What is The Desire Map?
The Desire Map is a book by Danielle LaPorte that turns goal setting inside out and upside down. Instead of creating another soul-destroying list of things to do, The Desire Map gets you out of your head and back to your heart and what’s important to you. And that’s what makes all the difference.

Who is The Desire Map for?
The Desire Map is great if you’re feeling stuck and need some life direction, or if you want a whole new way to set (and achieve) goals. It’s a very simple, practical, and insightful framework that has the flexibility to fit into any lifestyle.

Desire more?
Buy the book
Join a workshop
Visit Soul Experience Wellness Clinic
Contact me for more details
0414 881 512
gillian@soulexperience.com.au
BUY THE BOOK

In a Desire Map workshop or personal kinesiology session, we progress through the exercises in The Desire Map in a combination of personal reflection time, whole group and small group discussion.

When you buy your own copy of The Desire Map, you can work through the exercises in your own time, and at your own pace.

Cost: $33.00 + postage.

Shop at: www.soulexperienceshop.com.au

KINESIOLOGY WITH THE DESIRE MAP

Combine The Desire Map with kinesiology for a personalised experience.

Each session is two hours, and covers coaching on The Desire Map content, followed by kinesiology that focuses specifically on issues arising during the session.

Cost: $120 per session (inc GST).

COME TO A WORKSHOP

Desire Map workshops give you practical skills, in a retreat-like environment, to help you start creating the life you want.

The programme of workshops takes you through the discovery of your core desired feelings (CDFs), how to experience these CDFs every day, and how to create goals with soul.

The workshops are a great way to meet other people who are on the same path as you, and be guided through The Desire Map process by a Licensed Desire Map Facilitator.

1/2 day quick start workshop: $30-50 pp (venue dep.)
Level 1 or Level 2 2-day workshop: $360-$400 pp (venue dependent)

Costs include GST

HOST YOUR OWN WORKSHOP

Hosting your own workshop means you can share the laughs, fun, and insights of a full Desire Map workshop with your friends and family, in your own home. You’ll also have a ready-made network of friends who can support each other after the event.

For a quick start workshop, simply invite a few friends over, put the kettle on, and I’ll run the workshop! Cost: $50 pp (hostess attends for free)
Level 1 or Level 2 workshops can be run over 2 days or 6 weeks (in 3 hour blocks). Hostess provides meals and snacks, and attends for free.

2-day workshop: $280 pp
6-week workshop: $300 pp

Costs include GST