

# Tom's Blueprint

|                |                 |                  |
|----------------|-----------------|------------------|
|                | Personal Growth |                  |
| Use intuition  | Common Sense    | Intelligence     |
| Generate ideas | Intellectual    | Trouble-shooting |

|                              |             |           |
|------------------------------|-------------|-----------|
| Competitive                  | Competition | Confident |
| Drive a taxi, truck, racecar | Drive       |           |

|             |               |
|-------------|---------------|
| Trustworthy | Dependability |
|-------------|---------------|

|                           |
|---------------------------|
| Autonomous                |
| Independence              |
| Independent               |
| Self-reliant              |
| Supervise/ manage others  |
| Operate your own business |
| Supervise                 |
| Make decisions            |
| Being my own boss; person |

|  |
|--|
| Doer   |
| Being adventurous, risk-taking                 |
| Adventure                                      |
| Action   |
| Taking risks                                   |
| Free-spirited                                  |
| Body movement requiring risk-taking/ adventure |

|   |   |
|---|---|
| Hand-Eye Coordination   |   |
| Physical  | Active                                    |
| Being in the military, police, emergency work                         | Use machinery/power tools                 |
| Outdoor activities; fishing, camping, mountain climbing               | Working with hands; building or repairing |
| Physical strength/coordination  | Operate equipment                         |
| Participate in group activities                                       | Entertain                                 |
| Somewhere to go; up, out that includes learning and physical activity |   |

**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)  
 ©2004 Cathy Severson, MS www.VISTA-Cards.com

**Tom's Blueprint**  
 R-17, I-4, A-4,  
 S-4, E-9, C-0



While most people use the VISTa Cards to help make a life change or find a new career, some people just enjoy the process for its own sake. Tom came to see a career counselor because his grandfather suggested it. Tom was the black sheep in the family. He had been diagnosed with Attention Deficit Disorder as a young student and spent most of his school years feeling frustrated. His grades were mediocre and yet he knew he was quite intelligent. Academically, he always felt like a square peg trying to fit into a round hole.

Tom was saved by his athletic and social abilities. One of the things he was most proud of was petitioning the school to let him join the swim team despite his less than stellar grades. He credited his accomplishment to his ability to woo appropriate school officials in addition to his gifts as an athlete.

Even though he struggled in school, he graduated early through an independent program offered in his district. He chose not to attend college. This was something he says he didn't regret, but as the only one in his family who hadn't completed college, he felt that his parents were disappointed in him. At the time of his career counseling, he was in his early twenties working as the warehouse manager for a software company. He enjoyed the work, but didn't know where he was going next. Therefore his grandfather suggested he see a career counselor.

Tom didn't like reading or working with words, but enjoyed handling the VISTa cards and their colors. He enjoyed the process and it allowed him to really think about himself in a new way. Most of his life people told him how he wasn't living up to standards, and it was nice to acknowledge the strengths he possessed.

As Tom reviewed his Blueprint, he began to understand why school had been difficult. Seventeen of his forty cards were Realistic, meaning Tom loved physical activity and working with his hands. His next highest group was Enterprising with nine cards, meaning Tom loved being competitive and in charge. His final cards were split with four each for Investigative, Artistic and Social. He didn't have any Conventional cards.

As he arranged the cards, excitement entered his voice. He enjoyed finding the relationships between words as he integrated them into themes. In discussing his Blueprint, he determined his Touchstones were 1) Somewhere to go-up, out, that included learning or being physical; 2) Body movement, involving adventure, risk-taking combined with 3) Being on your own or being your own person, competition.

Seeing his forty cards laid out in front of him was a profound experience. As Tom stared at the Blueprint, he exclaimed, "For the first time in my life, I feel complete." In that moment, Tom was able to connect to something powerful within. He was able to see himself in a new way. His life made sense for the first time. In that moment, he allowed himself to just "be" in the fullest sense of the word.

Tom went on to explore different career options. He decided to stay with the job he was in, but began exploring entrepreneurial opportunities. The value Tom received from the VISTa experience was the new awareness he had of himself. He would no longer look at himself as the academic loser he'd felt going through school. He'd been able to tap into his personal power and strengths. He understood why school had been such a challenge and how he could shift that experience to be successful as an adult.

One of the strengths of the VISTa process is that it allows a person time to be still, and take an opportunity to connect with themselves. That is not an experience to be taken lightly. Before you go dashing into the next exhilarating phase of your life, take a moment to revel in the joy of being you.