

# *Glow Growth and Development*


## **The 7 Categories of a Complete Life Blueprint**

**1.**

### **Mindset & Inner Identity**

Reprogram your thoughts, beliefs, and internal dialogue to match your next level.

- Belief systems
- Self-worth & confidence
- Vision & clarity
- Mental resilience

 Tools: Mindset journaling, visualization, belief re-coding exercises


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**2.**

### **Health & Energy**

Your body is the vessel that carries your vision—optimize it for peak performance.

- Physical health
- Nutrition & movement
- Sleep & recovery
- Emotional regulation

 Tools: Wellness trackers, rituals, personalized routines


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**3.**

### **Spiritual Connection & Alignment**

Access deeper wisdom, peace, and intuitive direction from your higher self or source.

- Meditation / prayer
- Values & alignment
- Purpose / divine assignment
- Faith practices

 Tools: Soul journaling, higher self activation, spiritual reflection prompts


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**4.**

### **Relationships & Social Ecosystem**

Create a support system that expands, not drains, your energy and impact.

- Romantic relationships
- Friendships
- Family dynamics
- Mentorship / network

 Tools: Circle audit, boundaries check-in, energetic detox protocols


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**5.**

## **Career, Mission & Impact**

Live your purpose through the work you do and the impact you make.

- Career fulfillment
- Business or leadership goals
- Visibility & influence
- Legacy building

 Tools: Mission mapping, income strategy, business clarity frameworks


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**6.**

## **Financial Strategy & Wealth Mindset**

Build unshakable wealth that reflects your value and funds your freedom.

- Income streams
- Money mindset
- Budgeting & investments
- Financial freedom plan

 Tools: Money map, wealth code activation, income alignment audit


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**7.**

## **Lifestyle Design & Environment**

Your environment either supports or sabotages your elevation—design it intentionally.

- Time & calendar control
- Home/space energy
- Travel & experience goals
- Digital & energetic boundaries

 Tools: Time audit, lifestyle intention board, digital declutter

## Here are 5 Questions to Begin Designing Your Life Architect Blueprint

1. 

**What parts of your current life feel misaligned with who you truly are or who you're becoming?**

This question helps uncover energetic and emotional leaks that are draining progress.

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2. 

**If nothing was off-limits—no limits of time, money, fear, or approval—what would your ideal life look like in 12 months?**

This expands the vision beyond current limitations and initiates a higher-level perspective.

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3. 

**What beliefs or internal narratives have kept you operating on autopilot or playing small?**

Prompts deep reflection on mindset patterns that need to be released or rewritten.

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4. 🧬

**What have you been tolerating that you know is costing you your peace, power, or progress?**

This one breaks through subconscious tolerations and surfaces the “silent killers” of growth.

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5. 🚀

**What would become possible for you (and those around you) if you showed up at 100% alignment every day?**

Activates emotional investment and vision expansion rooted in leadership, purpose, and service.

Ready for more? Looking for a guide who can help in the transformational process of growth?

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