

Blueprint



Unveiling the REAL You.

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True You Blueprint

The “True You Blueprint” is a starter guide designed to lead you on a transformative journey of self-discovery and personal growth.

This carefully crafted blueprint consists of three vital sections:
Discovery, Clearing, and Relearning.

In the Discovery phase, you’ll embark on a profound exploration of your past and true self. Through reflection and guided prompts, you’ll uncover your past desires, experiences, wishes, dreams, and loves, setting the stage for a life aligned with your authentic identity.

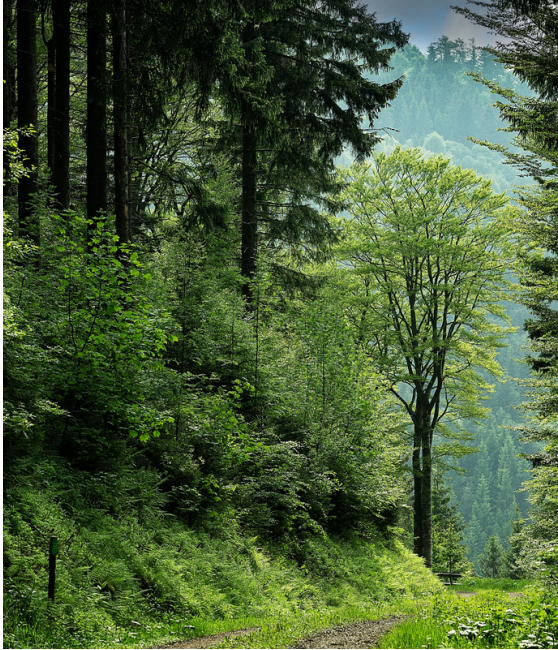
The Clearing section empowers you to realize untruths and release limiting beliefs and toxicities, creating space for growth. You’ll start to learn how to let go of what no longer serves you, making room for positive change and personal evolution with a re-perception of what is possible.

Finally, in the Relearning phase, you’ll embrace your newfound authenticity and set meaningful, aligned goals and dreams. You’ll cultivate a growth mindset, ensuring that your journey toward your dream-life-realization remains a dynamic and ever-evolving process.

With the “True You Blueprint,” you’ll not only begin the discovery of your true self, but also clear the path and begin to acquire the tools needed to live a life that resonates with your deepest desires and aspirations.

It is time to unlock your full potential and live authentically.
It is time for you to be free.

Discovery



In this first step of the blueprint,
we need to dig a little deeper.

Let's revisit what you used to
believe, before your so-called
"real life" influenced your path.

∞
unearthing

Discovery

From the perspective of your younger self, fill in these boxes.

My Desires



My Experiences



What I Wished For



My Biggest Dreams



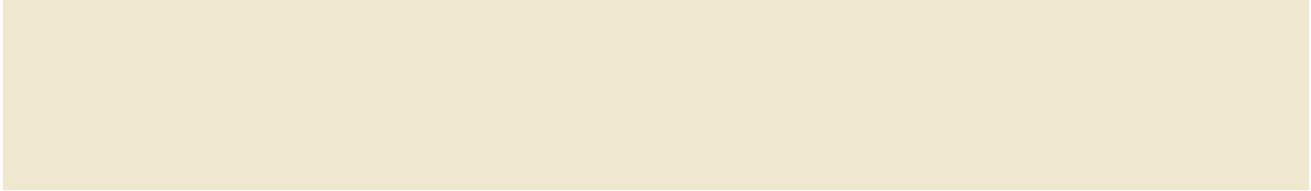
Things I Loved



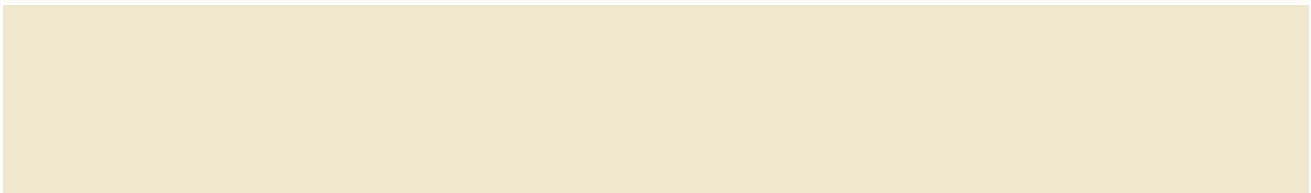
True You Blueprint

Now, answer a few questions VERY honestly:

