Ulysses Contract  Mindfulness Map  Date: __________

Pillar:  Health | Relationships | Resources | Responsibility | Creativity  (circle one)

BeSmart goal: __________________________________________________________

This is a Priority because? Describe my Win-List vision. What does my Personal Park look like?
__________________________________________________________

(focus on the emotionally charged wants and needs. How you will feel and experience the benefits?)

What Stories, Beliefs & Fears are holding you back? What Obstacles to be aware of & overcome:
__________________________________________________________

What Personal Policies, proverbs, quotes, affirmations, techniques or strategies can you adopt to guide your path?
__________________________________________________________

continued on back 1►

How to do this? How to Rig The Game to release the True-you?
__________________________________________________________

continued on back 2►

Observations ► Fill in as you go to build up information, insight and energy. Add detail, feelings, observations and examples of what is working? Why? What is not working? Why? How will you be held accountable and what are the consequences of not making your best effort?
__________________________________________________________

continued on back 3►

★ Expectations What does your Win-list version of this look and feel like?
__________________________________________________________

Reward How and when will you recognize & reward yourself. _____________________
__________________________________________________________

Signature: _____________________________ Date: __________ Witness (optional): __________________ (continued)
Inspirational people, books, resources have touched you with wisdom you can use?: ____________________________

1► Policies can you adopt to guide your path? What wise ideas have worked for others?

__________________________________________________________________________________________

2► How to Rig The Game? ____________________________________________________________

__________________________________________________________________________________________

3► Observations ► Working/Not working? Rat Park. ________________________________

__________________________________________________________________________________________

Success’s & new beliefs (win-list ongoing) ▼ Doodles ▼

__________________________________________________________________________________________

Notes & Lessons Learned on this path. ___________________________________________

__________________________________________________________________________________________

Can I help somebody else with this? How can I best employ this knowledge? __________________________

__________________________________________________________________________________________

Use additional pages as necessary.
Toolbox: Support People/Group(s): __ N/A __ No __ Yes ________ If no, can I find a support group? ___________
Activities that support this goal: __ Study __ Exercise __ Diet __ Sleep __ Recreation __ Social group ___________
Color that supports this goal: ___________ Other Tools/activities that support this goal: ___________

Results (rate your 1-10 improvement over time): month 1 __ month 3 __ month 5 __ month 8 __ 1 year __

Get additional guidance on how to employ this tool for transformation in the book “Putting Wisdom to Work ~ Practical Mindfulness for Maximal Living” available at Bookshop Santa Cruz and on Amazon. See PolicyPillars.com for other companion guides

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