

Who Are You?

**STEP 1**

**Establishing your Core Values – Setting a True Course**

Our Core Values (our **Blue Print**) are what drive us and give us a sense of purpose and direction, removing the internal debate on every decision; who we are and what we want becomes crystal clear to us.

**Here is the ‘Abridged Version’ of how to fast track and get clear on those core values.**

*(Please note, there is more extensive applications of Values if you would like to explore it further, however this is an abridged version to get you started.)*

Total time required – one hour!

**CREATING THE NEW BLUE PRINT**

In order to work out what the new **Blue Print** will be we require to find out where you are right NOW.!

**Who am I right now?**

If building the life you’d love to inhabit is like building a new home, this part is the preconstruction phase.

Who are you right now?

What are your foundations?

Where you are is a result of your current thinking and behaviors, which is neither right nor wrong.

What we’re looking at is where to from here.

Before you meet with the architect to map out the home of your dreams, you first want to have a good idea of what you have now and what you want moving forward.

**STEP 1**

Treat yourself to a journal heading it up **PROJECT ME..** or write the following headings (each on a separate piece of paper).

- Career
- Finances
- Health & Well-Being
- Family
- Relationships
- Physical Environment
- Fun & Recreation
- Personal Growth

If you are journaling, ensure you leave a few pages in-between each heading, so that you can return to it and add more as it comes to your awareness

Write down thoughts you have about where you are at under each of these headings stated above.

**Who am I?  
What do I want?**

**Sound familiar...?**

**More often or not, I hear clients tell me, I do not know who I am any more...**

**Example**

Relationships  
**NOW**

- Distant
- Argumentative
- Directionless
- Little or no communication
- Still love each other
- Just restless
- Stressed – No holidays for ages

Do an inventory on what is going on in these areas of your life RIGHT NOW  
Just allow all the random thoughts and feelings to be poured onto the page.

**STEP 2**

Now that is complete, run through these questions below in your mind and see what comes up for you.

- What have I learned about myself?
- Were you surprised by what you found?
- What surprised you?
- What areas are your strongest foundations at the moment?
- Which areas require the most attention?
- Are these the same areas that ALWAYS get less focus in your life?
- What is your reaction to what you’ve learned so far about you?
- Are you excited? Encouraged? Discouraged?
- Overwhelmed perhaps?
- How did doing this make you feel?
- If you are fired up and ready to go, that’s great!

If you are feeling discouraged or overwhelmed....  
Be happy...  
How can you change something if you are not aware of what you want to change!!

Its now time to de-clutter and prioritise; its time to add value to what it is that you do and who you are.

### STEP 3

Take each of the headings to create your new **Blue Print** and ask yourself the following question in order to solicit your NEW **BLUE PRINT**.

For example, in the context of Relationships, what is important to me about that?

*Note some of these values will cross over, and you'll be able to bring them together later.*

For Example:-

**Relationships – New Blue Print**

- Fun
- Emotional Support
- Open communication
- Honesty
- Emotionally supportive
- Compassion
- Understanding
- Trust
- Friendship
- Love
- Integrity
- Harmony
- Passion

Keep going until you have an exhaustive list of about 15 or 20. Allow yourself free range, brainstorming all the ideas and thoughts to cascade down onto your pages.

Remembering to ask yourself..  
What is important to you in the context of each area?

### STEP 4

Now that you've an extensive list of what your values are under each heading, let's fine tune them.

Take each list in under each heading and place them in a hierarchy of importance. Contrast your values until you have your top 5.

Ask yourself what do my core values require to be in order to evolve to the person I desire to be.

For example, in the context of Relationships, what is the most important value to me?

### Relationships – New Blue Print TOP FIVE

- Open Communication
- Fun
- Honesty
- Love
- Passion

### STEP 5

Write out your Core Values, your New **Blue Print** on coloured cards and place them, where your subconscious mind can continually be aware of them as you come across them, for example in your wallet or diary.

