



## **The Pain to Pleasure Island Roadmap**

## **I. Pain Island**

That on-the-knees moment. It's a horrible moment that often represents total failure and pain. This is your introduction.

**II. The first obstacle** I encountered that I had to overcome, and the lesson I learned.

**III. The second obstacle** I encountered that I had to overcome, and the lesson I learned.

**IV. The third obstacle** I encountered that I had to overcome, and the lesson I learned.

**V. The fourth obstacle** I encountered that I had to overcome, and the lesson I learned.

## **VI. Pleasure Island**

What it looks like on the other side. The joy, accomplishment, feeling, result you get when you move through all of the obstacles. When all is said and done, after going through all of the obstacles, learning all of the lessons, this is what you make of the experience. This is the big way you (and others) have changed. This is why it was all worth it. This is your wrap-up chapter.