THE DESIRE MAP

Biggest Book Club... Ever.

READER GUIDE

DANIELLE LAPORTE
A NOTE BEFORE WE START

Dearest Desire Mappers,

You know why you’re awesome? Not because you bought my stuff (but thank you for that, truly.) You’re awesome because you’re a seeker. And seekers find out what they’re made of, and how much they have to give, and how incredible life can be when you show up as you are.

Now… *The Desire Map* is more than a program for goals with Soul—it’s a life philosophy. So your gathering will be more than just a “book club.” But you knew that already.

It will be… a support system-meets-book club. A not-so-secret society in your real-life ‘hood—or your favorite virtual platform. A gathering of seekers, entrepreneurs, 9 to 5’ers, mamas and their men, yogis, hard workers, light lovers… of people with a distinctly uncommon purpose—to feel the way you truly want to feel in every area of your life.

This guide is meant to be a compass for your journey—a light to steer by with your nearest and dearest, or a way to connect with new friends. We have some ideas below on how to structure your book club meetings, but find your own rhythm. Go section by section, or one life area per meeting. A weekend in a cabin with friends, or a year of discovery.

Keep this in your heart as you go: feeling good is the primary intention.

All Love,

[Signature]
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OVERVIEW

HOW TO USE THIS GUIDE:

We’ve outlined a framework for your Desire Map Book Club exploration—each meeting is broken into five parts:

1. **Read:** The *Desire Map* reading material for the week.

2. **Watch:** For each meeting, there will be a video message from Danielle to kick things off. All videos can be downloaded at DanielleLaPorte.com/BookClub

3. **Discuss:** A few questions to get the conversation flowing.

4. **Declare:** When we say Biggest Book Club Ever, we mean it. “Declare” is an opportunity for you and your group to plug into the global book club. We’re all wired for connection, communion, togetherness, so we want book club members all around the world to see and hear each other. If there’s one thing the world needs more of, it’s people gathering together with the singular focus of supporting each other to feel the way they want to feel. Check out DanielleLaPorte.com/BookClub to see our live feed of book club activity and witness the revolution.

5. **Till next time:** Prompts to get you thinking (and feeling good) before your next meeting.

TIPS FOR CONNECTING:

› **Stay in the know:** Visit DanielleLaPorte.com for additional resources and the weekly Desire Map for Life blog post.

› **Hashtags:** Use #DesireMap #Bookclub and your #City hashtags across all social media platforms so your fellow Desire Map Book Club members throughout the world can find you. Examples:

  Went to our first #DesireMap #Bookclub #Seattle meeting. Let the journey begin!

  Group hug at our #DesireMap #Bookclub #NewYork tonight to kick things off. Feelin’ the love.

  Goal setting just got a makeover—here’s to creating goals with soul #DesireMap #Bookclub #Berlin
MEETING 1
WELCOME TO THE DESIRE MAP

READ:
Section One of *The Desire Map*, “Program Overview”.

› Start thinking about how you want to feel in each area of your life. What feeling words come to mind? Write them down and think about how each word makes you feel. Circle the words that make you feel uplifted, expanded… at home. Put your list of words on a sticky note on the fridge, in your journal, by your bed, and let it stew. You’ll re-visit them soon.

WATCH:
Video 1 – Danielle’s Welcome Message

› (Download videos from DanielleLaPorte.com/bookclub)

DISCUSS:
A few discussion questions to get things going:

1. What would happen if we made all our decisions based on feeling good?
2. Why do we push away good feelings?
3. If we believed our joy would change the world, what would we do differently?

DECLARE:
Take a photo of your first group meeting—the book club members, the meeting space, the conversations. Share them as individual photos or one big collage on Instagram or Facebook.

› Tag it: #DesireMap and #Bookclub #YOURCITY so Desire Mappers around the world can find you and your photos.

TILL NEXT TIME:
Dive into section two of *The Desire Map*, “Introducing Desire”

› Keep playing around with the feeling words you wrote down before the first meeting. Look up definitions, refine, refresh, release. Narrow your words down to 3-5 core desired feelings and bring the list to next week’s meeting.
MEETING 2
INTRODUCING DESIRE

READ:
Section Two of The Desire Map, “Introducing Desire”

› Go over your list of feelings from last week’s prompt. Compare notes with the group—without comparing yourself to others.

WATCH:
Video 2 – Danielle on Desire

DISCUSS:
A few discussion questions to get things going:

1. What’s your version of “having it all”?
2. “I only want to hit my targets if the aiming and the hitting both feel good.” Is there something you’ve been pushing for and the pushing has not been feeling good?

