

# **BLUEPRINT WALKTHROUGH WORKBOOK**

**BY DANIELLE DINKELMAN  
NBC-HWC**

**if DIETS  
DON'T WORK,  
WHAT DOES?**

# Blueprint Overview

One of the hardest parts of taking a lifestyle approach to reclaiming your health, is to follow your own path . It's tempting to constantly be looking to the left and to the right and think maybe you should do what everyone else is doing.

Creating your own plan is crucial to following your own path and being content in your progress. This Wellness Blueprint will be your plan. It will help you get clear on your WHY, on your WHAT, and on your HOW.

Your WHY is embodied in your Wellness Vision. It's always helpful to begin with the end in mind. You will create a Wellness Vision and a Visualization Snapshot that you can come back to again and again to keep you excited, motivated, and grounded in your REAL reasons for turning your health around.

Your WHAT & HOW is where the rubber meets the road. The plan you're making here is a 90 day plan, just 3 months. Here we shrink the container so we can focus on what's most important now. You'll choose 2 to 3 Areas of Focus - WHAT you'll be working on. Think of these as the umbrellas you'll be working underneath of. Under each Area of Focus, you'll create 90 Day Habit-Goals . These are the habits you want to work on creating over the next 3 months that you feel would make the biggest difference in each Area of Focus. Then you can sketch out the initial layers or Action Steps you think you might need to go through in order to create those habits.

Altogether, once you get these things down on paper, and limit yourself to what feels possible in JUST THE NEXT 90 DAYS, you'll feel empowered & excited. You know you've done it right if each Habit-Goal and Action Step feels doable. Be realistic here, that is the only way to set yourself up for success.

Revisit and refresh your Blueprint every 90 days, and in between, be sure to stay focused and keep chipping away one step at a time as you reshape your health, and your life. I am excited for you to be able to find your doable, enjoyable path to living the life you want.

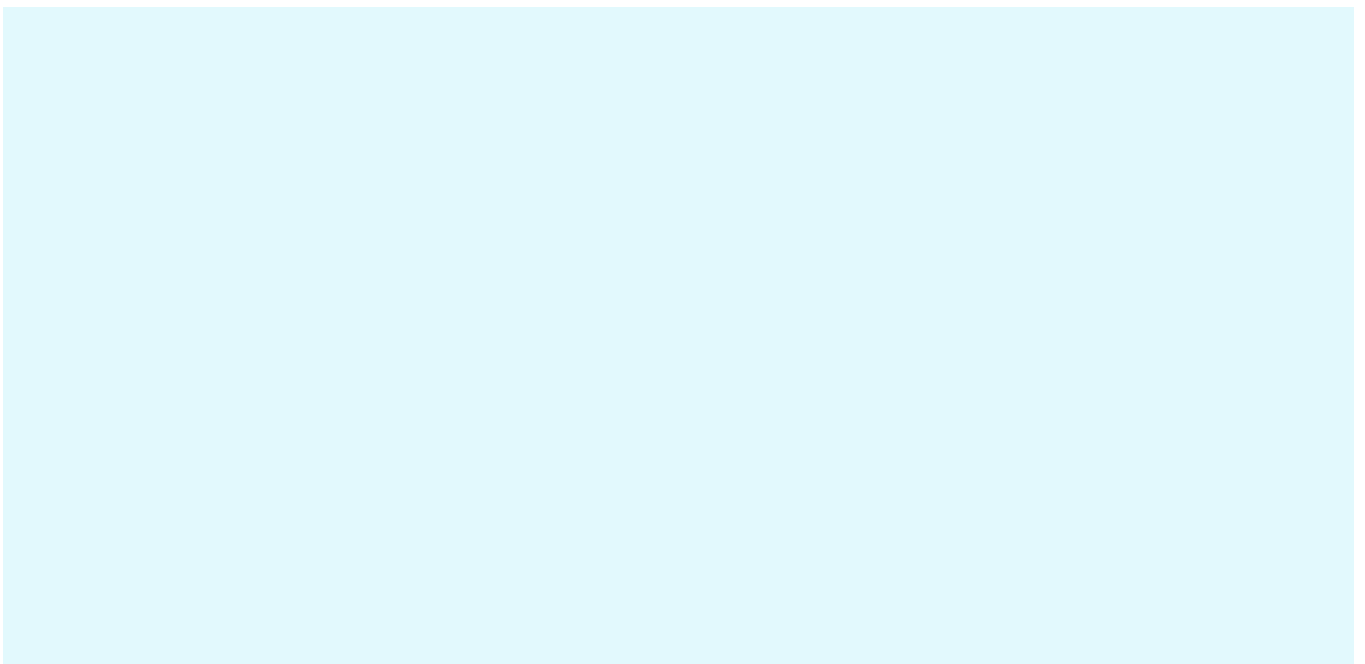
# Your Wellness Vision

In any endeavor, it is important to get crystal clear on your WHY. Your Wellness Vision is the painted picture of what could be if you were in the best health of your life. By getting crystal clear on what that would look like for you personally, you are setting your sights on the direction you want to go in your health journey, and WHY you are committing to work toward something better.

