



## Activity No. 140

January 20, 2025

Internal  
Observer/  
Navigator

### Coreself Mapping™

Value and  
Practices

03



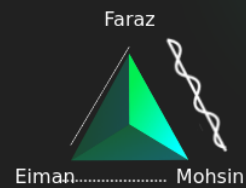
Thoughts and  
Plans

04



Emotional  
Energy and  
Sensations

02



#### 05 Situation

i am feeling better i am feeling bored i am feeling tired

#### 06 Strength

(resources available to you that you count & call on)

Strengths Strengths Stenegths

#### 07 Struggles

(good faith efforts that have not paid off yet)

struggle vales

#### 08 Strategies | Real Questions

strategies values strategies