DECLARE:
Make a video of each member in your group declaring their core desired feelings. You can record one video of the group sharing together, or individual videos for each member. It’s completely up to you. Make it short and sweet so you can share your videos on Instagram or Vine.

› Tag it: #DesireMap and #Bookclub #YOURCITY

TILL NEXT TIME:
Check out section three of The Desire Map, “The Magnetics of Feelings”.

› Start actively using your core desired feelings to make decisions throughout your day. They could be major life changing decisions like deciding to move on from a relationship that isn’t giving you joy, or small everyday choices like waking up an hour earlier to see the sunrise. Take note of how you feel after the choices you make with your CDFs in mind.
MEETING 3
THE MAGNETICS OF FEELINGS

READ:
Section three of *The Desire Map*, “The Magnetics of Feelings”.

› What did you do this week to feel the way you want to feel? What changed when you started filtering your daily decisions through your core desired feelings? Share your findings from the previous week’s exercise with the group.

WATCH:
Video 3 – Danielle on The Magnetics of Feelings

DISCUSS:
A few discussion questions to get things going:

1. What do you think is the difference between feelings and emotions?
2. When have you been able to turn a “negative” experience or feeling into a stepping stone or moment for growth? What made that experience different than the rest?

DECLARE:
What are you doing as a group or own your own to generate your core desired feelings? Share with us on Twitter & Facebook, or take a photo of your core desired feelings in action and share on Instagram.

“I made a beautiful meal for my sister this morning: Connection. I’m wearing my favorite scarf: Radiant.” — Stacey

“I’m organizing my office: Empowered.” — Jackie

“I’m starting hip-hop dance classes this week—Badass flowing through my veins.” — Cynthia

› Tag it: #DesireMap and #Bookclub #YOURCITY.

TILL NEXT TIME:
Read Section Four of *The Desire Map*, “Goals and intentions” before your next meeting and get ready to explore goals with soul.

› Make a list of the goals you’ve already been working towards and how chasing each one makes you feel. Buying a house, losing thirty pounds, getting a new job. What’s pushing you? What’s pulling you? Bring your list to the next meeting’s discussion.
MEETING 4
GOALS & INTENTIONS

READ:
Section four of The Desire Map, “Goals & Intentions”

› How have you approached goal setting in the past? How has it made you feel? Share your thoughts with the group.

WATCH:
Video 4 – Danielle on goals with soul.

DISCUSS:
A few discussion questions to get things going:

1. How do you feel about goal setting? Can you accomplish great things in life without a five year plan?

2. Let’s talk about striving. What would happen if you made “No more striving” your motto for the next year? The next month? Or even the next hour? What paths would open up for you?

DECLARE:
Feeling good above all else means saying ‘no’ when you need to. Announce your “stop doing list” to the universe: This week, I’m saying a liberating, love-infused ‘no’ to...

› Tag it: #DesireMap and #Bookclub #YOURCITY.

TILL NEXT TIME:
Explore section five of The Desire Map, “Sincere Effort, Trust & Faith”.

› Start thinking about how it makes you feel to go after the things you desire. Do some of the desires you are pursuing feel clingy or uneasy? Make a list of the things you could let go of pursuing and bring your list to the next meeting.
MEETING 5
SINCERE EFFORT, TRUST & FAITH

READ:
Section five of *The Desire Map*, “Sincere Effort, Trust & Faith”.

› Remember your list of goals from the last meeting and think about how you’ve been pursuing them. Do you know why you’re going after them? Are you clinging to expectations? Share your thoughts with the group.

WATCH:
Video 5 – Danielle on Trust & Letting Go.

DISCUSS:
A few discussion questions to get things going:

1. What does “relaxed determination” mean for you?
2. Detachment, letting go, trust, surrender, release—these can be uncomfortable concepts. How do they make you feel?

DECLARE:
Letting go can be one of the most powerful tools along the road to self discovery and transformation. What are you letting go of this week? Share with us on Twitter or Facebook, or make a video telling us about the things you’re letting go and post it to Instagram or Vine.

› Tag it: #DesireMap and #Bookclub #YOURCITY.
NOW OVER TO YOU…

The journey continues. Always.

**Your core desired feelings may morph and evolve. Or they may last you for years.**

You’ll reach some goals, release others, and relax into feeling genuine above all else.

**Where you go with your group from here is completely up to you.** A once a year meeting to refresh your core desired feelings in the New Year. Or a mid-summer regroup to keep you on track and feeling good. It could even be as simple as a spontaneous catch-up online or over the phone.

However you choose to continue down this path, we’d love to hear from you. **Tell us how desire mapping has helped you, changed you, or perhaps evolved into something else altogether.**

Thank you for journeying. May your desires lead you home.

Deep bow,