

THE GOLD ACHIEVER

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.

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...

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.

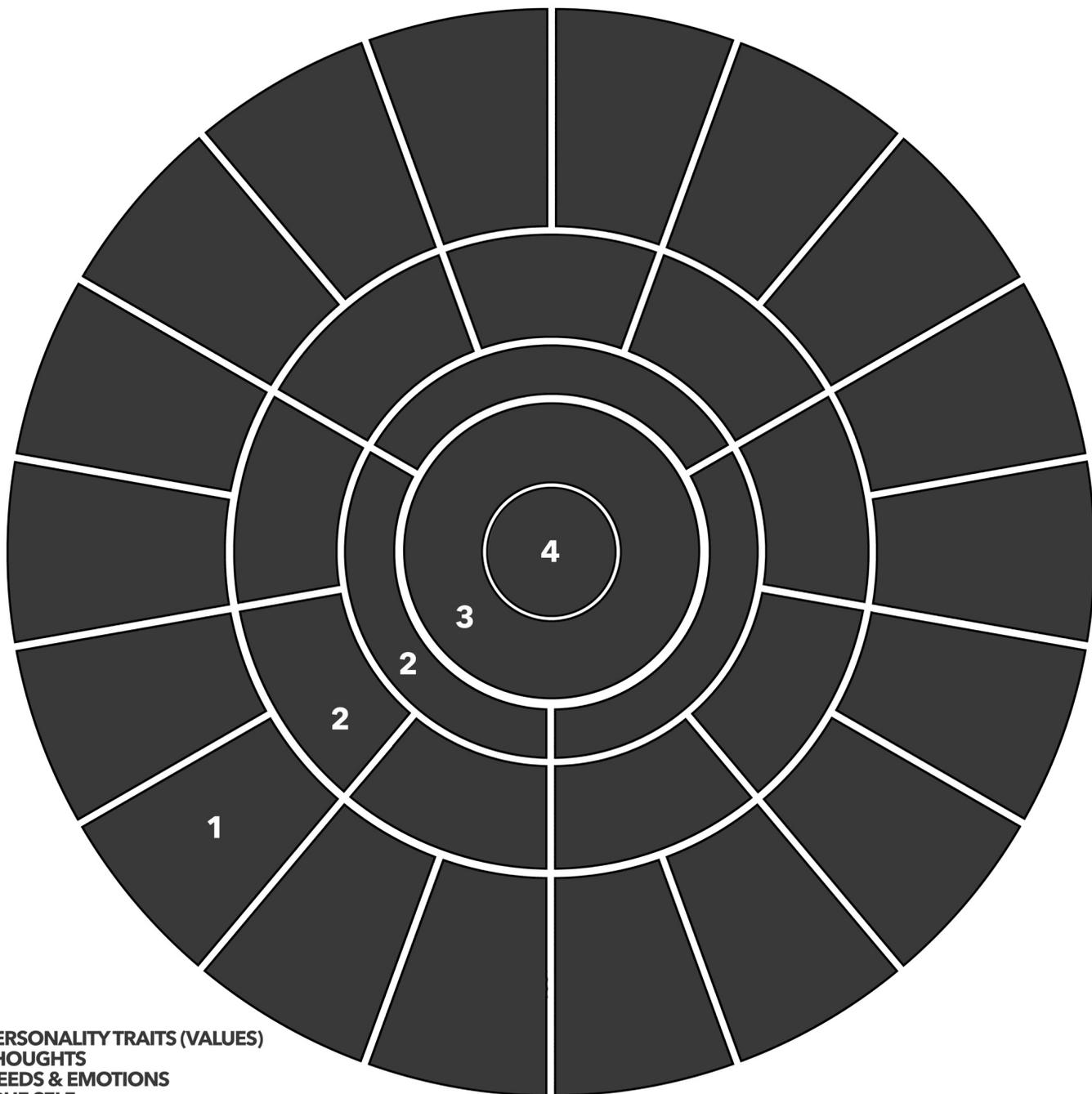
The Third Layer - Details your needs, emotions and fears.

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 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 GOLD ACHIEVER and notice what seems familiar and what does not.



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

THE OUTER LAYER: YOUR PERSONALITY & DESIRE FOR SUCCESS

As a Gold Achiever, you value success above all else. You believe that if you are successful then you will be happy. The ways that you ensure your success is by being a performer or a status seeker because you want to be seen as adaptable, efficient, driven and charismatic. You want to be competent, productive, charming and professional, but more importantly, you want to be good at what you do and to look good doing it. You see yourself as ambitious, competitive and career orientated and would like others to see you as a winner with all the trappings of success. Your idealised image is that you are admirable and productive. You tend to rise to the top, based half on your ability to work hard and excel and half on your charm, poise and diplomacy. Displaying confidence, professionalism and dedication that is often rewarded handsomely in the workplace, you value productivity and competence and envision making the world a more efficient place. Concerned about having prestige and status, you quickly adapt to whatever role is expected of you. You want to be seen as an exemplar of the person who has it all together and is on their way to the top.

