



The Desire Map Daily: A Guide to Feeling Your Power Every Day

Danielle LaPorte

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Are Your Goals Aligned with Your Soul? Many of us unconsciously pick up ambitions from our parents, celebrities, or the imaginary they we re trying to impress. We crank hard trying to meet the right goals instead of the ones that match the shape of our heart. It s Achievement Autopilot . . . and it ll burn you out. So come close, I have something to tell you: "Knowing how you actually want to feel is the most potent form of clarity that you can have. Generating those feelings is the most powerfully creative thing you can do." What if your core desired feelings consciously informed how you planned your day? Your career? Your holidays? Your " life"? That s the heart of the Desire Map process. In "The Desire Map Daily," I share the essentials of this holistic life-planning approach. Here s how we ll do it: Hone in on your core desired feelings those will be the compass for everything you do Learn to make daily, weekly, and monthly action plans to bring those feelings into your life Work directly with gratitude, fear, trust, sadness, love, and a whole lot more The Desire Map isn t sugar-coated affirmations or hardcore ambition tactics. It s about turning inner clarity into outer action, feeling the way you want to feel more often, and having more to give to the world. Bring your doubts, your courage, your sense of humor, and your dreams . . . but most of all, bring your desires. "Behind every desire is a feeling and your feelings will lead you to your soul."

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From Reader Review The Desire Map Daily: A Guide to Feeling Your Power Every Day for online ebook

Margarita Bastar says

It's a good book to reflect about, it just wasn't what I expected. I was hoping for activities, but there are some really good quotes that are inspiring and directing/guiding.

Rami says

This is very helpful book to plan your future life and feel satisfied, what it make it spacial that it show you how to work from in out, and how to manifest what you deeply the most

Dear says

listened to on audio.

Sherry Briscoe says

This book is a life-changer. Everyone should read it!

Laurita says

Great ideas on personal development, goal-setting (or intention setting if you prefer), and figuring out how you want to feel (core desires) on a regular basis. This can also be used as a great "life audit" tool, mood inspiration, ritual development, and writing inspiration tool.

The only downside is the writing style can be a little hyperactive and hard to follow. For example, the writer will use a lot of short exclamations, different type-settings, and intermix poetry with the stream of consciousness writing in abrupt ways. Overall, I think it was a smart choice to introduce a texting generation to reading, but sometimes I don't want to read an entire book of text messages. The chapter on prayer and the author's personal religious revelations didn't feel preachy, but were also probably the least helpful.

Charlene Pineda says

I loved, LOVED parts of this book. I felt she was speaking my language. And other parts were not for me at all.

Gail says

Got this to listen to while driving.

Micaela Almeida says

Must get the print edition and work through some of the questions but the audiobook is amazing. Very inspiring!
