

The Quantum Leap Ecosystem Map

A gentle self-awareness guide for your next chapter

~You are not starting over

~You are spiraling forward



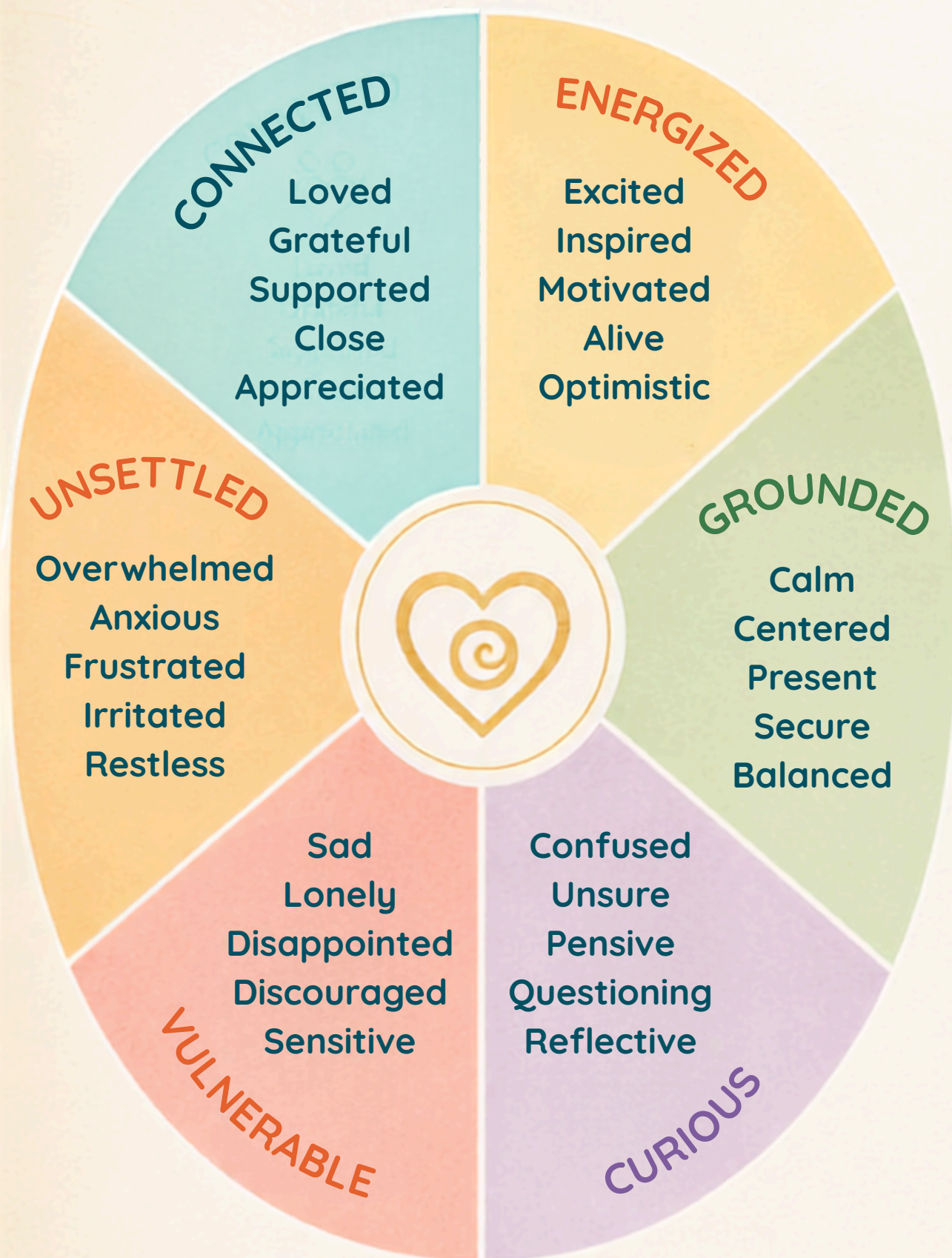
It's all about the relationships between the parts.



How It Feels Right Now

Start with the feeling. Then answer gently.

Use the feeling wheel to name what is present in this moment.



 Ecosystem Area: _____

 My score right now (1-10): _____

 What feels supported?

 What calls for care?

 What do I need most right now?

One loving next step
 _____



There is no wrong answer.
Honesty is enough.



Your 8 Life Areas at a Glance

Your life is not made of separate boxes. Each area influences the others.

No right or wrong score. Your awareness is what matters.

Look gently ~ Notice what wants your attention.

Rate each area
from 1-10:

1 = this area feels heavy,
unclear, or unsupported

10 = this area feels alive,
aligned, and well supported

1 Self & Inner Compass Do I feel connected to myself, my truth, and my inner direction? Score: _____ / 10	2 Body & Wellbeing How safe, energized, and supported do I feel in my body? Score: _____ / 10
3 Emotions & Nervous System Can I feel what I feel without getting lost in it? Score: _____ / 10	4 Relationships & Belonging Do I feel seen, respected and nourished in my relationships? Score: _____ / 10
5 Home & Environment Does my daily environment support who I am becoming? Score: _____ / 10	6 Wealth & Resource Do my time, energy, money, and support systems feel available to me? Score: _____ / 10
7 Purpose & Creation Am I connected to what wants to grow, move, or be expressed through me? Score: _____ / 10	8 Contribution & Leadership Do I feel able to contribute, guide, create, or lead in a meaningful way? Score: _____ / 10

Your lowest score is not a failure.

*It may simply be the doorway
where your next chapter begins.*



What Is Calling for Your Attention?

~ Awareness is the first step.

~ Kind action is the next.

You've looked at your 8 life areas.
Thank you for being honest with yourself.
This is not about fixing. It's about understanding
where your energy wants to flow next.

1. Look at Your Scores

Which area feels the most alive
right now?

Which area feels the heaviest or
most unsupported?



2. Choose One Area

What area is quietly asking for
your loving attention now?

*You don't need to do it all.
One is enough.*

3. What Does This Area Need Most Right Now?

Circle what speaks to you today — or write your own.

Rest Clarity Support Structure Honesty Courage Nourishment

My own word: _____

4. One Gentle Action I Can Take This Week

What is one tiny, kind step I can take that supports this area and my wellbeing?

5. The Feeling I Choose to Move Toward

How do I want to feel more of in this area, in my body, in my life?

*When one part shifts,
the whole field begins to breathe differently.*

Look gently.

Choose kindly.

Trust your path.

You've got this.



QUANTUM LEAP
with Joy

Choose Your Doorway

Find the path that meets you where you are.
Grounded clarity. Soulful guidance. Real transformation.

1

One-on-One Soul Guidance

For personal clarity,
emotional reset, and
a safe next step.

2

Quantum Leap Dream Weaver Journey

For deeper reinvention,
purpose, and soulful creation.

3

Transform Your Company Atmosphere

For leadership, team culture,
and aligned collaboration.

4

Start with Joy's Book

For quiet reflection, inspiration,
and a fresh perspective.

<https://quantumleapwithjoy.com/>

