

Your Life Blueprint

"How we spend our days, of course, is how we spend our lives." - Annie Dillard

What is a *Life Blueprint*?

A Blueprint is a design or pattern, intended as a guide for making something (e.g. blueprint for a road or a building).

A Life Blueprint is a design or pattern, intended as a guide for life. It's a simple way to see and live by what's most important to you on a daily basis.

It makes it easier to focus your energy on what's important to you — including the contribution you are here to make in life — so you don't spend your time being distracted.

Your Life Blueprint supports you to:

- Discover what's important for you
- Focus on what's important
- Come up with creative ways to take meaningful action
- Produce the results you want in your daily life

By keeping what is important to you in front of you, you prompt your brain to automatically look for opportunities to demonstrate it.

What results would you like to create in YOUR life? Let's find out!

How to create your Life Blueprint

We will walk you through exactly how to create your Life Blueprint.

A Life Blueprint contains the following elements, which we will explain step-by-step:

1. A center circle, saying: *"I am willing"*.
2. 3 circles surrounding the center circle, each containing a *Life's Intention*.
3. 2 circles connected to each Life's Intention, each containing an *Area of Focus*.

Get some paper and something to write with! Or, if you prefer, you can use this [printable template](#) or fill out a [digital template](#) (Zoom to 50% for ease of use).

We start by identifying your *Life's Intentions*.



Step 1: Complete the Life's Intentions Inventory

An intention is an underlying direction, aim, or purpose. A **Life's Intention** is *an underlying direction, aim, or purpose that brings great meaning to your life*. A Life's Intention comes from deep within you, and is the living spirit behind your goals and dreams.

Life's Intentions Inventory

Use [this link](#) to make a copy of the Life's Intentions Inventory and print it out or complete it digitally in Google Docs.

Look at the intentions that are important to you. Five is "very important" and one is "fairly unimportant." Note: This is only a snapshot in time, reflecting where you are now and what is currently important to you.

You will notice that many of the items on the inventory include **"successful."**

For your Life's Intentions, we use a particular definition of success: **Success is doing what you said you would do, consistently, with clarity, focus, ease, and grace.**

* For example: Financial success is *doing what you said you would do with money, consistently, with clarity, focus, ease, and grace.* [Read more on the true nature of success.](#)

Life's Intentions Inventory

Look at the intentions that are important to you. Five is "very important" and one is "fairly unimportant." Note: This is only a snapshot in time, reflecting where you are now and what is currently important to you. As many of the items below include "successful," we use a particular definition of **success**: *doing what you said you would do, consistently, with clarity, focus, ease, and grace.* For example: Financial success is *doing what you said you would do with money, consistently, with clarity, focus, ease, and grace.*

My Life's Intentions are to be:	1	2	3	4	5
Financially successful					
Physically fit and healthy					
A successful artist, sculptor					
A successful musician, composer					
A successful author, playwright, poet					
A contributor to my community					
A visionary leader					
A loving family member (example: mother, father, partner, spouse, etc)					
A loving/generous friend					
Spiritually developing					
A well-respected professional					
An effective manager					
An effective teacher					
Well-educated					
A creator of beauty					
An effective coach					
An effective change agent					
An effective healer					
Well-traveled					
An effective mentor					
A successful entrepreneur/business owner					
An adventurer					
An effective therapist					
An effective minister					
A successful communicator					

Step 2: Pick three Life's Intentions

Choose three Life's Intentions that you rated as a five on the Inventory, that you would love to focus on over the next three months. Put each of these Life's Intentions in one of the three red circles on your Life Blueprint template.

Step 3: Create Areas of Focus

An Area of Focus is:

- A way to demonstrate your Life's Intentions in small, sweet ways in your daily life.
- Easy or even fun to do, so it doesn't require you to "stretch" the way a goal does.
- Something you can do often and repeatedly, rather than a specific one-time action.



For example, if you chose the Life's Intention "*to be a successful musician*" you might pick an area of focus like "write songs." If you chose the Life's Intention "*to be financially successful*" you might pick an area of focus like "save for date nights."

Pick two areas of focus for each of the three Life's Intentions you've chosen to include on your Life Blueprint.

Here is what to do next:

1. Look at one of the Life's Intentions you've chosen for your Life Blueprint.
2. Gently allow yourself to explore what you love about this Life's Intention.
3. Create two areas of focus for this Life's Intention, and write a word or short phrase to describe it, in the outer blue circles.

Do this for each of the three Life's Intentions you've chosen for your Blueprint.

Next, we will add the phrase "*I am willing*" to the center of our Blueprint. Let's look at why:

Step 4: Add “I am willing”

Being willing is the capacity to say “Yes,” no matter what you are feeling or thinking.

We may not want to do something, we may not think we can, we may not know how to do it, and we can nevertheless be willing to take action on what’s important to us. The four most powerful words you can ever say are: “Nevertheless, I am willing.”

Put the words “I am willing” at the center of your Life Blueprint. By adding, “I am willing” you are saying “yes” to each of your Life’s Intentions and Areas of Focus.

For example:

- “I am willing to be a successful musician by writing songs.”
- “I am willing to be financially successful by saving for date nights.”

How to use your *Life Blueprint*

1. **Display it:** Put your Life Blueprint somewhere you will see it daily. You can print and fill out the template or draw your own.
2. **Use it daily:** Look at your Life Blueprint each morning. Notice what opportunities you have today to demonstrate a Life’s Intentions listed on your Blueprint.
3. **Use it weekly:** Once a week, look at your Life Blueprint and ask yourself: *What is one small sweet step I can take today, in one of my Areas of Focus?* Write down what you will do and by when.
4. **Re-create it quarterly:** We suggest re-creating your Life Blueprint every three months.

Share your *Life Blueprint*!

If you are enjoying your Life Blueprint, share this activity with a friend.

You can also print or take a photo of your Life Blueprint and share it on social media with #ACELifeBlueprint!