



Your Blueprint Weaknesses™

(Chapter 3)

	A	B	C	Answer A,B,C or 2 letters if two are equally strong
1--My Body	I am overly thin, anorexic, or very overweight	I have a bloated abdomen, hot flashes, or inflammation in general	I feel sluggish, heavy, congested	_____
2--My Energy	I feel spacey, low and irregular energy	I tend to push myself and burn out; my high energy times may be followed by low energy times	It is hard to get going; I feel sluggish	_____
3--My Digestion	I tend to have food allergies, gas, low hunger.	I can be irritable or weak if I delay eating; I may have acid indigestion, belching	I lost my appetite; I am overweight	_____
4--My Sleep	I tend to insomnia, am a light sleeper	I can wake with heat or acidity at night	I may snore, have sleep apnea	_____
5--My Activity	I may fidget, am uncomfortable when still, feel nervous, have tics, painful joints	I overheat if I push myself; I can get too revved up then exhausted.	I can't motivate myself to exercise; I'm a couch potato, I tend to put on weight easily.	_____
6--My Evacuation	I sometimes experience constipation, hard, sinking stools.	I sometimes experience loose, yellowish stools, diarrhea, sinking stools	I have sluggish elimination, may miss a day, it often sinks	_____
7--My Mind	I can be spacey, illogical, talkative and not stay on the subject.	I can be critical, judgmental of myself and others	I can be slow to make decisions, not analytical.	_____
8--My Work Habits	I may not complete projects; I like to initiate but not follow-through	I can sometimes be a control freak, not delegating when appropriate, abrupt, a perfectionist	I can procrastinate and wait for others to lead.	_____
9--My Memory	I can be forgetful, poor long-term memory	I can have a selective memory	My memory can be slow	_____
10--My Emotions	I have a tendency to be fearful, anxious, emotional.	I have a tendency to be angry, irritable, jealous	I have a tendency to be attached and/or depressed	_____
11--My Symptoms and disease tendencies (not for diagnosis or treatment)	I experience a lot of pain in general; I may have Alzheimer's, arthritis, anorexia, osteoporosis, neurological disorders	I experience a lot of inflammation general; high blood pressure, ulcers, gall bladder problems, gastritis, acid indigestion, skin, liver, heart, eye problems	I experience a lot of congestion in general; I may have diabetes, obesity, asthma, tumors, cysts, growths	_____
Determine your Blueprint weaknesses 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 11 Secondary Blueprint: 4 to 5 Third Blueprint: 4 or less		A___ B___ C___ TOTALS
Variations: If you do not have a primary blueprint weakness, you may have two blueprint weaknesses equally, or all three equally. This is for educational purposes only and is not meant to give medical advice or diagnosis, or as a treatment of disease.				

