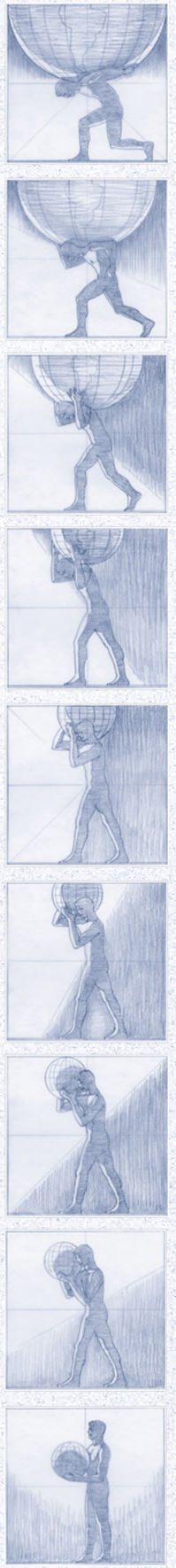


BLUEPRINT FOR A SUCCESSFULLY INTENTIONAL & INTEGRATED LIFE™

#1 BRAIN POWER

1) 1 2 3 4 5 6 7 8 9
2) 1 2 3 4 5 6 7 8 9
3) 1 2 3 4 5 6 7 8 9
4) 1 2 3 4 5 6 7 8 9
5) 1 2 3 4 5 6 7 8 9
6) 1 2 3 4 5 6 7 8 9
7) 1 2 3 4 5 6 7 8 9
8) 1 2 3 4 5 6 7 8 9
9) 1 2 3 4 5 6 7 8 9

#2 SELF DETERMINATION

1) 1 2 3 4 5 6 7 8 9
2) 1 2 3 4 5 6 7 8 9
3) 1 2 3 4 5 6 7 8 9
4) 1 2 3 4 5 6 7 8 9
5) 1 2 3 4 5 6 7 8 9

RESOLUTIONS:

#3 FREEDOM OF MOVEMENT

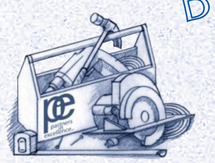
1) 1 2 3 4 5 6 7 8 9
2) 1 2 3 4 5 6 7 8 9
3) 1 2 3 4 5 6 7 8 9
4) 1 2 3 4 5 6 7 8 9
5) 1 2 3 4 5 6 7 8 9
6) 1 2 3 4 5 6 7 8 9
7) 1 2 3 4 5 6 7 8 9
8) 1 2 3 4 5 6 7 8 9
9) 1 2 3 4 5 6 7 8 9

#4 WORK LIFE INTEGRATION

1) 1 2 3 4 5 6 7 8 9
2) 1 2 3 4 5 6 7 8 9
3) 1 2 3 4 5 6 7 8 9
4) 1 2 3 4 5 6 7 8 9
5) 1 2 3 4 5 6 7 8 9

#5 MIND & BODY INTEGRATION

1) 1 2 3 4 5 6 7 8 9
2) 1 2 3 4 5 6 7 8 9
3) 1 2 3 4 5 6 7 8 9
4) 1 2 3 4 5 6 7 8 9
5) 1 2 3 4 5 6 7 8 9
6) 1 2 3 4 5 6 7 8 9
7) 1 2 3 4 5 6 7 8 9
8) 1 2 3 4 5 6 7 8 9
9) 1 2 3 4 5 6 7 8 9



Instructions:

1. *Take several minutes to study the layout.*
2. *Use the color legend, copy your responses for each assessment.*
3. *Review your current status.*
4. *Make note of any shifts that have occurred, and you'd like to see.*
5. *Review the card deck.*
6. *In the white space, sketch your ideal self and life.*
7. *Using the label sheet, enter your accomplishments.*
8. *Commit to your Plan of Action here.*

Legend of Colors

1st Blue
2nd Orange
3rd Purple
4th Green
5th Pink

MY PLAN OF ACTION

1) _____
2) _____
3) _____
4) _____
5) _____
6) _____
7) _____
8) _____
9) _____
10) _____
11) _____

HOLMES & RAHE STRESS SCORE =_____

#6 MULTIDIMENSIONAL HEALTH LOCUS OF CONTROL

INTERNAL
CHANGE
POWERFUL OTHERS
DOCS
OTHERS

#11 MOVEMENT & DESIRE

1) 1 2 3 4 5 6 7 8 9
2) 1 2 3 4 5 6 7 8 9
3) 1 2 3 4 5 6 7 8 9
4) 1 2 3 4 5 6 7 8 9
5) 1 2 3 4 5 6 7 8 9
6) 1 2 3 4 5 6 7 8 9
7) 1 2 3 4 5 6 7 8 9
8) 1 2 3 4 5 6 7 8 9
9) 1 2 3 4 5 6 7 8 9

#10 EXPECTATIONS OF SUCCESS

1) 1 2 3 4 5 6 7 8 9
2) 1 2 3 4 5 6 7 8 9
3) 1 2 3 4 5 6 7 8 9
4) 1 2 3 4 5 6 7 8 9
5) 1 2 3 4 5 6 7 8 9
6) 1 2 3 4 5 6 7 8 9
7) 1 2 3 4 5 6 7 8 9
8) 1 2 3 4 5 6 7 8 9
9) 1 2 3 4 5 6 7 8 9

#9 FAITH FACTOR

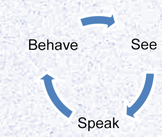
1) 1 2 3 4 5 6 7 8 9
2) 1 2 3 4 5 6 7 8 9
3) 1 2 3 4 5 6 7 8 9
4) 1 2 3 4 5 6 7 8 9
5) 1 2 3 4 5 6 7 8 9

#8 FISCAL COMFORT ZONE

1) 1 2 3 4 5 6 7 8 9
2) 1 2 3 4 5 6 7 8 9
3) 1 2 3 4 5 6 7 8 9
4) 1 2 3 4 5 6 7 8 9
5) 1 2 3 4 5 6 7 8 9
6) 1 2 3 4 5 6 7 8 9
7) 1 2 3 4 5 6 7 8 9

$ MADE
$ DESIRED

#7 SPEED OF TRUST



↓ TRUST = ↓SPEED ↑COST

↑ TRUST = ↑SPEED ↓COST

Section I
The Basics

The You That Awaits Your Best Life Yet
Your True Inner Strength
The Magic Formula

Brain Power Assessment
Self Determination Resolution Assessment
Freedom of Movement Assessment
Work Life Integration Assessment

Section II
Clarity & Application

Why I Took This Journey
When You Save Your Own Life
Stress and Your Beautiful Body
What You Put Into Your Mouth & Why
Movement, Alignment & Freedom

Mind & Body Integration Assessment
Multidimensional Health Locus
of Control Assessment

Section III
The Core

The Language Of The Heart
Intimacy With Self & Then Others
The Dance of Balance In Work
Envisioning Your Fiscal World Minus Fear

Speed of Trust Assessment
Your Fiscal Comfort Zone Assessment

Section IV
Taking It To The Next Level

The Faith Factor
Nature, Time & Your Connection To The Earth
Life As A Cycle Intended, Not Happenstance
Stress Managed Is a Life Well Lived

The Faith Factor Assessment
Expectation fo Success Assessment
Movement & Desire Assessment

Dr. DEB CARLIN's
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BUILD THE STRENGTH WITHIN™

Name:

Signature:

Date:

Page _____ of _____

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