

Coach Notes: Filling Out the Blueprint Worksheet

Acknowledge Your Strengths & Victories

Name anything that is working for you already such as anything you are doing, or you have started, or that you are learning about in your focus area.

Intention or “Best Life” Vision

- **Design Your intention or “Best Life” Vision for yourself:** Imagine your ‘best life’ the way you would like your life to be -- a life where you are healthy, happy and fulfilling your life purpose.
- **What are the things that you would like to create, have, experience, do, or be?** What would your “best life” look like? Include the feeling or experience you will have when it is fulfilled. **Envision, it feel it and describe it.** Your intention is the inspiration, energy and motivation behind your goals.

INTENTION-BEST LIFE VISION EXAMPLE: Enjoy work that fulfills my life purpose and passion, and allows me to flourish financially while living in a beautiful, healthy environment.

Goals

Set realistic goals and support the fulfillment of your long term Intention-Best Life Vision.

Craft Goals that are SMART:

Specific - Measurable - Action-Oriented - Realistic - Time-Based

SMART GOAL EXAMPLE: For 6 hours a week, during the next 30 days, I focus on and clarify what I ‘m passionate about, evaluate how much income I need, and begin to look for work opportunities that best express my passion, life purpose and skills, and meet my financial needs.

Challenges

Examples of challenges to progress may be:

- People/ relationships in your life
- Lack of information or skills
- Negative habits
- Past experiences/ trauma / confidence level
- Beliefs and confidence level
- Childhood conditioning

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Affirmation

You may want to use one of the following sentence stems to start designing your affirmation, or create your own:

I am (easily, joyfully, magically, empowered to)...

I am (becoming, creating, allowing, receiving, connecting)

Make sure your affirmation is in the present tense and is stated with a positive tone. Affirm this: *I now prioritize and enjoy my daily exercise* instead of *I am going to exercise*.

Visualization

Close your eyes and imagine yourself successfully fulfilling your intention or goal. Make sure to engage *all* your senses and imagine what *you are feeling in your body and emotions*, as if your intention or goal is achieved.

Try to tap into the feeling, as if it is literally happening right now, in this very moment. Allow yourself to bring your attention to the area of your heart and feel a deep sense of gratitude.

Brainstorm Possible Action Steps

- Brainstorm 3-5 Possible Action Steps that will support you in moving forward in achieving your goals and fulfilling your intention.
- Later add (10-30) more possible action steps as you go along.

Action Steps

Set 1-3 realistic, action steps you will be taking within one week; setting day and time you will be taking that action.

Self Care Practice

Schedule one mind-body self care practice you will be implementing for the upcoming week: (setting specific time). Examples include:

- 1-3 minutes Mind Body Self Care practices (taking 5 deep breaths), at least 3x a day.
- Drink 48 ounces of purified water a day, at work (5x week).
- Listen to a relaxing guided imagery CD (bedtime on Monday & Thursday)
- Take a Yoga, Qigong or a meditation class

Accountability - three paths for accountability

- With your coaching group.
- With a buddy from your coaching group or a friend.
- With your coach.