Seeking success through appearance, you are likely to place continuous pressure on yourself to maintain an enviable image. You do this by controlling your emotions, being efficient and maintaining a focused, single-minded attitude. You are impressive in your ability to put aside your personal feelings and accomplish goals in an efficient and practical manner.

You focus attention on tasks, goals, and recognition and live by the motto 'Why do when you can overdo!' You take great pleasure in crossing tasks off your 'to do' lists after quickly finishing them. You may even write down a task on your list that you have already completed just so you can enjoy the sense of accomplishment you feel when you cross it off.

To say that you are self-confident and motivated is an understatement. Your high level of enthusiasm, self-confidence, and energy tends to rub off on everyone around you with your positive attitude often motivating others and your friends value you, seeking you out for your adaptability, charm and winning attitude. You need to be the best at whatever you do, and you love the sound of applause and the accolades that are given for a job well done. A natural born performer, you do your best to be an 'all-star' at whatever you attempt. There is no second best for you, and you keep trying until you reach your goal, striving for and often developing finesse.

OUTER LAYER: YOUR PERSONALITY & AVOIDANCE OF FAILURE

As a Gold Achiever, you avoid failure or being unsuccessful. You believe that if you fail you will be unhappy. Because of this your weaknesses and negative tendencies are associated with measuring yourself by external achievement and becoming focused on your image.

You may neglect your inner-child, suppressing your inner desires and emotions to become what your parents or organisation expects of you. You work so hard at achievement that you are no longer aware of your inner-voice telling you to slow down. You want others to admire you and tell you that you have done a good job.

You avoid failure, worthlessness, being second best or appearing as though you cannot accomplish what is expected of you. You can confuse your image with who you are at your core. This chronic self-deception can lead to you living a life where the ends always justify the means but leaves you with an empty or superficial emotional existence.

On the way to achieving your goals, you may repress or swallow your emotions, seeing them as speed bumps that slow you down along the way and this can cause your emotions to come up and surprise you at unexpected times.

In your drive for success, you can often be calculating and manipulative towards those around you in order to achieve your goals. Always on the go and energized by starting new projects, you achieve a great deal but are also at risk of burning out. As soon as you reach one goal, you are on to the next. As a result, it is difficult for you to relax, to stop over-excelling and become one of the team. As you push harder and harder to complete tasks, you may even appear robot-like and ruthless because you have begun treating yourself like a machine. Because you tend to mistake what you do for who you are, you can become a human 'doing' instead of a human 'being' and become anxious and fearful that your carefully crafted image of the successful, on the go, efficient 'doer' might be unmasked as false.

Your vice is deceit. You have a tendency to be overly boastful and others can think of you as pretentious. Seeking status through approval, your attention targets performance and prestige. Hyper-focused on your audience, you adapt to the expectations of others, which can give you the appearance of being opportunistic. You want to be the very image of success wherever you are and with whatever you do, but this trying to stand out and be number one can be exhausting. You find it hard to ask for help or to pay attention to your deeper feelings and feel like you always have to greet the world with a smile so that people will smile at you.

Your journey

As a Gold Achiever, your journey to being visible is wrapped around your desire for success and your avoidance of failure – in the ways you ensure you avoid being seen and don your mask any time you feel as though you might fail.

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

- Using 'trying hard' as your main method of success.
- Using messages and offers that can appear inauthentic.
- Tending to jump from one project to the next.
- Over 'pushing' to get things done.
- Appearing arrogant and a bit of a show-off.
- Tending to be ruthless to get the results you want.

In your one to one work, this could mean that you often find yourself:

- Overworking your clients.
- Over promoting your own success to your clients.
- Setting goals that are too high for your clients to achieve.
- Keeping your emotions off-limits.
- Seeking praise for your work.
- Measuring clients' success in terms of outward appearances.
- Becoming too action-orientated with clients.

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 staying in full contact with who you are.

Coming out of hiding is a moment to moment commitment.

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 be able to naturally feel more:

- Grounded - as you overcome your usual desire to work so hard to prove yourself.
- Relaxed - as you learn to set more realistic outcomes for yourself and those you serve.
- Courageous - as you naturally speak the truth directly rather than resorting to manipulation.
- Alive - as you develop a greater sense of authenticity.
- Accepting - of those who do not appreciate your efforts.
- Compassion - for yourself and where those you serve.
- Trusting - as you understand that you are enough and that you do not need to prove yourself by working so hard.
- Present - as you learn to just 'be' in the moment rather than rushing to the next project or target.
- Content - as you learn to celebrate the small achievements of your clients.
- Connected - as you learn to share more of the real you with the world.

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...

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

