

# THE RED CHALLENGER

A short guide to using your Map to Living Your Calling



my **map** to freedom



Hello, my name is Jane Douglas and I welcome you to My Map to Living Your Calling.

As a self-employed coach, helping professional or thought leader you have probably embarked on many a quest to get your message out there and reach the people you want to serve. You have probably been advised that to grow your business and attract your tribe the first thing you need to do is market yourself. The chances are you have spent a small fortune seeking all sorts of advice, getting nowhere fast, and just like everyone else who is spending so much time and effort 'marketing' themselves you end up part of the crowd - just adding to the noise. Unnoticed by the people you want to reach. Invisible.

What I am learning on my journey is that there are two aspects to being visible in the world. There is the inner game and the outer game. The outer game is concerned with marketing skills and expertise, and whilst this knowledge is essential it is not the place to start your journey to living your calling. To get your message heard by those you want to serve you need to start on your inner game. Until you have done the inner work needed to be able to be visible in the world no amount of marketing skills are going to attract the people you want to serve. Why? Because whether you admit it or not, you will be too frightened.

**"Becoming visible in the world requires you to drop your conditioned ways of avoiding, conforming and pretending. It is a human act of immense bravery and vulnerability that requires you to stay in full contact with who you are at the deepest level."**

My Map to Freedom is first and foremost a method for learning to recognise your conditioned ways of avoiding and hiding from the world and as a practice it is your map for your journey to being visible in the world.

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# Your journey to becoming visible is unique to you

Everyone knows that your personality type determines the ways you act, think and to some extent feel, but what is less commonly known is that your personality type also shapes the way you hide and avoid being visible in the world.

Your personality traits are in fact well-conditioned patterns of behaviour that keep you safe and hidden in an overwhelming world. When you don the armour of your personality traits you are hiding, acting out of fear and playing out a much smaller version of who you are.

You do not have to spend years struggling before you awaken to the truth of who you really are and come out of hiding. You are entitled to allow flow and freedom into your life now. But if you are to allow yourself to come out of hiding and be real you must first learn how to recognise the specific ways your personality type avoids staying in contact with life. Your map will help you uncover your default and invisible operating systems that are secretly ensuring you stay invisible by presenting a pale imitation image of who you really are. When you use your map as a daily practice you will finally comprehend the devastating impact that your conditioned and egoic ways of hiding have on your capacity to get your work out into the world. Once you bring what is hidden into your awareness you will find the courage to step out, step up and live your calling.

On the next few pages you will read about the structure of your map and more details on your personality type. You will also learn how your personality type shapes the specific ways you keep yourself hidden in the world...

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# THE LAYERS OF THE MAP

The diagrammatic version of your map shown on the next page points to a tantalising truth... namely that you are so much more than you think you are.

Most of us think of our personality as the full extent of who we are, but the diagram on the next page points to the possibility that your personality is only one part of a much wider range of potential that exists in us all.

## THE LAYERS OF THE MAP

**The Outer Layer** - Details your personality traits. The ways you act and behave in the world and the ways people know you as you.

