

Is it working?

Is it charged? Do you have
reception?

Yes

No

< BACK

Call for help.

Describe to them where you are, wait, or follow their instructions.

Lucky you, you aren't gonna die alone here.

[< BACK](#)

**Are you
lost?**

Yes

No

Are you physically lost?

Ex. I don't know where I am!

Yes

No

< BACK

**Do they
know
where you
two are?**

Yes

No

< BACK

**You should work on
your sense of
direction and be
more independent.**

**But you are
OK for now.**

< BACK

Are they working?

GPS charged? Compass
functional? Map is accurate?

Yes

No

< BACK

**Figure out
where you
came from.**

**Try to go back the
direction you
came from.**

What's next?

< BACK

**First,
sit down and
hydrate yourself
and eat.
DON'T PANIC!
Use this as an
opportunity to
calm down.**

What's next?

< BACK

Think.

**When did you think you went
off track?**

**When was the last time you saw
a track marker?**

**You might not be
that far away from
the right track!**

What's next?

Leave a mark.

Find a clearing that can be seen from the sky that is **CLOSE** to where you are lost.

Do you have bright fluorescent tape or colored clothing?

Yes

No

< BACK

Leave a mark.

Find sticks, large branches, rocks, or anything that you can spell out SOS for help.

What's next?

< BACK

**Is there a tall
tree/rock you
can climb up to
near you?**

Yes

No

< BACK

Climb up the tree/rock safely.

Look for the track you came
from, or, look around to
understand the terrain.

What's next?

< BACK

**Are you
alone?**

Yes

No

< BACK

Where are you?

Wilderness/Rural Area

Urban Area

< BACK

What do you have with you?

GPS/map/compass

Food & water

Phone

Nothing!!!

[< BACK](#)

DON'T PANIC!

**It's ok, you'll get
yourself out of this.
Sit down somewhere
safe and calm down
so that you can think
clearly.**

What's next?

< BACK

Leave a mark.

Use your fluorescent tape or bright colored clothing to leave a signal that is visible from above.

What's next?

< BACK

Think and plan.

**Decided on what you
are going to do.**

Will you wait for help?
Will you retrace your steps?
Do you think you are close or
far from your correct route?
Do you enough food & water?
Is there a water source nearby?

What's next?

< BACK

Is it almost nightfall?

Yes

No

< BACK

Find a shelter.

You want to get out of
here, we get it.
But, you can't find
your way out when
there's no light
during the night

What's next?

< BACK

Build a Fire

A fire not only will keep deadly beasts away, but it also protects you from hypothermia. It also acts as a signal fire.

What's next?

< BACK

Stay put Stay warm.

**Stay where you are
until morning.**

**When you can see
your surroundings,
return to this guide.**

Good night

< BACK

**Wow, look at
you!
Keep it up!**

< BACK

**I'm lost for
words.**

**What do you
mean you are
just not
physically or
mentally lost?**

< BACK

**Is there a
powerline
near you?**

Yes

No

< BACK

**Is there are
river near
you?**

Yes

No

< BACK

Wait.

**Stay where you are
and wait for people to
find you**

If you didn't tell anyone
where you were going
beforehand,
then...good luck?

**Please remember to
do that next time.**

I still have hope

< BACK

Are you mentally lost?

Ex. What am I doing with my life?

Yes

No

< BACK

**Take care
of your
money.
Buy food and
drink if you
need to.**

What's next?

< BACK

What do you have with you?

Food & water

Cash

All of the above

Nothing!!!

< BACK

**Rest, and
drink and
eat if you
need to.**

What's next?

< BACK

**Do you
have a
phone/
computer?**

Yes

No

< BACK

Are they charged?

Yes

No

< BACK

Follow the powerline!

It will lead you to civilization, but consider how long or how far it will take.

(powerlines sometimes span across a lot of not inhabited land)

It's getting dark, help!

RETURN HOME

< BACK

Follow the river!

Rivers are a great water source and food source.

Keep walking along it!

The river will flow through civilization!

It's getting dark, help!

RETURN HOME

< BACK

What are you lost about?

Myself

My relationships

My job

My life

< BACK

Ask yourself this:

Am I feeling lost
because of other
people, or because I
am a devote self critic?

Other people

It's just...ME!

< BACK

Ask yourself this:

Do you love or feel
affectionate towards
this person in your
relationship?

I like them, but...

I don't.

< BACK

Ask yourself this:

Do I enjoy my job?

Yes

No

< BACK

Ask yourself this:

Have I been putting in
enough time to take
care of daily matters?

Yes

No

< BACK

You know yourself the best.

You know your own value the best. Strive towards your goals and do what YOU enjoy. What others say, in the end of the day, are just words. Don't let them change YOU.

[< BACK](#)

It's Ok. No one's perfect.

It's normal to be harsher to yourself than others. It stresses us out, but it is a way for us to look at our flaws and improve upon them. BUT, it's important that we deal with this healthily.

[Learn more tips](#)

[< BACK](#)

Think.

Why are you having
someone you don't enjoy
being with in your
company?

