

The Soul Empowered Blueprint Workbook



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How To Use Your Soul-Empowered Blueprint Workbook

I'd love you to get the most out of this workbook, so here are some suggestions.

1. Save it to your computer or smartphone
2. Print out a copy
3. Save the pages in a binder
4. Periodically revisit this exercise. Anytime you feel you need more clarity about your goals and direction, print out a new copy of this workbook and redo it from number one.

A good time would be at the end of the year when you're starting to think about your direction for the New Year. Your Soul Power Blueprint will change over time

Ground Yourself + Connect With Inner Wisdom

Before you start journalling, do this exercise to ground and centre yourself and help your answers to flow from Source.

1. Start with three slow deep breaths and then visualise yourself as a tree, any kind of tree, it doesn't matter.
2. Visualise roots coming out of the soles of your feet and slowly growing downward, getting larger and stronger as they go. Take however long you need to do this. Feel your roots finding their way down through the earth. Now sense them spreading out like a skirt just below your feet right round your body, creating a firm stable anchor.
3. And now, as those roots work their way deeper and deeper, and further and further through the nourishing soil, sense the energy of the Earth flowing back up through the roots, and in through the soles of your feet, up your legs, and through your body.
4. Next visualise branches shooting upwards from your body temple and spreading up toward the sky. Imagine the branches covered thickly in healthy leaves, and flowers or fruit if it's that sort of tree. If it helps, you can lift your arms up in the air. Feel the warm, life-giving energy of the sun flowing down through the leaves, and the branches, flowing down into you to meet the upward flow of Earth energy as they move towards each other. Now visualise the sun and earth energies meeting at your centre – visualise them as a ball of glowing light. This light might be white or it may be any other colour that's right for you.
5. Take the ball of light and visualise it shifting into your heart space in the centre of your chest. See it firmly settled into that space.
6. Once you have that visualisation clear, take another few deep breaths.

You're now ready to channel that light and power of your heart space into your journalling.

Journaling Prompts

Use these prompts to gain real clarity about how your Personal Blueprint looks.

Open your journal at a fresh page or a gather few sheets of blank paper to write your answers to each of the following questions.

When we write our responses instead of simply thinking of them we engage our full mind, the conscious, subconscious and superconscious. The memory of what we write becomes imprinted and held in the cells of our body. Get specific and be as detailed as you can with your answers.

There are over fifty questions, but considering each carefully and responding with heartfelt honesty will help you develop a deep and comprehensive insight into your truth. So let's get started!

YOUR HOME

Where would you like to live and why there specifically?

What type of environment would it be?

What would your living space look like? Describe it in detail.

What colours would you surround yourself with?

What would your design style be? Modern? Traditional? Transitional? Minimalist? Eclectic? What feeling would you be aiming for?

What would you live in? A house? An apartment? A condo or townhouse? A farm? A tiny house? A boat?

What would you see when you looked out the windows of your home?

YOUR DAILY ROUTINE

What time would you wake up every morning?

What would you eat for breakfast? Who would you breakfast with? Where would you sit, inside or outside, to eat breakfast? Why?

What would you spend time doing in the first half of your day before lunch? What would you have for lunch? Who would you eat lunch with?

What would you eat for dinner? Who would you eat dinner with? Where would you eat dinner?

What would you do at night? Who would you do it with?

What would you do professionally? What would your work hours look like?

What would you do in the time outside work? What hobbies would you have? What activities would you do at home?

Would you do things outside the home? What would those be?

When would you exercise and move your body temple? In what ways would you move your body temple? Yoga, Chi gong, Nia, spin class, treadmill, salsa dancing, gardening, etc?

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PEOPLE AROUND YOU

What is your significant other like? How does your significant other treat you? How does your significant other make you feel?

What would your friends be like? What will you do with them? How will you be with them?

What would you do for family time? What might your family look like?

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ENRICH YOUR LIFE

What would you need to do everyday in order for your life to feel juicy?

What would you do occasionally to create extra fun and joy?

What would you add to your life so you can feel happy and satisfied?

How many vacations would you take a year? Where would you go on vacation?
Why there?

UNEARTH YOUR DEEPEST DESIRES

What would your thoughts be as you drifted off to sleep?

What are your secret thoughts?

What do you dream about?

What do you fantasise about?

What do you spend most of your time thinking about?

What do you think/ dream about which you would never admit to? Dig deep here.

What do you tolerate that you know needs to go? Dig deep here again

What are you passionate about?

What brings you inner peace?

What inspires you?

What brings you Joy?

FAN YOUR MOTIVATION

Who do you admire and why? Who is your hero? (alive or passed over).

What qualities do, or did they possess that you admire?

Why do you wish you were more like them?

What qualities do they possess that you wish you had?

How much money do you want in the bank? Why that amount of money?

AWAKEN YOUR PASSION

What gets you out of bed in the morning? What is your purpose?

What is the difference you intuitively know you are on this Earth to make?
What will you be remembered for? What is your legacy?

If you only had one more year to live what would be important for you to do and be in that time?

What makes your heart sing?

What has been the most satisfying thing you've ever done? What made it so fulfilling?

What in life gives you lasting satisfaction?

What have you done that you're most proud of?

What have you done in your life that you'd love to do more of?

What makes you feel fully alive when you're doing it?