**The Second Layer** - Details your thoughts. The ways you think about yourself and the ways you act in the world.

**The Third Layer** - Details your needs, emotions and fears.

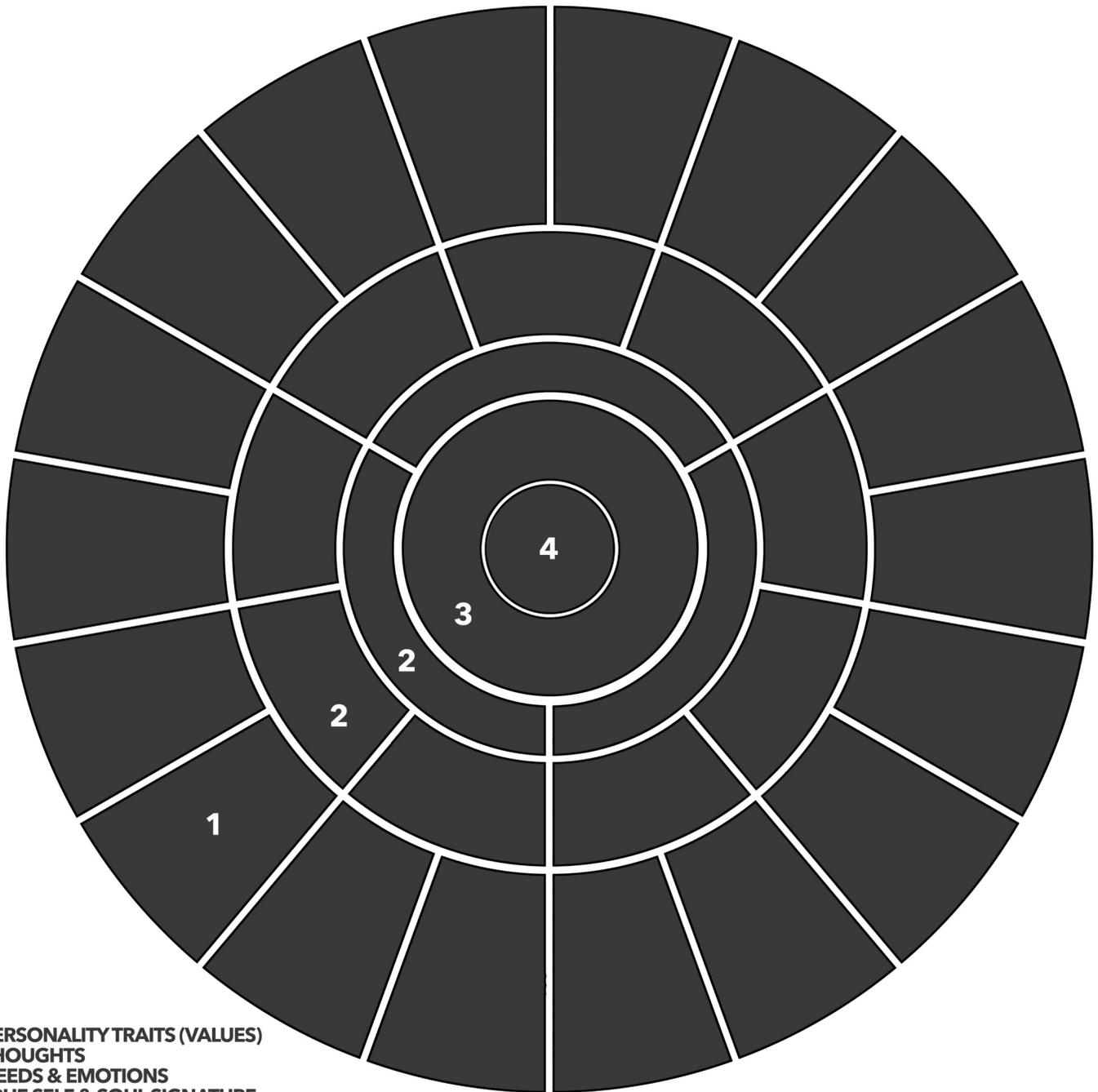
**The Centre Space** – Details your true self/real self/authentic self/soul signature

The centre space is the part of you that is the vast, largely unrecognised quality of being that has been encased in layers of protection and for the most part forgotten, it is this aspect of who you are that you have sensed is missing. This core part of your being has been named many things. Your true self, your authentic self, your essential self, your unconditioned self, your soul, the names are many, but they all describe the same thing. The real you.

Most of us have had glimpses of our true self, for example, in times of exquisite peace or happiness, but they have been fewer than we would like because our awareness is so dominated by the day-to-day dealings of our personality.

There is much to learn about the layers of the map, but this brief introduction will get you started. So with that firmly in mind, read the full description of the outer layer of the RED CHALLENGER and notice what seems familiar and what does not.

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- 1. PERSONALITY TRAITS (VALUES)
- 2. THOUGHTS
- 3. NEEDS & EMOTIONS
- 4. TRUE SELF & SOUL SIGNATURE

## THE OUTER LAYER: YOUR PERSONALITY & DESIRE FOR STRENGTH

As a Red Challenger, you value strength above all else. You believe that if you remain strong then you will be happy. The ways that you ensure you remain strong is by being independent, making your own decisions and being in control of your own course. You also show strength by being open, honest, direct and straightforward. Confronting problems head-on helps you to feel a sense of control and to maintain control and strength, you need to be your own authority, seeking the independence to be master and commander of your own life. As your colour suggests you see yourself as assertive, decisive and resourceful. You would like others to see you as strong, fair-minded and magnanimous. Your idealised image is that you are protective and powerful. You are strong, wilful, decisive, persistent and passionate. You know what you want and you know how to get it. You have the need to feel confident, self-reliant and in charge of your emotions. You don't need to be liked, but you do have a strong need to be respected. You also need a sense of fairness and justice in your dealings with others, or you are likely to assert your wilful and stubborn nature.

You believe that too much of a good thing is almost enough. You like challenges and are often challenging when it comes to overcoming the kinds of obstacles that limit or deter others and Red Challengers can be refreshing and inspirational leaders. You can quickly assess a situation, cut to the chase and 'call a spade a spade', simplifying what initially appears to be complex and confusing. This ability to instinctively see the truth in any given situation and act decisively makes you a natural born leader. Living by your own personal code of honour, you have a strong sense of justice, which compels you to act whenever you see any kind of injustice taking place. This often inspires great loyalty from those who see you as a protective authority. Your greatest strength is your sense of justice and desire to protect the weak, vulnerable, downtrodden and under-represented. Big-hearted and generous by nature, you are unusually devoted, willing to protect others even at your own expense. Behind your tough exterior, you are gentle, playful, childlike and innocent. You also have a well-hidden tender and caring side that is vulnerable, but this often only shows up when you are with small children or animals. You are charismatic and have a take-charge, no-nonsense, can-do attitude. You have great pride in your ability to face, endure and overcome adversity, believing that what doesn't kill you makes you stronger.

