

The Power of the Past to Launch Your Into Your Future

Can you imagine life without memories? You wouldn't know where you left your car keys or even the car itself. You'd wonder where you worked and who all your co-workers are. In fact, you wouldn't even know the person staring back at you in the mirror.

Memories are one of the most precious things we have in this life. Not just because they allow us to function on a daily basis, but because...

Memories can point us toward the life we really want.

Your mind is filled with positive memories that are lodged in a special place and sealed with a warmth that won't allow them to fade away. Perhaps you remember special moments around the Christmas tree with your family as you opened gifts. Or, maybe you recall a family vacation that was especially meaningful. Possibly your mind wanders toward fun memories of sleepovers with your best friend.

You have memories like that, don't you? These are positive, life-giving memories of your past that are road markers pointing you toward that which you cherish.

When we're able to tap into the goodness of those moments, we can extract what is nourishing and beautiful about life. We start to get a sense of the satisfying, meaningful life that we really want.

Of course, you and I both have negative recollections as well. These are experiences along the path we'd rather forget, but it's good that we haven't. Those memories play a role, too. They are warning signs of what to avoid or at least how to navigate through treacherous terrain if and when we encounter it once again.

Although organic conversations allow memories to unfold spontaneously, I want to invite you to take an intentional journey back in time to excavate what's been waiting to be discovered within you. Along the way, you'll come across memories that are playful, powerful, and painful. They're part of your life, and we all have them. Take a deep breath and know that I'm with you in the process.

REMEMBER WHEN - MEDITATION

Take a few minutes to simply close your eyes and allow your mind to wander back through your childhood. Start with your earliest memories and work your way toward the present moment. Be aware of what surfaces in your mind's eye and enjoy the journey.

