



The Desire Map: A Guide to Creating Goals with Soul

By Danielle LaPorte

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Your bucket list. Quarterly objectives. Strategic plans. Big dreams. Goals. Lots of goals and plans to achieve those goals—no matter what. Except ...

You're not chasing the goal itself, you're actually chasing the feeling that you hope achieving that goal will give you.

Which means we have the procedures of achievement upside down. We go after the stuff we want to have, get, or accomplish, and we hope that we'll be fulfilled when we get there. It's backwards. And it's burning us out.

So what if you first got clear on how you actually wanted to feel in your life, and then created some "Goals with Soul"?

With *The Desire Map*, Danielle LaPorte brings you a holistic life-planning tool that will revolutionize the way you go after what you want in life.

Unapologetically passionate and with plenty of warm wit, LaPorte turns the concept of ambition inside out and offers an inspired, refreshingly practical workbook for using the Desire Map process:

- Identify your "core desired feelings" in every life domain: livelihood & lifestyle, body & wellness, creativity & learning, relationships & society, and essence & spirituality
- Create practical "Goals with Soul" to generate your core desired feelings
- Why easing up on your expectations actually liberates you to reach your goals
- Self-assessment quizzes, worksheets, and complete Desire Mapping tools for creating the life you truly long for

Goal-setting just got a makeover.

There are more than 10,000 "Desire Mappers" who have worked through this system. "Every day I get stories about inner clarity, quitting jobs, dumping the chump, renewing vows, pole-dancing classes, writing memoirs, moving on," says

Danielle. "This is about liberation. And pleasure. And self-determination. This is about doing much less proving, and way more living."

If you've had enough of trying to trick yourself into happiness through affirmations or bucket-listing your hopes into some distant future, then you're ready for *The Desire Map*—a dream-fulfilling system that harnesses your soul-deep desire to *feel good*.

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Editorial Review

Review

"When I sat down with *The Desire Map*, I immediately felt my shoulders relax. Within the first few pages I was nodding my head. I felt heard and validated. She did it. She gets it. And now everyone else can too. I WISH that this goldmine of insight and practical guidance had been by my side over the years. I feel blessed to have Danielle in my life, and I can't wait to see the floodgates of bliss, a-ha's and life-changing shifts burst open as people put their Desire Map into practice. Danielle is a master. She's part psychic, part dream whisperer, and all fire starter. If you're ready to awaken and live in alignment with who you truly are, then toss your Type A to-do's and dive heart-first into *The Desire Map*."

—Kris Carr, author of *Crazy Sexy Kitchen*, *Crazy Sexy Diet*

"With an organic elegance *The Desire Map* couples our primal desire-energy with the inborn intelligence of our feelings. The result? Optimizing our time on Earth. LaPorte's *joie de vivre* is contagious. Prepare to catch it!"

—Michael Bernard Beckwith, author of *Life Visioning*

"The first time I did *The Desire Map*, I called Danielle to say, *This works!* Declaring my core desired feelings uplifted my relationships and the way I work in the world. And nobody puts out poetic motivation like Danielle does. *The Desire Map* is a hotline to your truth."

—Gabrielle Bernstein, author of *May Cause Miracles* and *Spirit Junkie*

"Danielle LaPorte is scary smart, yet so kind and practical that she kindles the fire in you without causing you to feel consumed by the flames. She has the knowledge you need to succeed. Lean in and listen close. What she has to say is what our spirits need to hear."

—Martha Beck, author of *Finding Your Own North Star* and *The Joy Diet*

"Danielle is a yoga-powered champion of YOU-ness. That is, you, rocking your mission and brimming with desire. And *The Desire Map* lays out the roadmap for how to rewire your desire, not stress. She has accomplished something extraordinary."

—Sara Gottfried, MD, author of *The Hormone Cure*

"Inspiration, innovation, and self-worth are just some of elements that Danielle LaPorte will fill you up with. *The Desire Map* discusses how to make your dreams and goals come true in a realistic way. . . guaranteed to wow you."

—BeliefNet.com

"As always, Danielle LaPorte has broken the mold for self-actualization with *The Desire Map*. This experience will invite, challenge, and even seduce you to get to know the core of who you are. The Desire Map doesn't give you some sort of outside-in prescription to "live your dreams" and "tackle lofty goals" like other programs. Instead, you'll be guided through a process that's guaranteed to help you craft your life and make decisions based on what will truly make you happy. Forget time management systems, goal setting programs, and visioning exercises. *The Desire Map* is all you need to design a life that will truly work for you."

