



POTENTIAL EMBODIMENT WHO I WANT TO BE

Physical

Energetic

Emotional

Mental

Spiritual

Coaching *Evolved*

Tune into who you want to be, and the Essences of your potential embodiment.

Spend time contemplating the following questions for each Essence to expand your awareness around how to align your present way of being with your desired, potential way of being:

Where do you feel and experience this Essence in your body?

What does the quality and texture of this Essence feel like?

How does this Essence move?

How does this Essence interact in relationships?

How does this Essence speak?

What does this Essence hear?

How does this Essence think?

How does this Essence show up to work?

To which places does this Essence love going?

What does this Essence love to do?

What wisdom does this Essence hold?

Record your contemplations, answers, and musings on these questions below.

ESSENCE:

ESSENCE:

ESSENCE:

ESSENCE:

ESSENCE:

Coaching *Evolved*

Now it's time to embody these Essences fully, to create your desired future right here in this moment. Don't just think about being more of the essence you have chosen. That's of the mind. Be the essence, almost as if it's a person.

AFTER COMPLETING THIS BLUEPRINT, MAKE THREE ALIGNED COMMITMENTS TO YOURSELF TO FOLLOW THROUGH ON OVER THE NEXT 30 DAYS:

**COMMITMENT
ONE**

**COMMITMENT
TWO**

**COMMITMENT
THREE**