

# Is it working?

Is it charged? Do you have  
reception?

Yes

No

# Call for help.

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

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

# Are you lost?

Yes

No

# Are you physically lost?

Ex. I don't know where I am!

Yes

No

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

**Yes**

**No**

**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**

**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

# Leave a mark.

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

**What's next?**

**< B A C K**

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

**Yes**

**No**

# 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!!!

**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 have enough food & water?  
Is there a water source nearby?

**What's next?**

< BACK

# Is it almost nightfall?

Yes

No

# **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**

**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!!!**

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

**What's next?**

< **BACK**

# Do you have a phone/ computer?

**Yes**

**No**

# Are they charged?

Yes

No

# 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**

**< B A C K**

# 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**

# 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!**

# Ask yourself this:

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

I like them, but...

I don't.

# Ask yourself this:

Do I enjoy my job?

**Yes**

**No**

# Ask yourself this:

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

**Yes**

**No**

# 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.

# 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 relationships 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!

# 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**

# 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**

**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.

N E X T >

# 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.

[< BACK](#)

[NEXT >](#)

# 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)

[< BACK](#)

[NEXT >](#)

# 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.

< BACK

NEXT >

# 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.

[< BACK](#)

[NEXT >](#)

**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**

**< B A C K**

**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.**

**< B A C K**

# 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\*\*](#)