



# THE ARCHITECT

It's important that you understand the role of the architect in your life. Journal about this concept. Who has been the architect(s) of your life to this point? This may be a conglomeration of parental people or a teacher, a coach, a best friend.

But be real... don't put down who you wish it to be. What were the general principles to the blue print that they installed in you?

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What did they contribute? Some contributed positively, some contributed negatively. Be fair. Be realistic.

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Now the big question: Who is your architect for your future? Is it the *New You*, the *Old You*, the *Greatest Version of You*?

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Describe that future. (This is a blue print question.... What does your future life “build to”?)

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How would those three architects – the *New You*, the *Old You*, the *Greatest Version of You* – differ?

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What would be different about your life if you overlaid blueprints? Think of those big construction drawings where there’s all the detail with different elevations – every floor, lumber, framing, electrical, plumbing....

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Going into more detail in your life, if you created a blueprint for your health, your finances, your love, your work – who’s going to architect? What “design” principles would you, the “customer” want from them? (Even if you answer that *you* are the Architect, step outside of yourself to answer this question.)

Be sure to include every “blue print” that is important to you.

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Are you building the Taj Mahal, an uptown condo, or a great four-bedroom home in the suburbs? Why or why not?

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## THE BUILDER

*The architect and the builder are paired together because perhaps you need to get the blueprints to see what tools that are missing. Or maybe your blueprint is terrible, and you're great at building with a poor blueprint. Or maybe you have a great blueprint and your master builder skills are awful, but now you know it's just the tools you were using. You can change those tools now.*

We'll be discussing tools more thoroughly later in the program, but for now, think on your life.

Whose building skills do you use most frequently in your life? Your father's? Your mother's? (Were they divorced or working together?) A coach's? No one's?

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When you really want to achieve something (or you're intensely focused on not failing), what are the top five critical building skills that you use? These might include strategies such as Anxiety, Anger, Depression, Overeating, Frustration, Hopelessness, and Giving Up. Or they might be Determination, Strength, Organization, etc. Be honest and real with yourself.

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