

# Mind and Emotion Mapping

Tackling the ROOTS of  
Behavior

# DESIRED OUTCOME

EVALUATE EACH OF THESE AREAS  
AND LIST YOUR DESIRED  
OUTCOME!

## PERSONAL

- \*Emotional Health
- \*Mental Health
- \*Physical Health
- \*Spiritual Health

Use this space to create your PERSONAL desired outcomes so that we can identify any beliefs that are holding you back!

## PROFESSIONAL

- \*Financial Health
- \*Your Passion
- \*Career

Use this space to create your PROFESSIONAL desired outcomes so that we can identify any beliefs that keep you from living out your passion and finding success!

## RELATIONAL

- \*Marriage/Dating Relationships
- \*Friendships
- \*Children

Use this space to create your RELATIONAL desired outcomes so that we can identify any beliefs that are holding you back from having deep, meaningful and healthy relationships.

**“Do not be conformed to the world but be transformed by the renewing of your mind.” -Romans 12:2**

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