let go of “treasure map” mentality (e.g., your relationship with your spouse; your career path, etc.).

1. _____
2. _____
3. _____

Identify one thing you could do in each of these areas to make a small change toward seeing life as a road map.

4. _____
5. _____
6. _____