Just like we no longer are the same people we were at early childhood, or teenagers.. so too do our 'values' change.. so updating our values every so often helps us to re-evaluate who we are and what we stand for, thus adding value and dimension to our lives.

**Here are some questions you might like to ask yourself, which are designed to 'tease out' values you may not have considered, which might be helpful in defining the New Blue Print.....**

#### Career

What would you do even if you didn't get paid? When you were a child, what did you say you wanted to be when you grow up?

What are you good at or love that could translate into career options?

Who do you hang out with? What networks or associations or groups are you a part of that enhances your current (or future) career?

What have you learned about yourself? What surprises me? What feels good? What feels tired and worn out? What inspires you.?

It's never too late to do something you love!

#### Finances

How much money do you make right now?

How much money have you saved up?

What about investments?

What would you like to have to take you comfortably into retirement?

What about children, have you a fund aside for their further education?

What about day to day, tracking of finances?

What about credit card debt, how do you manage that?

In the absence of a financial guru, or Santa Claus looking over your shoulder, what can you deduce from what you have written?

Will the foundation you have established take you where you'd like to go?

What makes you proud as you read over your answers?

Consider how you can improve your situation.

### **Health & Well-Being**

What is the current state of your health?

What are your eating habits?

Are you happy with your weight, shape and size?

How is your emotional wellbeing, your stress levels, your moods and energy levels?

What could you do to improve your well being?

On reading over your answers, does this reflect someone who really loves and cares for themselves?

Are you proud of how you care for physical being?

What did this exercise teach you? .

### **Friends & Family**

Who do you love the most? What do they mean to you? Who else is close to you?

If you had a big circle and your family and closest friends were at the centre (call this your 'A') list, who would be in the innermost layer?

What makes them so?

Who'd be in the next circle (your 'B') list?

Who fits into the acquaintances category?

Does anybody require to be removed?

Give some thought to some of those relationships that you would rather let go of and what makes you decide that.

Give thought what you have learned from this. Consider how you could spend more time with those closest to you and how to reduce time spent with people who may be a negative influence or let them go.

### **Physical Environment**

What do you like about your current physical environment (home)?

What do you like or dislike about your home?

What do you require to do to physically change it?

What is under your bed that requires cleaning out!

What did you find? Is there an orderly civilization living in this home or is it the land of chaos? After reading what you wrote, what is the dominant feeling you get? What do you most want to rush out and do right now? In addition to your values, consider a side list.. a To Be Done list that would improve your physical environment and do one today!

### **Relationships**

On a separate page, make a list of all the people you've had a romantic relationship with.

Circle the ones that were important, meaningful – Next to each circled name, write down the top three things you learnt by being in a relationship with this person.

What patterns did you see in your relationships, if any? What did you learn about yourself?

Write a list of attributes you're looking for in a potential partner (or in your current partner).

Write a list of what you think you have to contribute to a relationship – be through. Whether you have a partner or not, what is the single most important thing you think you can do to make any relationship stronger?

If you do not have a partner and desire one, what is your plan to meet someone?

What happens when you read your answers?

What emotions come up for you?

What have you learnt about yourself?

### **Fun & Recreation**

What did you do for fun when you were a child?

What about in high school or in your early twenties?

What do you do for fun now?

List twelve or so things you've done for fun in the last three months.

Do you have any creative hobbies or other activities you regularly pursue?

What else can you do to improve your fun and recreation time?

What inspirations did you get from doing this? What are you likely to do differently as a result identifying these? If you want more physical fun or; if you require 'me' time.... factor these in.

### **Personal Growth**

What are you seeking in your spiritual life?

What activities do you regularly practice to help you grow and deepen?

Do you pray, mediate, do yoga or tai chi or other meditative activities?

What outside sources could you learn from?

Are you a lifelong learner, spiritual seeker? Does this part of your life, your soul's growth and your own pathway to greatness get the attention it requires?

As you contemplate your answers what comes up for you?

What helps you to be your best self, how do you want to grow and evolve, what guides your philosophy, values morals?

Once you know what's not working it can be fixed!  
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