It's time to think big. *[Go to the guided visualization video in your toolkit to dive deep with your vision]*

Pretend you climb into a time machine, and fly forward to 5 years in the future. Imagine you climb out and spend a day following yourself around. You see yourself in your ideal picture of health. You are happy, well, and balanced. What is your future self doing? What habits do you have? How do you feel in your body? What activities are you involved in? Who are you, and how are you new, and different?

**Describe your future self in present tense:** *(Use sentences that start with "I am", "I feel", "I have". Write as much or as little as you like. Try to capture the feeling. See the dream.)*



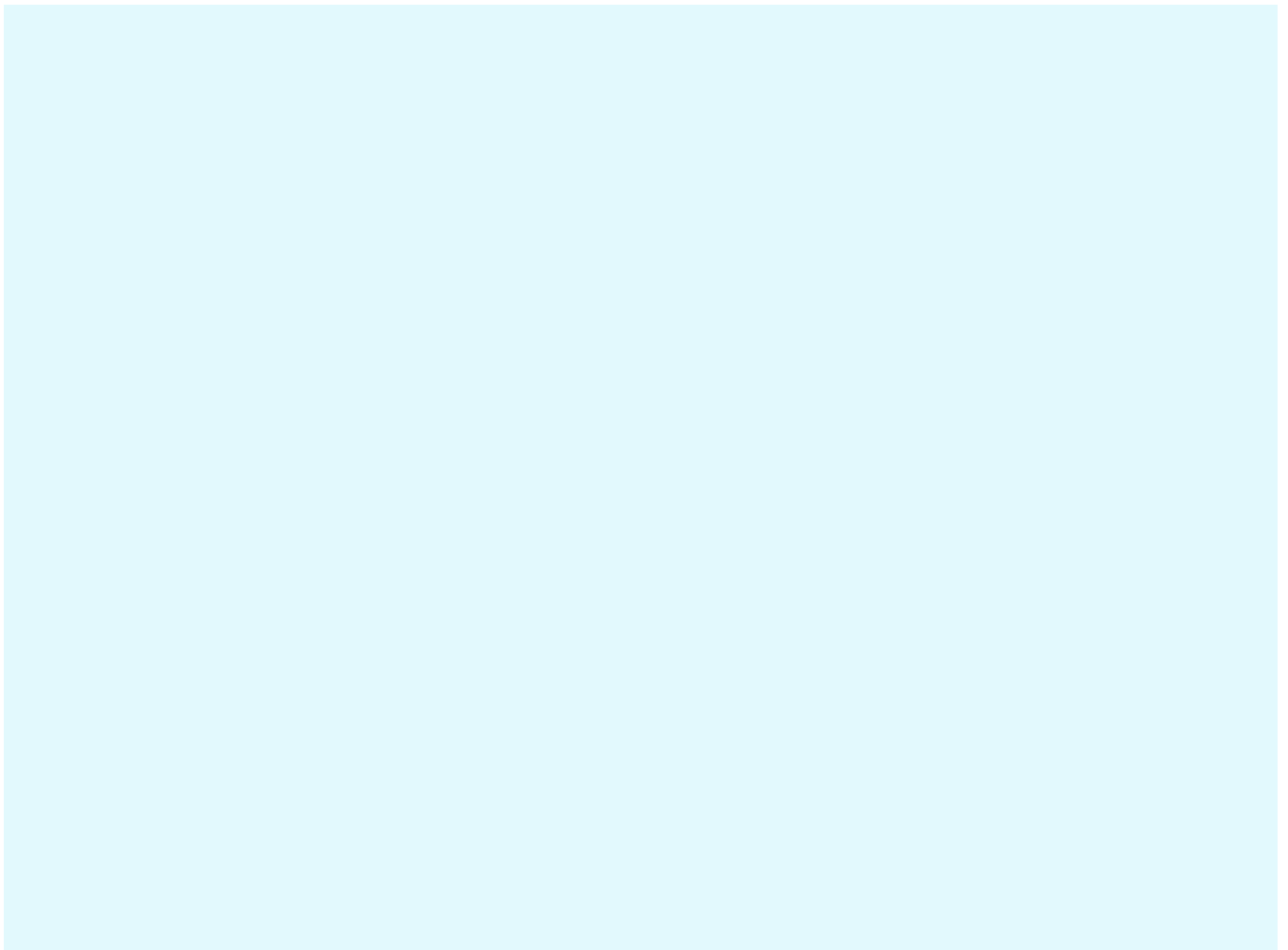
# Your Visualization Snapshot

Harness the power of your thoughts by creating a snapshot of your wellness vision that you can use as part of a regular visualization practice.

