

Self-Mastery Map

Dr. Satguru

Your simple scientific plan for authentic exponential growth, success and fulfilment

What is the 6-month domino intention? Make it tangible and give it a number.

What are the sub-intentions? Summarise your future character in 1 word.

What are 3-5 dominant emotional states that represent the fulfilment of this desire?

What are 3 beliefs that represent these emotional states? Why? How will you embody this belief?

What are 12 micro-habits that will help you create these emotional states?

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Where are you right now in relation to this intention? Give it a number. Why?

What are your current emotional states in relation to this intention? Why?

What is your core repetitive challenge in relation to this intention? For how long? Why? What is the impact?

What is the core question that blocks you from this intention? What evidence do you have for that belief? Are you willing to let go of that?

What are the subconscious actions (negative habits) that relate to that belief?
