

Askesis V - THE MAP OF ULYSSES

Create Your Future Vision

Background: This Askesis will help you get a clearer idea of the ideal version of your future. It defines your “*Ithaca*”, the end experience that you want to achieve. This exercise will help you in three ways:

- First, to define this future vision with more precision, so as to help you make a decision. Decision means precision. Precision focuses our energy.
- Second, to choose the best path which suits your life’s reality.
- Third, the clearer you are, the easier it will be to recognise the “Telos” (your desired result) when you see it.

This Askesis is not meant to bind you to a certain result, but to help you become more specific. No one can know what the future holds, and of course you can alter or tweak your vision along the way. So go ahead and don’t be afraid to declare what you want- your Ithaca.

The process to create a clear future vision requires three activities:

1. Brainstorming to come up with 2- 3 possible **scenarios, related to the vision that you want.** For each version of these possible scenarios, explore their possible outcomes. For example, you may wish to achieve health, happiness and increased income doing the thing you love most, professionally. But not all scenarios would suit your reality. You will need to find the best fit. In naming the various versions of your mission, you create a map, which will help you find the most ideal route.
2. Deciding which of the 2-3 scenarios is most ideal, by using the decision-making filters of Ethos, Pathos, Logos. View these scenarios as ‘suitsors’ which may all look good but only one is really the best match for you. Creating a visual representation (Vision Board, Slide-show or a Motivational Mind-Movie video) to view regularly, so as to connect with this vision on a deeper level.
3. Charting achievable goals within a flow-chart, and working from the end goal, the Telos, ***backwards*** to make it happen.

This way, we allow the Telos (our vision) to guide us.

Name: THE MAP OF ULYSSES®

Purpose: Setting a clear destination (*Telos*).

Instructions: First, explore 2-3 possible scenarios that will enable you to achieve your vision for your future. Be as specific as possible. Describe everything in vivid detail:

Where do you want to be living? What will your occupation be? What are your family requirements? What will you see, taste, smell, feel once you have arrived? By when can it realistically be fulfilled? 1 year, 2 years, 3 years, 5 years ahead?

Give each scenario a **title**, so they become more distinguishable in your mind.

You don't have to write full sentences, just **jot down the main points** of your 2-3 scenarios on a separate sheet of paper or a computer screen.

Example: *It is January 2025, and I am living and working in Paris, France. The kids are going to the International School. Me and (spouse or partner's name) are really well and in harmony together. My company is making X turnover and it has been awarded X prize.... My health is great, as I go jogging every day and play volleyball once a week with the team. etc... We also go skiing in the alps once a year. My actions are really making a positive difference to and so on...*

Then use the The Alkistis Method® to filter out the most ideal scenario:

ETHOS

1. Does it reflect my character, my **core values** and the **Personal Mission Statement** I created and am committed to?
2. If not, where exactly does it deviate, and what effect will that deviation have on my integrity, prospects, and overall life experience?
3. Does my choice have integrity? Be positive here, but also realistic. Remember, "*To thine own self be true.*"
4. Am I ready to change my life, if that's what it takes to achieve this scenario, and will I be happy if I do?

Now the last question - Who will your vision make you become? What does the vision of Ithaca do to you, the Hero?

Carl Jung said that "*The goal is important only as an idea; the essential thing is the opus which leads to the goal: that is the goal of a lifetime.*"

PATHOS

1. What **undesired changes** must I make that go against my grain, desired lifestyle or way of doing things? Does it take me out of my comfort zone?
2. What is my greatest **fear, concern**, discomfort or uneasiness about this scenario?
3. What other **emotions** does it inspire in me?
4. What do I really **love** about this particular scenario?
5. Will this scenario really bring more **meaning** to my life?
6. On a scale of 1-10, how **excited** or **moved** am I about this scenario? It should ideally be something like "**HELL YEAH!!!**"

LOGOS

1. Does this scenario actually raise my quality of life? And if so, how?
2. What does this scenario mean for me *financially*? Do I have a clear understanding of the consequences or do I need more research?
3. What things, situations, *lifestyle habits* will I need to change? (Make a list)
4. *Who will these changes affect* except me? (i.e. family members, friends, main stakeholders)
5. Whose *approval* or consent do I need to proceed and will this be easy to get?
6. How large of a *disruption* will this scenario cause in my present life?
7. Do I have a clear plan or *strategy*? What are my milestones? (Make a general 'flow-chart' showing major milestones.)
8. Does it depend on external circumstances or do I have a reasonable '*control*' over the process? How do I minimize risk?
9. What are the greatest *obstacles* for manifesting this scenario?

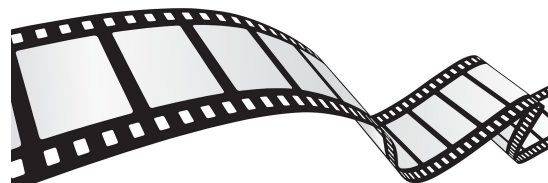
Also address the other two axis of the Logos trait, namely *Kairos* (timeliness) and *Telos* (end goal)

After this filtering process is complete, it will be easier to **select ONE** of these scenarios, as being the most ideal and compelling one.