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## OUTER LAYER: YOUR PERSONALITY & AVOIDANCE OF WEAKNESS

As a Red Challenger, you avoid weakness or being perceived to be weak by others. You believe that if you show weakness or others control your environment you will be unhappy. Because of this your weaknesses and negative tendencies relate to the ways you ensure you avoiding being weak – always. When you fear losing control or being weak, your hot temper, comfort with confrontation and penchant for vengeance may cause others to gang-up against you. Because you fear being powerless you set up a hard and intimidating exterior. You avoid being weak, vulnerable, controlled or manipulated. Secretly, you fear being caught off guard, harmed and/or humiliated. Being mistreated and at the mercy of injustice are among your deepest fears. You resist and defy anything that is imposed upon you. Fearing deprivation, you avoid ever having to go without what you deem essential to your survival. You do everything in your power to avoid being dependent on anyone or anything. You have a distaste for mediocrity and anything that feels contrived. Your word is your bond and you do not suffer fools gladly

People are occasionally intimidated by you and often misinterpret your direct manner as insensitivity. Self-possessed, you easily speak your mind and can come across as too aggressive. You believe that being true to yourself means that you say what you mean and mean what you say. You stand up for your beliefs and perceive backing down as a sign of weakness – even though at times doing so may be common sense and in your own best interest. Your vice is excess and going to extremes. Whatever you like, you want more of and whatever you do, you overdo at full speed. Quick to respond, you can over-react and come on too strong. You can be too much, too intense, and unwilling to self-limit. This can lead to escalating conflict due to an over reliance on your own truth and self-defined justice. Under stress you can become myopic, believing your truth as 'The Truth'. Seeing life as a battlefield or a contest of wills, you can become confrontational and have difficulty backing down or admitting defeat, and like a general surveying the battlefield you are not interested in subtle nuance, but rather in the big picture. Your attention goes to issues of power. Who has it and most importantly, if it is being used fairly. You instinctively sense a power vacuum and you often step in to fill it. You can be relentless in your search for truth, justice, power and influence. You tend to push things to the edge and sometimes may run over others in the process, often those closest to you.

# Your journey

As a Red Challenger, your journey to being visible is wrapped around your desire to be strong and your avoidance of being weak – the ways you avoid being visible and don your mask any time you feel weak or out of control.

In terms of your work in the world, you sabotage your efforts by:

- Controlling everything and everyone!
- Treating the world as a battlefield in which you must win.
- Presenting a strong and dominating image.
- Ignoring feedback and insisting you do things your way.
- Going it alone, being overly independent and shutting others out.
- Denying any weakness.
- Never stopping to reflect and stampeding through obstacles that come your way.
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When working one to one, this could mean that you often find yourself:

- Dropping into 'tell mode' and fixing client's problems for them.
- Bulldozing clients into a course of action that might not be the most congruent for them.
- Suggesting direct action in preference to thinking things through.
- Becoming irritated by any weakness or resistance your clients might show.
- Insisting your way is the right way.
- Being unable to show your own vulnerability.

Coming out of hiding means having a practice that enables you to recognise these patterns of behaving, thinking and feeling in the moment and transform them by connecting with your true self.

Coming out of hiding is a moment to moment commitment.

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# Working with your map

How can working with my map help transform my patterns of defence and closure?

By using your map as a practice you will find yourself naturally able to feel more:

- Relaxed - as you overcome your usual desire to be quite so controlling of the people around you and in your coaching sessions.
- Vulnerable - as you learn to 'show up' and share more of who you are with the world and your clients.
- Peaceful - as you let go of the need to bend the will of the universe to meet your demands, and can soften the actions you request from your clients.
- Accepting - as you feel less angry and impatient when things do not go your way.
- Balanced - as you relax the need to work so hard with and on behalf of your clients.
- Alive - as you live more fully in the moment rather than moving on to the next big thing.
- Graceful - as you learn to talk through your vulnerability and innate power.

If you would like to find out more about how your map can help you get visible in the world and live your calling, then the next page has your next step...

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# Your next step

is to join us on Facebook by following [this link](#) and liking and following our Facebook page. There you will find short guides to using your map and more resources, learning events and inspiration, all free and all intended to support you in coming out of hiding, showing up and being visible in the world so that you can get your message out and live your calling! This is a developing resource and is where we would love your comments and discussion, questions and thoughts and where we will also be sharing offers that will help you as your journey progresses.

So, why not join the growing number of coaches, helping professionals, thought leaders and those who simply want to show up and do big work in the world who are using their maps. All the resources on this page are free so you have nothing to lose and I would be honoured to serve you in your quest to come out of hiding!

(if you would prefer emails then please complete [this form](#) and tick to give us permission to send you emails – you can unsubscribe at any time)

With warmest wishes

Jane