LET'S BRING THIS
ALL TOGETHER

WHAT YOU REALLY WANT

Let's put this all together and work out what you really want.

Now that you have an overview of all your thoughts and dreams you can begin to sketch out your unique Soul Empowered Blueprint.

Go back through all your answers and with a highlighter mark all the absolute MUST HAVES for your Soul Empowered Life. To help sort through all your responses try giving every answer a ranking – 'essential', 'desirable', 'useful', 'good but not necessary' could be some you use.

If you get stuck on a question about what you want, ask instead "what don't I want?" Reframing the question in this way can help you to gain real clarity about your self care needs and desires. By working out what you don't want you can reverse-engineer it and become precise about what it is you DO want.

DO NOT reject or discard anything!

It's time to go for it and open yourself to the creative abundance of the Universe. Throw self-judgement out the window and be ready to accept without question anything that rises up for you intuitively, without suppressing, over analysing, or judging it.

You are the sole creator of your reality. You can consciously choose to become the master of your destiny. You alone decide whether it will become healthy, happy, fun and whole, or as mundane and unfulfilling as you can manage.

BE AUTHENTIC.

You don't need a specific amount of final ingredients in your Personal Blueprint. Have as many or as few items as you wish. You might even find that there is only one single thing that is absolutely essential, although this would be unusual.

CONSOLIDATE BREAKTHROUGHS

Now the fun begins as you get to write your Soul Empowered Blueprint for yourself.

Use a blank page to write out your Soul Empowered Wellness Blueprint, and then place it somewhere where you can look at it a few times a day.

Having a solid visual reminder of your dream supports you to focus your awareness on bringing it into the physical world. This is potent manifestation because it's based in being aware of whatever makes you sing inside and then mirroring that in your outer world. It's not based in attracting anything because that's a very unstable and unsustainable way to create in the 3D world. Rather it allows you to draw on the creative spark of the Universe to manifest what you desire and bring it into reality through you.

INTEGRATION

Awesome! You've just designed your Soul Empowered Wellness Blueprint. Now it's time to begin to fill your life with all the aspects you have carefully selected.

You might be thinking that you're too busy to begin doing all this stuff.

I get it, the world is on the fast track right now. But all the things you have selected for your Soul Empowered Wellness Blueprint are those that will nourish and nurture your soul. So they really do need to become your priority.

CALENDAR CLEANSE

Now it's time to get out your calendar.

Start off by taking a look at your schedule. While staying detached from emotional feelings like guilt and responsibility, decide which obligations you can let go. Include anything that feels like a drag to you, anything that you would rather get out of doing. Mark any tasks that you can delegate to other people.

Your time is precious.

Where are you wasting it? Social media? Surfing the web? Games? These can quickly become an addiction, chewing up your precious time, over-exposing you to electromagnetic radiation, and not serving your soul.

Create a list below of all the things that are currently wasting your time, or creating a drain on you in some other way.
Be honest with this exercise.

Once you're clear about where you need to take action and which tasks you can delegate or just simply drop, get rid of them from your schedule – cross them off, erase them, hit delete.

Once they are gone replace them with one of the items on your Soul Empowered Wellness Blueprint.

You don't have to squeeze everything in right now. Start with the items that topped your 'essentials' list. You can add more from your list as space clears. You'll find you become better at clearing out the 'dead-wood' the more you do it.

As things change and the weight begins to lift from your shoulders you'll discover you want to prune more and more of this dead weight. Revisiting this process regularly is essential. Commit to evaluating your schedule on a regular basis and editing it as you need to in order to support yourself fully to live the life that you desire.

Don't just keep your calendar for your work commitments or your kids activities. Include everything - space for yoga, massage, hobbies, time to read, time out in nature, time to do your bills, to share a coffee, time to just sit in stillness. Include everything!

Over time you'll find your day becoming more satisfying as you begin to have more energy, joy and fun. Gradually you'll find that not only are you doing more of what you long for, but you are also able to say "No" to what doesn't serve you, far more easily and without feeling guilty.

EVOLVE

In our heart we know we need to connect to our inner wisdom in order to create an empowered, authentic, joyful, life of purpose and passion.

The key to doing that successfully is to fully accept and love yourself. And that can be really hard to do. But with your Soul Empowered Personal Blueprint you are well on the way to honouring your self-worth and creating a life that supports you to reach your full potential with joy.

Our journey through life spirals round and round, up and over, as we revisit problems and issues that we faced in the past, time and time again. When we face these challenges over and over it's tempting to feel daunted by the challenge, to give up on Soul-Growth and to go back to doing things the way we were before, living on autopilot.

But it's vital to remember that each time you revisit these challenges you do so with greater understanding wisdom and knowledge. You come to them every time with a bigger and more powerful toolkit of resources to deal with them. Each time you face the challenges you are stronger and more capable of navigating through them with ease and grace.

Don't settle for life's crumbs. Don't accept unhealthy relationships. Don't struggle to make ends meet. Don't settle for poor health. Don't allow yourself to be passed over for promotions you've earned. Don't forget your true spiritual nature and lose your connection to source.

You deserve better, and better is always available to you should you choose it.

You have the power to create a vibrant life.

Stop withholding nurturing care and fulfillment from yourself. You are allowed to be happy and to fulfill your dreams. Embrace the power within you and start today. Take the necessary steps and create the life that resonates deeply with your core.

Create a JOY-FULL life.