



What is Your Blueprint?™

(Chapter 2)

	A	B	C	Answer A,B,C or 2 letters if two are equally strong
1--My Body	Is slim, wiry, very tall or very short, thin and muscled	Is moderate, soft muscled, slight belly, freckles, moles, weight stays stable	Is sturdy, solid, muscular (often without exercising)	_____
2--My Energy	May vary	Is high, passionate	Is steady, level, I usually don't push myself	_____
3--My Digestion	I prefer light foods, erratic mealtimes	Strong hunger	Slow, eats less	_____
4--My Sleep	I prefer, 6 hours or less	I prefer 7-8 hours, and sleep soundly	I sleep over 8 hours usually and feel rested	_____
5--My Activity	I like to move and exercise a lot	I like to move in short spurts, and stop when hot and perspiring.	I prefer very little	_____
6--My Evacuation	Once a day, floats; When out of balance I have constipation, hard, sinking stools	Once a day, floats; when out of balance I may have diarrhea or loose stools, sinking.	Once a day, floats; when out of balance I may have mucus in my stools, sinking.	_____
7--My Mind	I have a quick mind and like to invent new things.	My mind is sharp, analytical; I have strong "gut feelings," fast comprehension, love to learn.	My mind is slow & steady; I am not talkative; I am thoughtful	_____
8--My Work Habits	I am creative, like variety & change, and have lots of ideas	I am a good organizer, entrepreneur, teacher; I like to be in control; I'm a good manager, and am ambitious.	I like regularity, am slow and deliberate, like to complete projects.	_____
9--My Memory	I have good short-term memory.	I quickly get the overall picture. Don't like to memorize.	I have good long-term memory, take time to memorize	_____
10--My Emotions	I am spirited, volatile	I am passionate, with strong willpower	I am compassionate and calm	_____
Determine your Blueprint by adding the number of A's, B's and C's. If you put two letters, such as B/C, count each letter as half a point. A: SENSITIVE B: PASSIONATE C: STABLE		Primary Blueprint: 6 to 10 Secondary Blueprint: 4 to 5 Third Blueprint: 4 or less		A___ B___ C___ TOTALS
Variations: If you do not have a primary blueprint, you may have two blueprints equally, or all three equally.				