



# THE BLUEPRINT AUDIT

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Eight areas. One honest look. The place to start.

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## Before You Begin

Hello,

You're not here because you're lost.

You're here because you're aware. Probably more aware than most people around you. You can name the patterns. You can describe the gap between the life you can see clearly and the life you're currently living. You've read the books, done some of the work, had the conversations with yourself at 2 AM that most people never have.

And yet — the life you can see so clearly hasn't quite become the life you're living.

That's not a motivation problem. It's not a discipline problem. It's not even an awareness problem — you have more than enough of that.

Here's what I've learned, in my own life and in the lives of people I've coached: most of us are designing one or two rooms and letting the other six run on autopilot. The visible rooms — career, maybe health — get our full attention. The others? We assume they'll just... work out. And then we wonder why the whole house doesn't feel like ours.



I spent almost thirty years living in two rooms. Career and purpose – fully furnished, carefully designed, working exactly as intended. Meanwhile, relationships, joy, and financial peace were running on patterns I’d never chosen and never questioned. I looked successful from the outside. I felt something was off from the inside. And the gap between those two things was exhausting to maintain.

This guide gives you the full picture – all eight rooms at once. Not to overwhelm you. To help you see clearly. Because you can’t design a life you can’t see.

Take twenty minutes. Answer honestly. What you find in these pages is not a verdict – it’s information. And information is where building begins.

With Clarity,

*Christine*



**SECTION 1**

## The Full Picture

Rate each pillar on a scale of 1 to 10. Not where you want to be. Not the aspirational version. Where you actually are, right now.

1 = deeply out of alignment. 10 = fully aligned, fully designed, fully yours.

#	PILLAR	WHAT IT'S REALLY ASKING	RATING
1	<b>Purpose &amp; Meaning</b>	Do your days feel meaningful – or just full?	___ / 10
2	<b>Career &amp; Professional Growth</b>	Is your work actually using who you are?	___ / 10
3	<b>Health &amp; Vitality</b>	What is your body trying to tell you that you keep ignoring?	___ / 10
4	<b>Relationships &amp; Connection</b>	Where are you showing up as yourself – and where are you still performing?	___ / 10
5	<b>Financial Foundation</b>	Is your relationship with money aligned – or running on old anxiety?	___ / 10
6	<b>Personal Growth &amp; Learning</b>	Where are you still stretching – and where have you quietly coasted?	___ / 10
7	<b>Spiritual Alignment &amp; Peace</b>	What grounds you? What connects you to something larger than your to-do list?	___ / 10
8	<b>Joy &amp; Life Experience</b>	When did you last do something purely because it made you happy?	___ / 10



Now look at your numbers all at once.

Which two or three pillars scored the lowest? What do they have in common?

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Which score surprised you – either higher or lower than you expected?

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If one of these pillars shifted to a 9 or 10, which one would change how your entire life feels? Circle it.

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## SECTION 2

### Designed or Default?

Here's the distinction that changes everything:

A designed life is one you consciously chose. A default life is one that was shaped by habit, pressure, other people's expectations, or simply the path of least resistance.

Both look the same from the outside. Only one of them feels like yours.

*"Design is conscious choice, repeated. Default is unconscious pattern, repeated. Same mechanism. Completely different life."*

Most of us have both. The uncomfortable question isn't whether you have defaults – everyone does. It's which rooms have been running a blueprint you never actually chose.



Look at the pillar you circled. What is the dominant pattern running there right now?

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Did you consciously choose that pattern — or did it develop by default? How long has it been running?

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What would this area look like if you'd actually designed it on purpose — the version that's fully, intentionally yours?

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What has kept you from designing it? (Not the surface answer. The honest one.)

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### SECTION 3

## What's Running the Room

This is the section most people skip. Don't.

Underneath every default pattern, there is a driver. A fear, a belief, a story that makes the pattern feel necessary — even when it's costing you. The pattern isn't the problem. What's running it is.

And here's what I've noticed, after years of doing this work myself and with others: in high-achieving people, the driver almost never looks like fear. It looks like something admirable.



*Christine's Take: For most of my career, fear ran three of my pillars — and I had no idea, because it didn't feel like fear. It felt like ambition. It felt like strength. It felt like standards. My relationships defaulted because I was afraid of being seen without the armor — so I called it self-sufficiency. My joy defaulted because I was afraid that rest meant laziness — so I called it dedication. My health defaulted because stopping felt more dangerous than pushing — so I called it resilience. None of those labels were wrong, exactly. But they were covering something. And as long as I couldn't see what was underneath, I couldn't design anything differently. I could only manage better. The question isn't whether fear is there. In most of the rooms that are struggling, it is. The question is what name it's wearing in your life.*

Some of the most common drivers I see in the rooms that are struggling:

*"I'm afraid of being seen without the armor — so I call it self-sufficiency."*

*"I'm afraid that rest is laziness — so I call it dedication."*

*"I'm afraid of what I'd have to feel if I slowed down — so I call it resilience."*

*"I'm afraid this is as good as it gets — so I call it being realistic."*

*"I'm afraid of what I'd have to give up to build what I actually want — so I stay in planning mode."*

Which of those sounds most familiar? Or write the version that's true for your specific pillar:

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What has this driver been protecting you from? What would you have to face, feel, or decide if it weren't running the show?

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What have you been calling it — the name that makes it sound like a virtue instead of a pattern?

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If that driver weren't running this pillar, what would you do differently? Be specific.

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#### SECTION 4

### Your One Honest Next Step

You don't need to redesign everything. You need one honest move — small enough to actually make, significant enough to feel the difference. This is where seeing becomes building.

Based on everything you've found in this guide — what is the one thing that feels most ready to shift?

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What is one concrete step you could take in the next seven days?

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What will you need to protect, release, or ask for in order to take it?

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I will begin on:

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*You just did something most people never do. You looked at all eight rooms. You named what's running the one that's struggling. You found the driver underneath the default. That's not a small thing. Most people spend years managing the symptoms of that pattern without ever seeing what's underneath it. You saw it. That's the beginning. This guide is a starting point — and if what you found here made you uncomfortable in the way that true things sometimes do, that feeling is worth following.*

## Where to Go from Here

### **The Alignment Letter**

Every two weeks I write a letter about building a life by design — real reflection, real frameworks, no performance. If what you found in this guide resonates, this is the natural next step. Subscribe free at [christineadaniels.com](http://christineadaniels.com)

### **The Collective**

What you just did in twenty minutes? In The Collective, we spend the entire month going deeper — one pillar at a time, one week at a time, with excavation-level tools that go far beyond what a quick audit can reach.

You'd work through the fear that's running your rooms. You'd redesign your boundaries from clarity instead of fear. You'd learn to make decisions from design instead of default — and you'd do it in a community of women who are done with surface-level, who understand exactly where you are, and who are building alongside you.



If you found yourself setting this guide down for a moment — if something in these pages made you go quiet — The Collective is where that goes next. Starts at \$97/month. [christineadaniels.com](http://christineadaniels.com)

### **1:1 Coaching**

When you're ready for the most personalized version of this work, we start with real assessments — Enneagram, CliftonStrengths, DISC, The Purpose Factor™ — then examine all eight pillars and build a customized operating system for how YOU want to live. Book your 30-minute strategy call at [christineadaniels.com](http://christineadaniels.com)

*You're not behind. You're not broken. You're building. And now you know which room to start in.*

With Clarity,

*Christine Daniels*

Visionary Life Architect™ | Coach | Mentor | Strategist

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