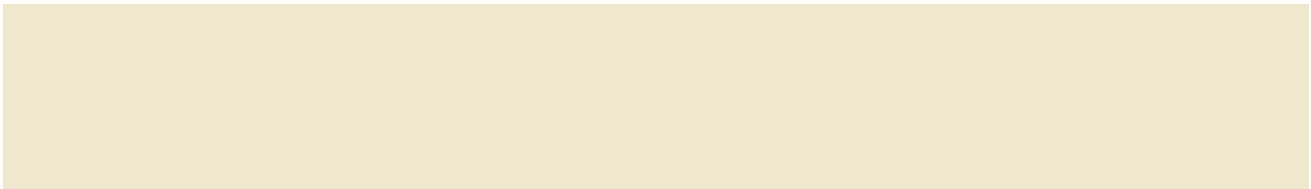
Where are you right now? How do you feel about your life?



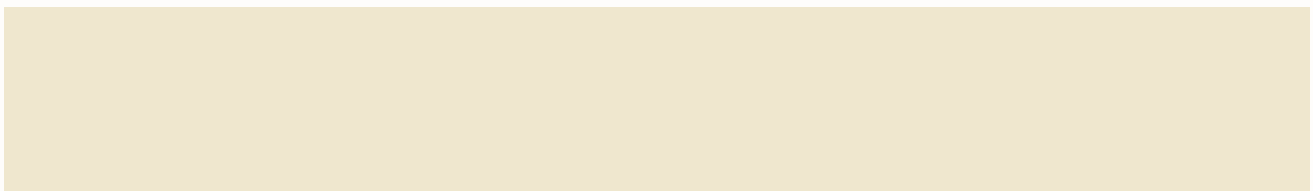
Where do you want to be?



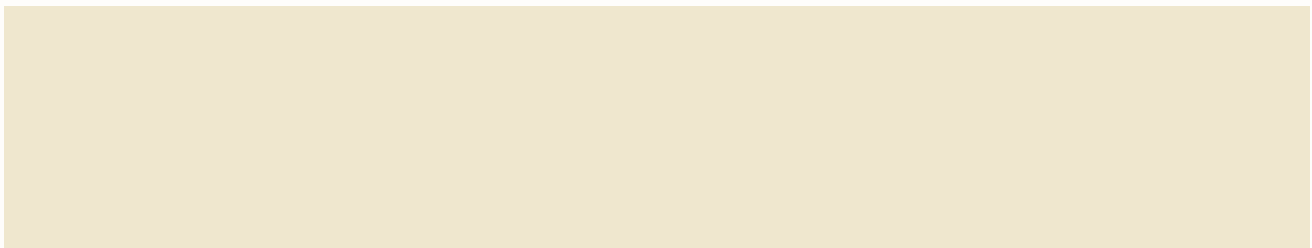
What do you want to be feeling?



What do you think is currently blocking you?



Does the “how” seem too far? If so, why do you think that is?



Clearing



The second part is for realizing the un-truths and influences, then clearing them through this acknowledgement and re-perceiving.

Give them air to allow them to float away.

∞
re-perceiving

Clearing

Time to expose, subtract, and clear what may have affected the previous listed items (from youth).

Programming: What kind of lessons may have stopped you from any of your dreams?

Conditioning: What have you maybe seen or experienced that showed you not to take chances?

Traumas: What traumas or “hard lessons” may have affected your life experience and pursuit?

Fears: What fears have you picked up along the way from all of the reasons above?

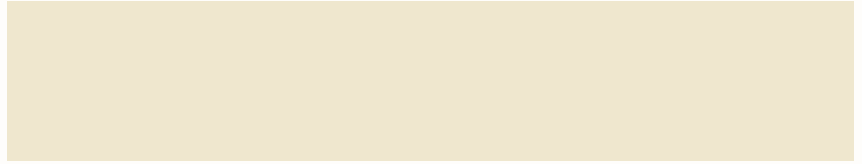
Life Experiences: What other life experiences have caused you to settle, pause, or withhold?

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re-perceiving

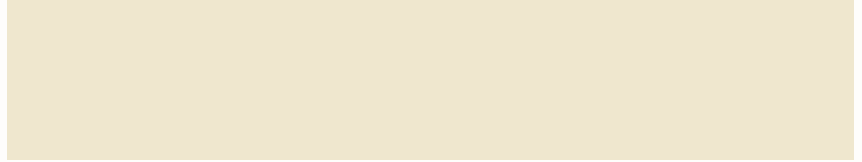
Paving the Way

The following is to determine how you interpret what is possible and what your hang ups are in order to prepare you for moving forward.

