



# MAKE YOUR OWN *map*

Follow our five-step exercise to identify any jealous feelings you might have and unearth their wisdom.

**1** Think of the different areas of your life, such as school, home, sport, or part-time work, and ask yourself if there are people in any of these realms that you envy.

**2** Using the space on this page write down each name or situation that causes jealous feelings to arise.

**3** Choosing from these, pick one and ask yourself why you feel this way. Jot down your reasons. Keep writing until you run out of things to add.

**4** Look over your answers. Does anything stand out? Underline or make a list of any insights you gain into your own dreams and aspirations. If more questions arise, keep answering them.

**5** Repeat these steps for each of the situations on your list.