REMEMBERING YOUR LIFE'S JOURNEY

1. As you experienced the journey of your life through the meditation, what memories stood out to you the most, and why?

2. As you think back over the course of your life, when did you feel most alive? What was that 'aliveness' like?

3. When have you felt most empty? What made the experience or season of life such a lifeless time for you?

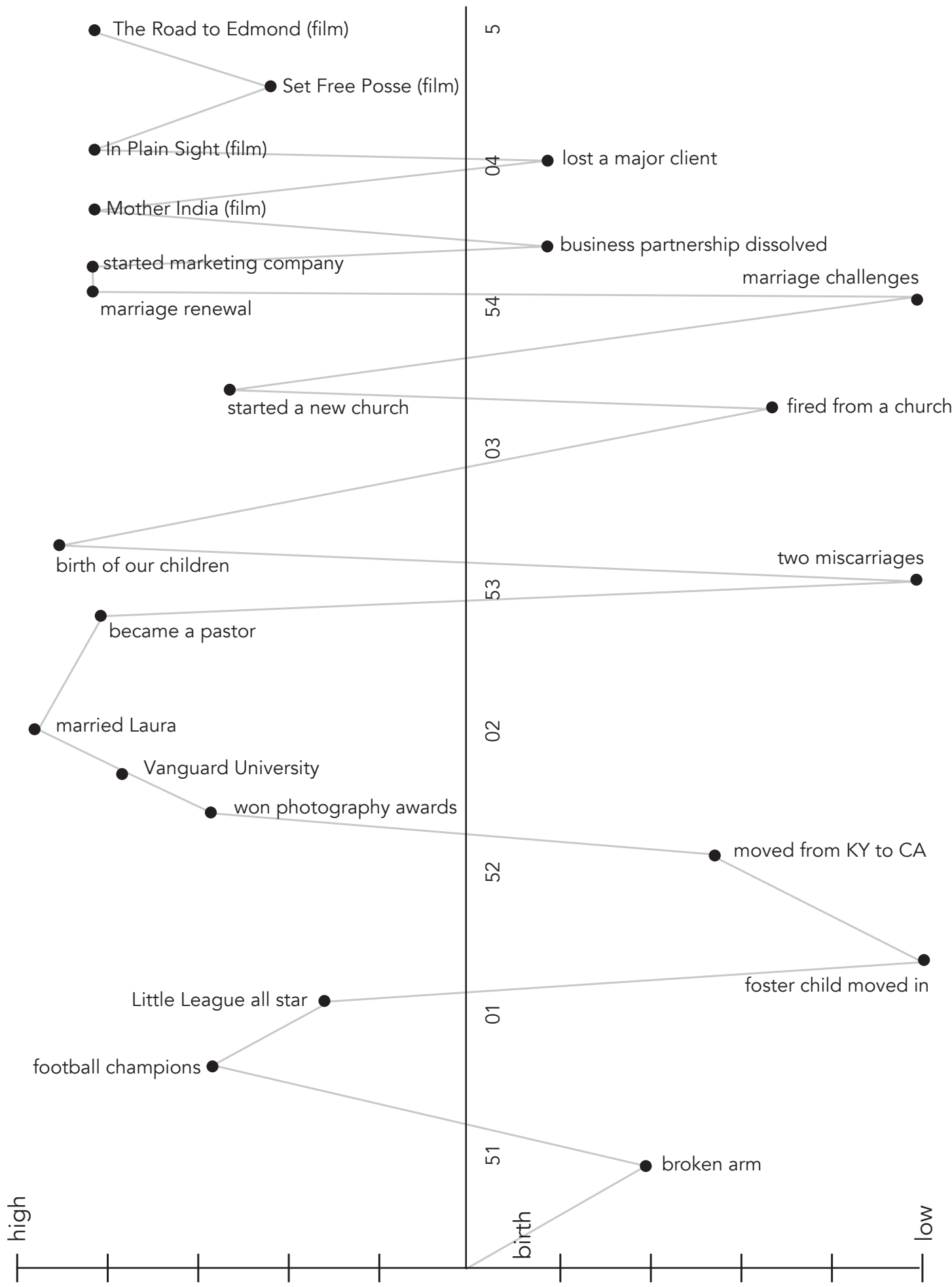
MAPPING YOUR LIFE

I want to invite you to map the 'highs and lows' of your life...the times when you felt most alive and the times when you felt most empty or down.

- Reference the example of my own Life Map on the next page.
- On page five, fill in the age timeline starting with birth and working up to your current age - in yearly increments depending on how old you are. If you're younger, you might want to put every age on the timeline. And, if you're a little older, you'd do larger increments such as every 4-5 years.
- Place a dot at each high or low point that holds the strongest memories or meaning for you, and then write a short description that describes that event.
- After placing dots at all the events that stand out in your mind, connect the dots with a line that goes up and down along the timeline of your life.

After you've completed your Life Map, turn to page six to answer several reflection questions that will help you cultivate insights into your memores.

LIFE MAP (Example)



MY LIFE MAP

high

birth

low

current
age

REFLECTING ON YOUR LIFE MAP

Now that you've taken a journey through the memories of your heart, what can you learn? Why have those memories (which probably include the full gamut of emotion) been solidified within you while so many others have simply faded away? Perhaps you were more present in these moments and experienced the subtle textures of life. Or, could it be that these memories hold a depth of meaning that other more mundane moments have not? Take a few minutes and reflect on your Life Map using the questions below.

4. Does anything surprise you about your Life Map? Why?
5. Notice the seasons of your life when there are more 'high' points. Is there anything in common? Do most of them center on achievements or relationships or something else?
6. What can you learn from high and low points that might point you toward the life you truly want in the future?

SHARING YOUR LIFE MAP

Taking time to share your Life Map with someone else can be a rewarding experience, and profound insights can come as they ask questions and you hear your own answers. My encouragement is to share it with someone who truly cares about you. Maybe it's your life partner, friend, or family member. Maybe a co-worker who you're really close with.

This can be a very intimate experience to share the low lows and high highs, and they may have natural questions for you. When you share your memories with people in your life, they'll start to have more of an understanding and connection with you...and you'll feel more connected with them.

Simultaneously, you'll start to see what you want to pursue and what you want to avoid in life. By sharing this with someone else who cares about you, they'll be able to join you in this life launch journey. And, by verbalizing what you have experienced in life, it will help you begin to cultivate a greater vision for your future.

Who will you share your Life Map with?

When do you plan to connect with them?



DAVID TROTTER is a launch coach, meditation guide, and host of **Inspiration Rising**, a podcast for women (and the men who support them) who are continually rising up in their life, love, and leadership. He is the creator of two online courses including "Launch Your Life: A Workable Plan to Make Lasting Changes in 60 Days" and "Me Time Meditations: A 21 Day Journey to Transform Your Mind, Heart, and Priorities in Just Five Minutes". For 25 years, he has helped people get unstuck, clarify their goals, and take their lives to the next level. He is an award-winning filmmaker, author, and speaker. David and his wife have been married for 25 years, and they live with their two teens in southern California.

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