Habit? Fear? Loneliness?
Talk to them about what
you feel if you're
comfortable.

If not, it's ok to end the
relationship.

You outgrow people, and
it's ok to move on from
people.

[< BACK](#)

Relax.

Regardless of whether it's romantic relationship or friendships, we will always run into problems.

AND, it's probably not a one-sided problem.

Communication is key. You two might need to talk things out.

[Learn more tips](#)

[< BACK](#)

Move on!

Of course you will feel frustrated and lost if you don't like what you're doing!

1. Change how you are approaching your job, perhaps it's your working habits that are making it not enjoyable.

2. SIMPLY, change to a job that you will know you will love.

Perhaps it might not be as fruitful as your current one, but you will be motivated to work harder since you actually LIKE doing what you do!

[< BACK](#)

We know it's stressful.

Even if you like what
you are doing...
WORK IS TIRING!
The stress and piles of
work is probably
making what you do
less enjoyable.

[Learn more tips](#)

[< BACK](#)

It's never enough.

We always want to have
the fantastical
“perfect” life.

However, this is
unrealistic and not
achievable.

Your ideal life should be
the one that maximizes
your happiness.

[Learn more tips](#)

[< BACK](#)

Time to start.

Of course you will be unsatisfied with your life if you have never managed it probably!

Began making a plan, organize yourself, and get into a good routine.

**Determine
which
direction you
came from
and retrace
your steps.**

Still lost?

< BACK

**Do you
have a
compass
on you?**

Yes

No

< BACK

Connect to wifi/data

1.determine your location through Google Maps etc.

**Or, call a
friend for help**

2.Describe your location to them

Still lost?

< BACK

**Do you have a
charger/porta
ble charging
battery?**

Yes

No

< BACK

**Charge
your
phone/com
puter.**

What's next?

< BACK

1. LOVE

You may be loving your job, your life, someone... but how much time have you been putting aside for yourself?

It's harder to juggle other things if we can't even handle ourselves well.

Also when you know yourself well, you will know where you are and won't be lost.

The next steps will guide you through how to help yourself love yourself more.

[NEXT >](#)

2. Exercise

Get those endorphins pumping!

Whether it's hitting the gym, or going on short walk—it doesn't have to be super intense—moving will make you feel better.

You will feel more energized and loosened up (No more back pain!).

[< BACK](#)

[NEXT >](#)

3. You are what you eat.

**Eat nutritious foods that
actually sustain you.**

Cookies taste great, but they are empty calories. You might be energized shortly from the sugar rush, but the crash from it would make you feel tired.

[< BACK](#)

[NEXT >](#)

4. Sleep

You won't feel you are doing things well, or that you are well if you are tired.

1. Put down your phone before bed.
2. Determine a goal-time to get the hours you need. Sleep 15 minutes earlier than the day before until you are able to sleep at your desired time.
3. Take short naps when you are able.

5. Take breaks

**Don't forget that you are human, not a machine.
Being tired is ok.**

1. Breaks don't have to be long. Get a cup of tea, look outside a window, and stretch.
2. Pamper yourself! Go see a movie, have a face mask, eat a good meal, or hang out with some friends!
3. Do something that makes you happy
(ex. hug your cat)

6. Me time!

Have some time to center yourself. Do something you like without any other influences.

1. This might be a good chance to practice steps 1-5.
2. Meditate. Cleanse your mind of negative thoughts and just relax.

[< BACK](#)

[NEXT >](#)

7. Thank you, next

If there's someone toxic in
your life, it's ok to cut
them out.

1. You are not being selfish or mean when you do this.
2. Your time deserves to be spent on people you love, who also love you back.

8. We are human.

It's important to know that we all make mistakes.

1. Don't beat yourself for doing something wrong.
2. Forgive yourself.
3. Learn from it. Know why it went wrong and try to avoid it next time.

**Hopefully, the
person you
asked knows
where you are.**

I know where I am!

I'm more confused!

< BACK

**Is there anyone
around that
you can ask?**

Yes

No

< BACK

**Here's few more ways of
determining your location**

Is there...

A church

A flow of traffic

Visible sun & clouds

A police officer

< BACK

**Go into a
store/business/
hotel and get a
business card.**

A business card will usually have an address on it. It will help you determine where you are.

I need more info.

< BACK

Feel better?

Guiding yourself back to where you want to be is a difficult process.

It takes time, but the end result is worthwhile.

REMEMBER:

Always make sure what you're doing makes you happy, whether it's about you, your relationships, your work, or your life.

I'm good now

I want to review

< BACK

**You are a great human
bean:) Keep on loving
yourself!**



Go back to start

< BACK

Christian churches are mostly built east-west, the main alter faces the east.

Synagogues west of Israel have the Torah Ark on the eastern end, so that worshipper face Jerusalem.

You face west if you are east of Israel.

Traffic usually heads toward a transport station. You might be able to find a ride to head back to where you are.

< BACK

If you notice that the sun is rising or setting, you can determine whether you are on the west side or east side.

< BACK

**They will help you know
where you are,
determine whether it's
safe for you to go home,
or, escort you home.**

< BACK