My Success Blueprint

Take your time and allow yourself to dream big.

If you could place an order with the Universe, what would you ask for?

Close your eyes and imagine your perfect life in as much detail as possible.

Answer the questions below to complete your success blueprint.

Revisit your Success Blueprint regularly, at a minimum monthly, ideally weekly.

Track your progress by changing the font colour for completed tasks and results achieved.

Feel free to provide feedback on your insights from your experience working through this exercise, and suggestions to improve this document.

Here’s to your success!

Kitty xx

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# What Does My success look/sound/feel like?

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| Describe the perfect way to wake up. What time is it? Where am I? What do my surroundings look like? What do my surroundings sound like? How do my surroundings make me feel? |  |
| What are my first thoughts for the day? How do I feel about getting up and starting my day? |  |
| Am I alone, or with someone? How does that make me feel? Who is important in my life? How do I connect with them? How do they make me feel? |  |
| Describe the ideal morning routine to get ready for the day. |  |
| How do I describe my general well-being? What’s my default level of energy? What does optimal health mean to me? How fit am I? What do I do to maintain my health and fitness? |  |
| Describe the perfect working day. What do I do? Who do I work with? Where do I work? What is my work environment like? What have I achieved? How do I know that I am appreciated? How do I know my work is valued? |  |
| What is my income level? What is my bank balance?  What do I invest my money in? What does my financial position enable me to do? |  |
| What activities do I do for pleasure? What interests me? Where do I go? What do I do? What groups of people do I enjoy spending my time with? |  |

# what’s stopping me from having it now?

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| **Overall** | |
| What does my inner dialogue say that makes me doubt my overall ability to succeed in having everything I want? |  |
| **Health** | |
| What resources do I currently lack that are required to achieve my optimal health and desired appearance? (eg. time, money, equipment, training, support team) |  |
| What excuses do I use for not taking active steps towards my health and fitness goals? |  |
| What limiting beliefs do I hold about health? (eg. health will decline with age) |  |
| What limiting beliefs do I hold about fitness? (eg. no pain, no gain) |  |
| What excuses do I use for not presenting myself the way I really want to? |  |
| What limiting beliefs do I hold about how I should look? (eg. only certain people can wear that) |  |
| **Relationships** | |
| What’s not working in my relationships? |  |
| How am I disconnecting in my relationships? (eg. overworking, screentime) |  |
| What excuses do I use to avoid connecting with others? |  |
| What limiting beliefs do I hold about relationships and connection? |  |
| **Work/Contribution** | |
| What resources do I currently lack that are required for my work aspirations? (eg. time, money, equipment, training, support team) |  |
| What excuses do I use to avoid doing the work to make progress towards my work aspirations? |  |
| What limiting beliefs do I hold about work? (eg. you have to work hard to earn good money) |  |
| **Environment** | |
| What resources do I currently lack that are required for me to live in my ideal environment? |  |
| What excuses do I use to avoid actively looking for and creating my ideal environment? |  |
| What do I need to believe for me to live in my ideal environment? |  |

# What’s my plan?

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| How can I improve my overall confidence and belief in my ability to succeed? |  |
| How can I crank up my enthusiasm and maintain momentum? (eg. music playlists, goal-conducive environment, support group, accountability buddy) |  |
| **Health** | |
| What character traits do I need to adopt to support my progress towards my health and fitness goals? |  |
| What do I need to believe for me to fully commit to my health goals? |  |
| How will I gain the required knowledge and skills to achieve my health and fitness goals? (eg. online, books, health specialists, fitness centres) |  |
| How will I gain access to the required resources to support my health and fitness goals? |  |
| **Relationships** | |
| What character traits do I need to adopt to support my relationships and strengthen my ability to connect? |  |
| What important conversations do I need to have with specific people about what I need in my relationship with them?  How will I let people know how I want to be treated? |  |
| When can I dedicate time to doing things with the important people in my life? Schedule it in diary/calendar. |  |
| What do I need to believe about my relationships to fully open up and strengthen my connections? |  |
| **Work/Contribution** | |
| What character traits do I need to adopt to support my progress towards achieving my work goals? |  |
| What do I need to believe for me to fully commit to my work endeavours? |  |
| How will I gain the required knowledge and skills to achieve my work goals? |  |
| How will I gain access to the required resources to support my work goals? |  |
| **Environment** | |
| What character traits do I need to adopt to support my progress towards acquiring or creating my ideal living/work environments? |  |
| What do I need to believe for me to fully commit to acquiring or creating my ideal environment? |  |
| How will I gain the required knowledge and skills to acquire or create my ideal environment? |  |
| What do I need to do to access the required resources for acquiring or creating my ideal environment? |  |

# what specific steps do i need to take?

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| Do a time audit on my day to identify wasted time. Allocate this time to taking specific steps towards my vision. |  |
| Do a money audit. Go through my bank statement to identify any expenses that can be cancelled or reduced, to release money to invest in my vision.  Look at ways I can leverage my money for growth. |  |
| Invest in my personal development, by reading, attending training, and hiring professional assistance. |  |
| Join like-minded community groups, online and in person, for support from people who are working on similar goals. |  |
| Track progress and celebrate all wins. |  |
| **Health** | |
| List my health goals. |  |
| Create and commit to my general self-care plan. Schedule it in diary/calendar. |  |
| Create and commit to my diet plan. Track progress in diary/calendar/app. |  |
| Create and commit to my fitness plan. Track progress in diary/calendar/app. |  |
| Find an accountability buddy to check in with and report progress to. |  |
| **Relationships** | |
| List my relationship goals. |  |
| List possible activities to do with the important people in my life. Organise to do them and schedule it in my diary/calendar. |  |
| List ways to remove or reduce the barriers to connection. (eg. set “no screen-time” rule for when I’m with others) |  |
| List ways I can express my appreciation for others and what their connection means to me. Work through the list. |  |
| Let people know how they can be there for me. (e.g. ask for their support for things I’m working on) |  |
| **Work/Contribution** | |
| List my work goals (outcome and timeframe) |  |
| Create and commit to my work schedule. |  |
| List the required qualifications, certifications, and registrations for this position.  List courses I intend to attend, when, where and at what cost. Research training providers and course options. |  |
| List additional work-related content that I intend to consume (eg. books, podcasts, videos, events) |  |
| List equipment I need and at what points will they be necessary.  What options are available to borrow, rent/hire and buy? When it becomes necessary, go with the option that suits my circumstances best. |  |
| Find a mentors.  Who has achieved what I am striving for? In what ways can I access their knowledge and experience? (e.g. books, podcasts, events, 1:1 mentoring/coaching) |  |
| **Environment** | |
| List my ideal environment goals. |  |
| List changes I could make in my current environment that would achieve specific elements of my ideal environment, and when could I implement those changes. |  |
| Set a real estate alert for locations that meet my requirements and desires. Be actively looking for opportunities to step closer to my ideal environment. |  |

# Additional information

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| Include any other interesting insights, and resources here. |  |