

Inner Map

Instructions for completion and explanations of terminology

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The Inner Map is an essential tool for effectively engaging with the book. You may fill it out as you wish, provided you follow the instructions found in the book's second section. Each reader can complete the Map, either in whole or in part, according to their own preference, by filling in the fields provided in the template, or by transcribing them into a notebook, a notepad, or any other physical or digital medium to complete later.

The Inner Map is paired with and complements the *Inner Journal*; both can be downloaded for free from their respective pages on this website.

Below, you will find the fields to be completed before posing questions to the book, along with explanations and some helpful examples:

- **Date:** the day on which the book is consulted.
- **State of mind:** how the reader feels now of asking the questions, for example: euphoria, enthusiasm, joy, admiration, sadness, melancholy, pain, disappointment, nervousness, tension, worry, anxiety, fear, frustration, anger, envy, etc.
- **Context:** the circumstances under which the reader asks the questions, such as during a vacation, a relationship or financial crisis (personal or global), an illness (affecting the reader or a relative, friend, or acquaintance), a stressful period at work, before or after the birth of a child, a bereavement, an accident, or a significant event (graduation, wedding, job interview, a special occasion or anniversary, etc.).
- **Topic:** the central theme around which the questions for the book revolve, for example: work, home, love, finances, family, children, health, friendships, etc.
- **Question(s):** the question (or questions) the reader intends to ask the book.
- **Answer(s):** the responses the reader receives from the book.
- **Concrete action:** After receiving the answer from the book, the reader writes down a small, practical action to take within the next 24 hours.

Date	*State of mind*	*Context*	*Topic*	*Question(s)*	*Answer(s)*	*Concrete action*

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