Write down the title of your scenario as if it was a *movie*.

In order to also engage **the right side of your brain in manifesting this scenario** it's recommended to make a visual representation called a "Vision Board". You can do this by using photographs and sticking them onto a collage, or making a 'slideshow' on your computer. Even better is to use audio-visual software to create a 'Motivational Mind-Movie' video, complete with inspiring, upbeat, empowering music and titles.



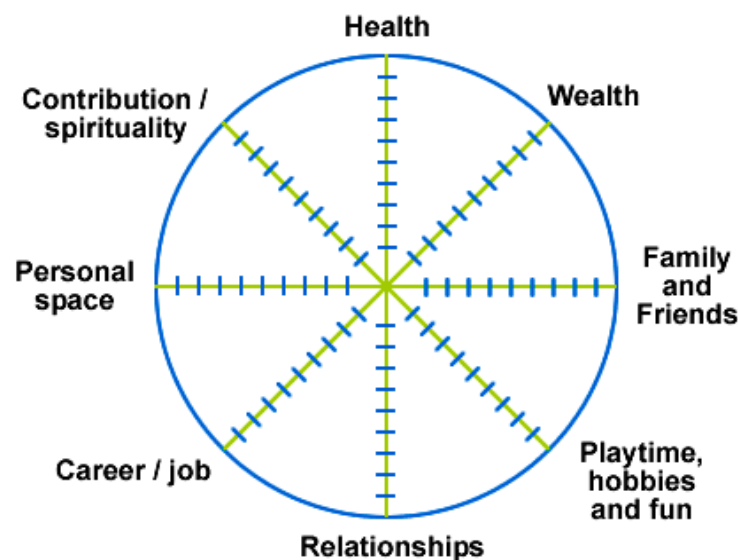
Apply your imagination with 'role-play'. For example: Some of my clients have even created a 'mock' interview of their future-self by a "reporter from CNN" who asks them about their life and accomplishments, as if it has *already occurred* (in the future year 20XX).

There is no perfect way to do this - have *fun* with it. The point is that, this process will empower you, as well as allow you to address details and consequences, that you may have missed.

When completed, it's recommended you watch it once a week. While watching the vision board, slideshow or motivational mind-movie, try to really imagine that you are in the scene, by engaging all your senses.

Allow yourself to fantasize! The more vividly you can fantasize the better because it will transform the way you see yourself today. You won't feel as stuck when things get tough, because you have already "been to the mountaintop" through your motivational mind-movie.

The best way to predict your future is to create it. Make sure to include all areas of your life. Here is an example:



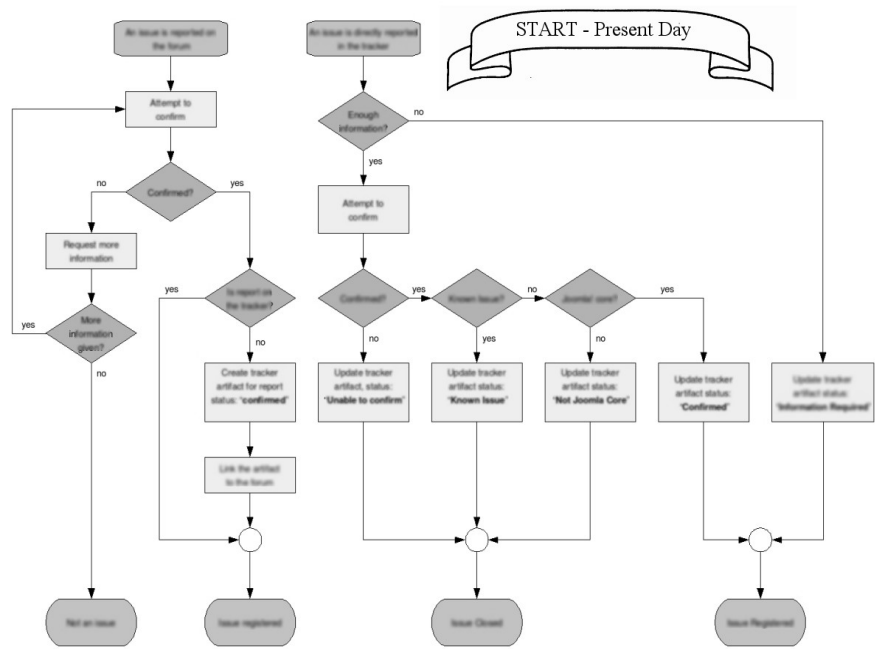
Plotting Your Path To Realize Your Vision On a Flow-Chart.

Another recommended graphical representation to engage the right side of your brain, is plotting out your path towards your vision by creating a big flowchart on a whiteboard or on Excel, or through flow-chart software, or however you want to do it.

Start by defining, on the one end, your present situation, and on the other, the top 5-6 aspects or cornerstones of your end-vision.

The purpose of the flowchart is to help you lay out a road map to get from one place to the other by setting milestones along the way, with specific dates they have to be accomplished by synchronizing the flow and dividing the process into smaller, achievable tasks that will eventually lead to your end vision.

Here is a general idea of what your flow-chart may look like:



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