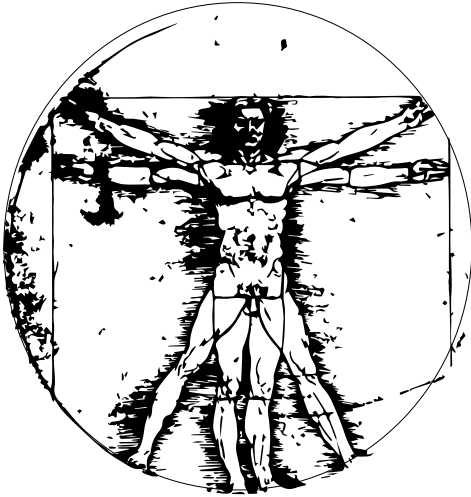


THE HUMAN BLUEPRINT



“

Only the truth of who you are, if realized, will set you free.

-Eckhart Tolle

The truth is, everything that happens in our lives—every choice we make, every action we take—is rooted in what we truly **value** at our core. Whether we're aware of it or not, we're **always** moving toward what feels like our purpose or **destiny**.

But when we live **out** of alignment with who we really are—when we **ignore** our inner truth or follow someone else's path—we begin to feel **lost, anxious, disconnected**. That inner tension is what often shows up as chaos, crisis, or what we call trauma.

The hard **truth**? We can't find real happiness living a life that **contradicts** our authentic self—what we call the **Blueprint**.

And this doesn't just apply to “people like us.” It applies to **everyone**. Once we understand that, we stop taking things so personally. We start recognizing that every person is either **aligned** with their Blueprint—or **struggling** against it.

This awareness helps us build **compassion** for ourselves and others. And from that compassion, real **connection** becomes possible.



DISCOVER YOUR HUMAN BLUEPRINT

This journey is about uncovering the truths of your life as it is, not as you wish it to be. It's important to approach each question with honesty and self-awareness, focusing on what your life ACTUALLY demonstrates.

The value of this exercise lies in its ability to reveal your authentic self, your true traits, and the real impacts of your actions and decisions. By reflecting on your genuine experiences and current practices, you gain insights that are crucial for meaningful growth and self-improvement.

1. If time, money, and obligations were no longer a concern, how would you spend your days? (What would you naturally gravitate toward?)

Answer: _____

What would this give you emotionally, mentally, or spiritually?

Answer: _____

2. Think of a time you were completely absorbed in something—you lost track of time, felt energized, or at peace. What were you doing?

Answer: _____

What did that moment give you? What part of you came alive?

Answer: _____

3. In conversations with friends or loved ones, what topics light you up or stir strong feelings?

Answer: _____

Why do these topics matter to you? What do they represent?

Answer: _____



4. If you had to choose one subject to study in-depth—reading 100 books, watching 100 documentaries, or listening to 100 podcasts—what would it be?

Answer: _____

Why are you drawn to that? What's the deeper thread or meaning behind it?

Answer: _____

5. What do others consistently appreciate, praise, or rely on you for?

Answer: _____

Why is this part of you so essential to who you are?

Answer: _____

6. What quality or aspect of yourself could never be bought, bargained, or taken away—no matter how much money was offered?

Answer: _____

Why do you feel this trait or characteristic is important to you?

Answer: _____



7. Reflect on a recent time when you had more than you needed—extra time, money, energy, or space. What did you choose to do with it?

Answer: _____

What does that choice say about what you value most?

Answer: _____

8. When you feel most like yourself, what are you doing, who are you with, and how are you showing up?

Answer: _____

What does that choice say about what you value most?

Answer: _____

9. If a documentary were made about your life's purpose, what three qualities or themes would be central to the story?

Answer: _____



DEFINE YOUR HUMAN BLUEPRINT

Take a moment to reflect on your answers. You may start to see some reoccurring themes.

Looking back over your answers, what themes or patterns do you see repeated?
(Example: creativity, helping others, solving problems, freedom, leadership, beauty, nature, challenge, connection)

Answer: _____

What are the natural qualities or traits that show up again and again in your life—whether you try or not? (These might be things like resilience, empathy, curiosity, independence, intensity, intuition, humor, etc.)

Answer: _____

Based on all of the above, what are the top 3 things that make up your personal blueprint?

Dominant Trait/Characteristic (#'s 5, 8, & 9): _____

Natural Gift/Talent (#'s 1, 2, & 4): _____

Intrinsic Value (#'s 3, 6, & 7): _____



THE HUMAN BLUEPRINT

Write your answers in the space below in order of **most** listed to **least** listed. This will help you visually prioritize your dominant traits, values, and drivers. By organizing them in this way, you'll get a **clearer** picture of what truly drives you and what matters most in your life. This hierarchy can serve as a **guide** for making decisions, setting goals, and understanding your natural strengths and gifts.



What fuels my blueprint the most? Second? Third?

What depletes your blueprint?

The reality is that we all do things that deplete our blueprint, but if we follow the 80/20 rule—where 80% of what we do gives us fuels us and only 20% depletes us—we can keep our motivation and excitement going in the long run.

Circle a number from 0 to 10 to indicate how much you feel aligned with your blueprint, where 0 means not at all and 10 means completely.

