



Section 5: Rewire the Machine

Exercise 12

This exercise will illustrate a common mental map in your life.

The Vacation Mental Map

What's your perfect vacation mental map?

Check the ones that are part of your map.

- | | |
|---|---|
| <input type="checkbox"/> Alone | <input type="checkbox"/> Once a year |
| <input type="checkbox"/> With partner | <input type="checkbox"/> Once a decade |
| <input type="checkbox"/> With family | <input type="checkbox"/> Once in a lifetime |
| <input type="checkbox"/> Stay home | <input type="checkbox"/> Winter |
| <input type="checkbox"/> Close to home | <input type="checkbox"/> Spring |
| <input type="checkbox"/> Far away | <input type="checkbox"/> Summer |
| <input type="checkbox"/> On the beach | <input type="checkbox"/> Fall |
| <input type="checkbox"/> In the city | <input type="checkbox"/> Very important |
| <input type="checkbox"/> In the country | <input type="checkbox"/> Kind of important |
| <input type="checkbox"/> Swimming | <input type="checkbox"/> Not important at all |
| <input type="checkbox"/> Hiking | |
| <input type="checkbox"/> Sightseeing | |

Can you see how planning a vacation operates from a mental map created over your lifetime? You have that same kind of map with money.