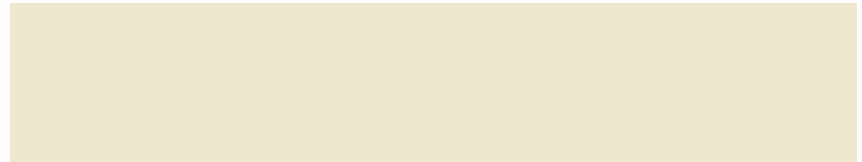
What is your take on the word possibility? Impossibility?



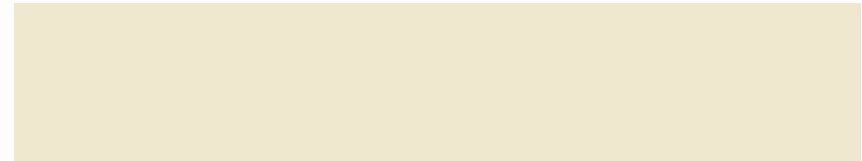
Are there things off limits to you? If so, why do you think they are?



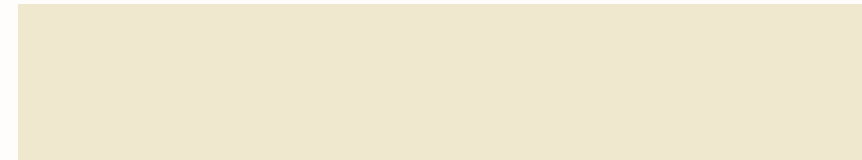
What keeps stopping you on your journey? Why?



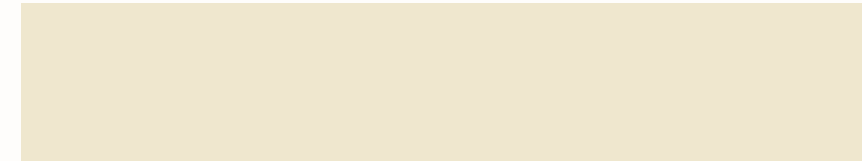
Are these things seeming insurmountable?



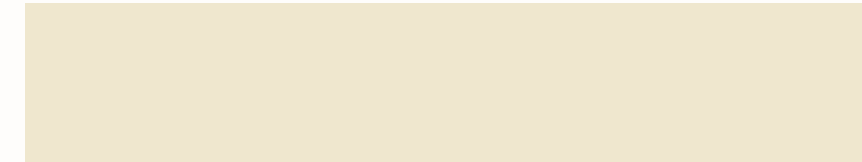
What would have to be worked out in order for you to move forward?



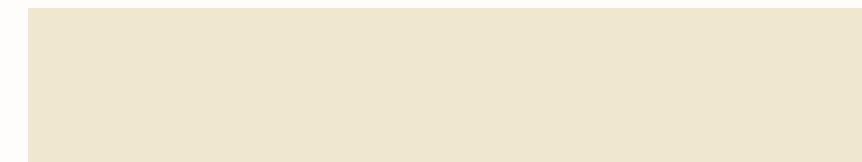
Are you sure you would move forward even if these things were worked out?



When have you felt the most YOU (if ever)?



Describe the time or event in detail.



Relearning



Now we relearn and realize
what is, in fact, possible.

We look at life through new,
unfettered eyes and really
explore what it is we actually
want.

∞
empowerment

Relearning

Now we start anew.
Time for a restart.
Let's fill these out with the new TRUE YOU.

Desires

Possibilities

Hopes

Wishes

Dreams

∞
empowerment

Use this diagram to see clearly how you have evolved.
Are any items the same? Vastly different? Do you see more clearly ALL of the possibilities?



THE HOW
becoming untamed and free



Inward



This blueprint is only the beginning.

Take what you have learned and run with it.

If you would like to go even further, sign up for individual coaching or keep eyes on your inbox and social media for more possibilities.

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Action

True You Blueprint Take-aways

You are what you choose to be.

Your choices can always change.

You are not your past decisions.

They have brought you to here, but right here is also where we can start again.

You are not your past beliefs. You can change them.

Now that you know what has affected you, you can choose to change the way that you look at life and your approach to it.

You are more capable than you know.

The Next Step

Make your dreams come true.

Get even more in touch with yourself to become free.

Feel more YOU than ever before.

Coming Soon: The Formula for Freedom, a free webinar event.

AND

Liberate Your Life,
an interactive course for those truly serious about becoming free and untamed.

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