



# Goal Achievement *through* Treasure Mapping: A Guide to Personal and Professional Fulfillment A Tip sheet for Career Counselors

by

Barbara Laporte, M.A.

[www.laportecareerconsulting.com](http://www.laportecareerconsulting.com) ♥ [barblaporte@comcast.net](mailto:barblaporte@comcast.net)

## What is a treasure map?

A goal represented with pictures and words in a collage-type format. It is created after a reflective process of psychological preparation, release, and present-moment appreciation. A simple affirmation declares that the goal is achieved, now. Thanks are expressed in positive expectancy that the goal is manifesting, in the form requested or better, and being willingly received.

## What is treasure mapping?

- A five-step goal achievement process
- A quest towards manifestation of a desire
- An exercise in trust and self-empowerment

## What are the prerequisites? \*

- Intentionally defining prosperity
- Believing you deserve to accomplish goals
- Willingness to do what's necessary

\* *Counselor intervention may be required*

## Treasure Mapping Steps

1. Release anything that no longer serves you.
2. Appreciate who, what, and where you are in the present moment.
3. Specify your goals (create a treasure map).
4. Affirm and give thanks that your goals are being achieved, in the present tense.
5. Receive – intuitive messages, tangible messages, your goals!

## Appropriate Career Counseling Applications

Counselors will benefit from creating their own treasure map and “working the steps” themselves before inviting clients to use this model.

A good candidate for treasure mapping will demonstrate an open mind and some level of spirituality. They may, however, appear unmotivated, stuck, unfocused, and/or confused about what to do next.

## Facilitating the Process

When you have clients that agree to use treasure mapping, you may need to guide them in:

- Writing personal prosperity definitions
- Verifying that they believe they deserve to accomplish their goals  
Releasing whatever is necessary (both tangible and intangible “clutter”) in order to move forward
- Seeing the circumstances of their lives differently so they can learn to appreciate the present moment
- Identifying those things in their lives for which they can be grateful immediately
- Thinking creatively about representing their goals – or backing up a step if they don't appear ready to claim their goals (i.e., it may be that the client first needs to create a treasure map on self-confidence or self-acceptance before they are ready to network for the job they want)
- Writing affirmations about their treasure maps
- Learning to pay attention to the ways the Universe is supporting their goal accomplishment

For exercises to help with these issues, please **see *Goal Achievement through Treasure Mapping: A Guide to Personal & Professional Fulfillment***, by Barbara Laporte. Available on [www.laportecareerconsulting.com](http://www.laportecareerconsulting.com) or Amazon.com.



This treasure map is for increased confidence in networking for a job. Networking is symbolized as flying on a trapeze, hoping to be caught. The words “real simple” help instill confidence, and the Tigger figure, and the words “Express Yourself” are reminders that it is safe to be yourself, and have fun. The rose represents spiritual support.