—Kate Northrup, author of *Money: A Love Story*

"*The Desire Map* has me reeling. Your truth is so laid bare, raw, revealed. I'm drop-jawed in awe."

—Meggan Watterson, author of *Reveal: A Sacred Manual for Getting Spiritually Naked*

"I'm only on page 11 of *The Desire Map* and my mind has been blown WIDE OPEN."

—Gala Darling | GalaDarling.com

"I've lived in over-drive. For years. I was a tenacious goal-getter and I drove myself hard to reach those goals - no matter what they were. Until I hit a wall, and thought, There's gotta be another way. *The Desire Map* is that "other way." This is what people are looking for - a new way to plan their lives - an inside-out approach."

—Eric Handler | PositivelyPositive.com

"Most of us are so busy planning that we forget what we're planning for. You've ignited a reverence for our desires in a way that brings meaning back to our daily actions. *The Desire Map* is a life-changer."

—Nisha Moodley | FierceFabulousFree.com

"My only mistake was starting to read *The Desire Map* at night. I couldn't put it down, madly scouring my heart for longing, writing down my desires with clarity I haven't felt for years. Thank you so much for this. It's straightforward and yet deeply poetic. It's big and beautiful and generous and profound. I don't say this lightly - it changes everything."

—Samantha Reynolds | Founder and President, Echo Memoirs

"*The Desire Map*. It's a motherload of motivation, inspiration and transformative triggers to help you start living the life of your dreams as an entrepreneur, a lover, a hero. Under its gorgeous cover, it's packed with videos, fantastic music tracks, contemplations, workbooks and Danielle's famed street-smart wisdom."

—Navjit Kandola | TenderLogic.com

About the Author

Danielle LaPorte

Danielle LaPorte is the bestselling author of *The Fire Starter Sessions* (Random House, 2012). An entrepreneur, social media sensation, and inspirational speaker, Danielle has been featured in *Elle*, *Body + Soul*, *Vogue Australia*, *Better Homes & Gardens*, *Globe & Mail*, *The National Post*, *The Huffington Post*, *Entertainment Tonight*, *USAToday* and *BusinessWeek.com*. She was a news show commentator for CBC, and is a former director of a Washington DC think tank, where she managed a team of analysts studying global trends for the likes of the Pentagon and the World Bank.

Over a million visitors have gone to DanielleLaPorte.com for her straight-up advice—a site that's been deemed "the best place online for kick-ass spirituality," and was named one of the "Top 100 Websites for Women" by *Forbes*. Danielle lives in Vancouver, BC with her young son.

Users Review

From reader reviews:

Byron Sierra:

Reading a guide tends to be new life style within this era globalization. With reading you can get a lot of

information that may give you benefit in your life. Along with book everyone in this world could share their idea. Ebooks can also inspire a lot of people. Lots of author can inspire their particular reader with their story or perhaps their experience. Not only the story that share in the publications. But also they write about the information about something that you need example. How to get the good score toefl, or how to teach your kids, there are many kinds of book that exist now. The authors on this planet always try to improve their proficiency in writing, they also doing some analysis before they write to the book. One of them is this The Desire Map: A Guide to Creating Goals with Soul.

David Barthel:

Do you one of the book lovers? If so, do you ever feeling doubt if you find yourself in the book store? Aim to pick one book that you never know the inside because don't ascertain book by its deal with may doesn't work the following is difficult job because you are scared that the inside maybe not because fantastic as in the outside seem likes. Maybe you answer is usually The Desire Map: A Guide to Creating Goals with Soul why because the great cover that make you consider about the content will not disappoint you actually. The inside or content is definitely fantastic as the outside or perhaps cover. Your reading 6th sense will directly make suggestions to pick up this book.

John Silver:

In this age globalization it is important to someone to find information. The information will make professionals understand the condition of the world. The condition of the world makes the information much easier to share. You can find a lot of recommendations to get information example: internet, newspaper, book, and soon. You will observe that now, a lot of publisher which print many kinds of book. The particular book that recommended to your account is The Desire Map: A Guide to Creating Goals with Soul this book consist a lot of the information on the condition of this world now. That book was represented how does the world has grown up. The words styles that writer use for explain it is easy to understand. Typically the writer made some investigation when he makes this book. Honestly, that is why this book suited all of you.

Jesica Simon:

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