

Treasure Mapping to Achieve Your Goal

What to Know

When you've set an important goal, have you ever closed your eyes and imagined you have achieved the goal? You can feel it and clearly see every detail. But maybe it takes a lot of effort to recreate your visualization when you need inspiration.

Treasure mapping is a tool to remind you what you're working toward and keep you motivated. You've probably seen treasure maps in movies or games. This treasure map won't show you how to find buried treasure. Instead, your map will point the way to a goal you want to achieve.

This map is a physical representation of how you'll achieve your goal. By creating and focusing on the steps you need to take, you can build confidence and belief in your own abilities to achieve what you set out to do.

What to Do

Follow these steps to create your treasure map.

1. First, identify one goal you want to set for yourself.

2. Write about your goal and start to visualize what you want. What will you see when you've achieved it? What will you have that you didn't have before? What will you be that you weren't before?

3. Think about how you will celebrate when you achieve your goal. How will other people see you and your achievement?

4. Visualize the journey toward achieving your goal. What will you have to do? What will you have to *stop* doing? There may be important milestones or necessary sacrifices along the way. Visualize these, too, and think about images that could represent your journey. Jot down your ideas.

5. Now, collect images that represent your journey. They can be from magazines, websites, or any other source. You can also draw on your map. Decorate it any way you wish!

6. Using the map on page 4 of this worksheet, paste or tape an image that represents your goal on the **X** in the lower left corner.

7. Draw yourself along with inspiring phrases at the top of the page, above the map. This reinforces that you're the one responsible achieving your goal - and you can do it!

8. Write down anything new and positive that comes to mind as you create your treasure map. For example, if you want to complete a 10K race, you might see there's an opportunity to raise money for a cause you care about.

9. Draw, paste, or tape images that represent your goal, your journey toward achieving it, and any sacrifices you will need to make. Write down any obstacles or challenges you might face next to the shark fins.

10. Keep your map in a place where you'll see it daily or take a picture of it and save it on your smartphone. This will help motivate and inspire you each time you see it.

11. Take a few minutes every day to focus on your map. Think about how you'll reach the next milestone in your journey toward your goal. You may also look at your goal from new angles. For example, if you're visualizing completing a major school project, you might have new ideas about who can help you complete it or ideas to make it even better!

Treasure mapping is a powerful tool to boost motivation and self-confidence, but it's not magic! Simply making the treasure map won't make each step in the journey happen. So, take ownership of each action to get what you want.

Here's an example:

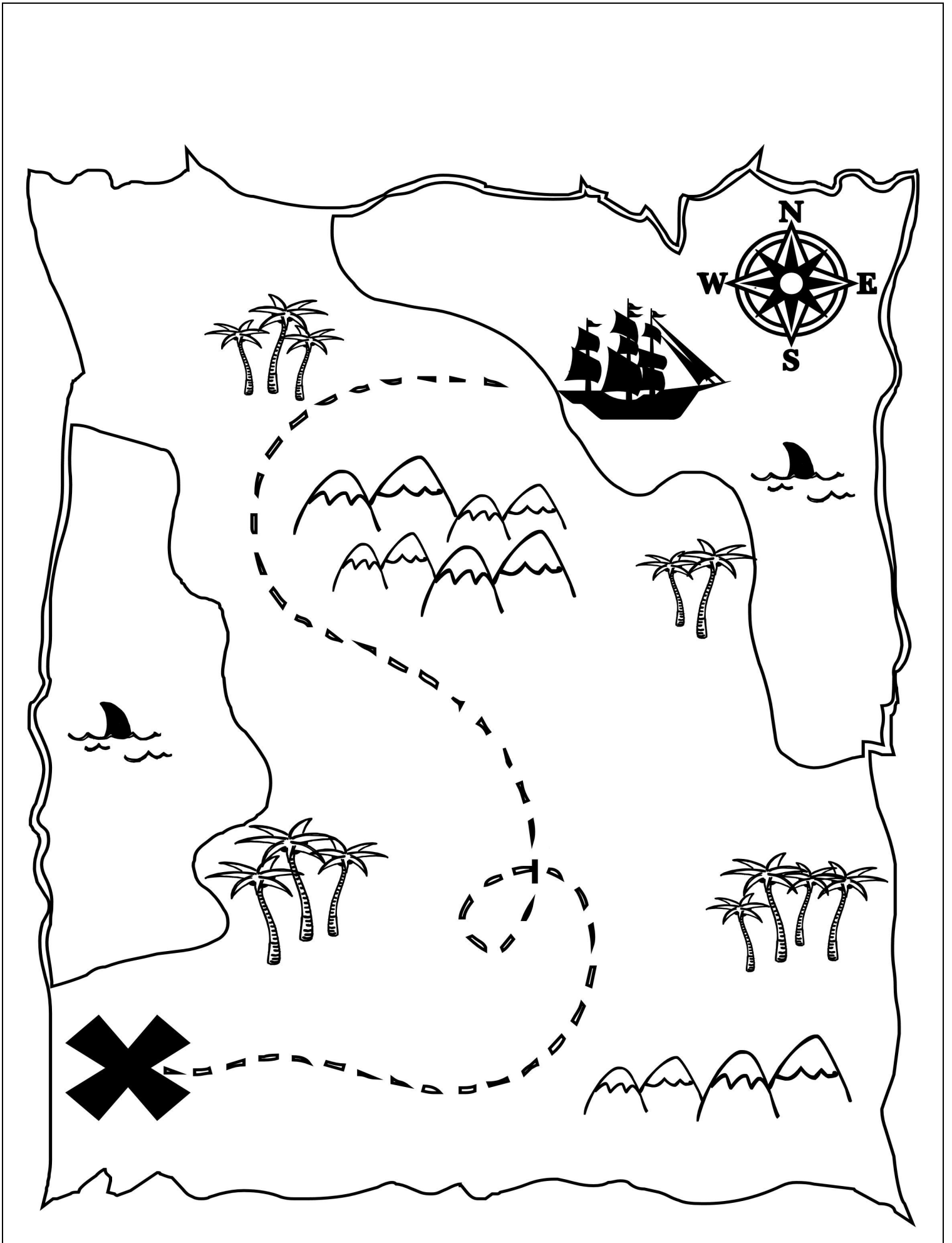
Emily wants to enter, train for, and complete a 10K race. Although she's fit because she participated in track last spring, she hasn't trained for an event like this before. She decides to put together a treasure map.

She begins by writing a list of steps to reach her goal. She doesn't just want to complete the race, but to do it in the best time she can. She also wants to use the experience to raise money for a local animal shelter.

Emily collects images that reflect her goals. She found inspirational pictures of athletes training and images from the promotional literature of the animal shelter.

She draws an image of herself and tapes a picture of a triumphant athlete wearing a medal next to her drawing. She adds images that show how hard the training will be to remind her of the effort she'll have to put in.

Each day before she works out, Emily looks at her treasure map and congratulates herself on her progress. She visualizes the challenges that lie ahead and maintains a strong mental image of herself succeeding - and how happy and satisfied she'll be when she does!



Once you have achieved your goal, answer the following questions.

Did the treasure map help you achieve your goal? Why or why not?

Describe the any obstacles or challenges you experienced on the journey toward your goal. Did you expect them? Did you find ways to overcome them? Explain.

How did you celebrate when you accomplished your goal? What did you do?

Will you use the treasure map again to achieve a goal? Why or why not?
