

# Lori's Blueprint

|               |          |                      |                     |
|---------------|----------|----------------------|---------------------|
| Persistent    | Motivate | Perceive Intuitively | Creative Expression |
| Conscientious | Complex  | Intellectual         | Insightful          |

|                |
|----------------|
| Relationships  |
| Friendships    |
| Sincere        |
| Dancing        |
| Go to Concerts |
| Cooperation    |

|                            |                |
|----------------------------|----------------|
| Personal Growth            | Emotional      |
| Decorate your home         | Make decisions |
| Use Intuition              | Confident      |
| Responsible                | Assertive      |
| Raising/caring for Animals | Taking risks   |

|                            |                           |                       |
|----------------------------|---------------------------|-----------------------|
| Public Speaking            |                           | Nurture               |
| Give speeches/debating     |                           | Nurturing             |
| Communication              | Adventure                 | Teach children/adults |
| Communicate                |                           | Contribute to society |
| Participate in Politics    | Observe behavior patterns | Encourage             |
| Chair Volunteer committees |                           | Organize              |
| Follow-through             |                           |                       |
| Reasoning                  |                           |                       |

**Key**  
 Yellow-**Realistic** (People who like to use hands/are physical)  
 Orange-**Investigative** (People who like ideas-inquiry/scientific)  
 Pink-**Artistic** (People who are creative/unstructured)  
 Purple-**Social** (People who like interacting with people helping/teaching)  
 Blue-**Enterprising** (People who like influencing people selling/managing)  
 Green-**Conventional** (People who like data/organization/follow-through)  
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**Lori's Results** R=3,  
 I=4, A=7, S=12,  
 E=9, C=4



Lori was having a challenge getting over a love relationship that ended a year before. She was happy in her chosen career, was a single parent of a teenager, but she just didn't feel like she could get her life on track. She wanted to complete the VISTA process to see if it would help her connect to a larger purpose in her life. There were some interesting things she discovered about herself as she completed her Blueprint.

After she laid out her forty cards into a Blueprint, I asked if there were any cards she wanted to put at the top of the table; cards which belong to more than one theme, or cards that seem to be inspiration or guiding cards. Lori selected both the S-Nurturing-V card and S-Nurture-S card. She thought these were her inspiration cards. As she discussed the importance of nurturing in her life, she concluded that she had too often given herself away to others through her nurturing.

Her teenager was becoming more independent and needed her less. What she noticed was missing from her life was another man to nurture. As Lori continued to look at her Blueprint, she was surprised at some of the powerful cards she had chosen. In one theme she had the following:

E-Public Speaking-S  
E-Give Speeches-I  
S-Communication-V  
S-Communicate-S  
E-Participate in Politics-I  
E-Chair Volunteer Committees-I  
C-Follow-through-S  
I-Reasoning-S  
R-Adventure-V

In another partial theme, she had the following:

E-Make decisions-S  
E-Confident-T  
E-Assertive-T  
E-Taking Risks-V

If someone didn't know Lori, they might assume those were fantasy cards, but as she confronted herself with those cards, she said, almost defensively, "But that is me. I have an MBA. I used to be very successful in business."

As is true with many people, Lori had cards that seemed to contradict each other and her life. On one hand, she had a Touchstone representing her desire to nurture and make a contribution through teaching and encouraging. On the other hand, she had a strong leadership Touchstone and wanted to be involved in the community through politics and volunteering. She saw herself as a strong woman who was confident and assertive.

Lori wasn't expressing her strengths as represented by her cards in her life. She left politics and leadership when she became a mother and teacher, but she had a Blueprint that showed a strong, vital and powerful woman, even though she was not demonstrating that power in her life.

While this can happen to anyone, it is most prevalent with women who become mothers and demonstrate the loving and caring side of their personalities. As a mother and teacher, Lori focused her energy on expressing the nurturing side of her personality, letting the stronger side become a shadow. The failed love relationship forced her to take a look at her life and she recognized the parts of herself that she was no longer expressing.

Lori decided to get involved in community activities, something she hadn't done since her child was born. She explored joining a Toastmaster's group and went down to the local office of a representative running for reelection.

For Lori, the VISTA process allowed her to reconnect to a lost part of herself. It helped her identify how her nurturing had taken over distorting her life. While she still wanted to express that quality to her child and students, she wanted to reclaim the lost parts of herself. From that awareness, she was able to develop goals to bolster her self-confidence.