Choose a moment, or an activity that you can see your future self in, that will be most meaningful for you. Choose something that represents the level of health & happiness you've created for yourself.

Bring it to life with as much detail as possible. Incorporate all 5 senses into your snapshot - what does that moment look like, feel like, even taste and smell! You know you've done it right when it brings a smile to your face.

**Describe or draw your Visualization Snapshot here:**



## Your Areas of Focus

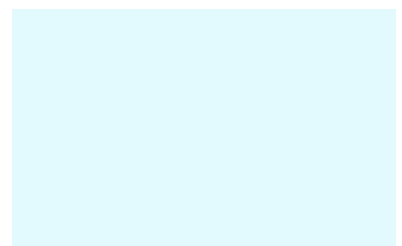
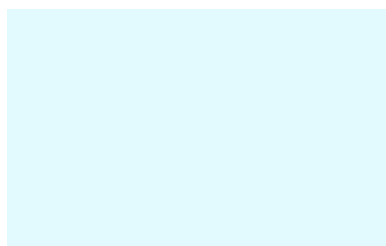
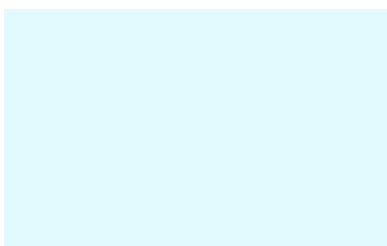
Now it's time to get clear on what areas of health & wellness you will focus on first to help you move toward your vision.

It's important to not put all your eggs in one basket. There won't be ONE answer. Your answer will come in a powerful compound approach. Areas of Focus to consider might be:

- Sleep
- Stress Management
- Nutrition
- Exercise
- Mindsets

But by all means, if there's another category that you know will improve your health & wellness, bring it on! Relationships. Spirituality. Mindfulness/Meditation. Time Management or Life Balance. Whatever you feel drawn to focus on, follow your gut.

**For the next 90 days I recommend choosing 2 or 3 Areas of Focus. So what are they for you?**



## Your 90-Day Habit-Goals

Under each “umbrella” of your Areas of Focus, you now get to decide what goals you want to set for the next 90 days. What habits would you like to put in place that would help you sleep better, eat better, move more, stress less, or think positively?

Always keep in mind we want to choose goals that feel realistic. Don't shoot for the moon here! Just ask yourself what feels possible next?

I recommend having at least one Habit-Goal for each Area of Focus, and no more than three. We want to be mindful of overwhelm. Keep in mind that if you create 3 Habit-Goals for all three Areas of Focus, that would be nine goals! That's okay, as long as you pace yourself and don't work on all 9 goals at once. Week to week, you'll be focusing on just 2 or 3 action steps at a time.

**Brainstorm your possible Habit-Goals here:**

Three large, empty light blue rectangular boxes are arranged horizontally, providing space for brainstorming habit goals. Each box is approximately one-third the width of the page and occupies most of the vertical space below the text.

## Your Action Steps

Now that you have your Habit-Goals set, it's time to get a little more granular. What are the action items, steps, or layers you'll need to put that Habit in place?

Just write down the obvious things that you know will make all the difference. You'll have some "blanks" because you don't know what you don't know! So make note of your blind spots and be sure to bring those to our next group coaching session.

Remember that these steps are not written in stone. Some of the steps may be experiments - things to try out and see what will work for you! That's perfect.

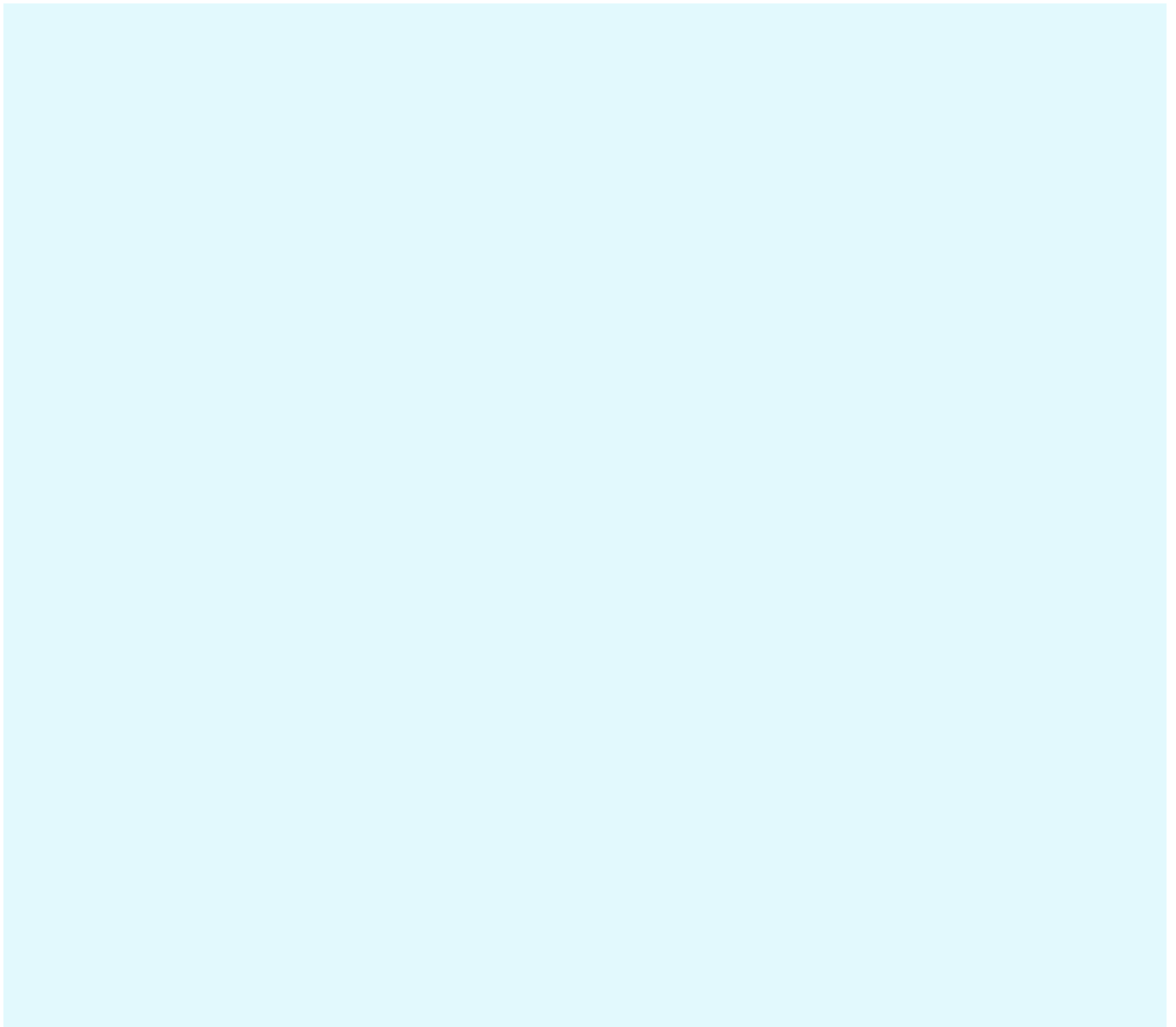
**Jot down the Action Steps you know you'll need for each of your Habit-Goals here:**

Three large, empty light blue rectangular boxes are arranged horizontally, providing space for the user to write down their action steps for each habit goal.

# Putting it All Together

**You've done it! You've got all the pieces of your Wellness Blueprint. Now, you can fill it out on the next page.**

**Also, use this space to write down any questions, hurdles, or blind spots you want help with. Remember you can get this kind of help in your 45 min VIP session after reading the book and sending me your completed Journal Prompts Workbook. The things you write here could also be something you bring up if you enroll in a coaching program with me.**





# My Wellness Blueprint

## VISION

Blank space for writing the overall vision statement.

### AREA OF FOCUS

Blank space for describing the area of focus.

### HABIT GOAL #1

Blank space for describing the first habit goal.

### HABIT GOAL #2

Blank space for describing the second habit goal.

### HABIT GOAL #3

Blank space for describing the third habit goal.

### AREA OF FOCUS

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# CONGRATULATIONS!

You've created your very own Wellness Blueprint. This will set your course for the next 3 months. I encourage you to revisit this on a monthly basis to check in on how things are coming along.

## A few rules of thumb:

1. Do not feel like you must work on ALL your goals all at once.
2. Work on what feels most exciting and doable first. Then build from there.
3. This Blueprint is flexible. Things may come up and show you that something ELSE is more important. That's okay.
4. Use this Blueprint as a foundation for your learning & experimenting.
5. Plan on refreshing this Blueprint in 90 days, and keep on keeping on!

I hope this plan you have made for yourself will help you take doable, enjoyable steps forward in your health journey. If you need more support to stay the course, then please consider joining us inside the VIBRANT Living group coaching program or work with me 1x1 if needed.

Until then, take care!

- Danielle Dinkelman

