

Reconfiguration of Consciousness

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Personal Blueprint Exercise

Name: _____

Address: _____

City: _____

State & Zip code: _____

Home phone: _____

Employment: _____

Date of Birth: _____

Age: _____ Male - Female (circle one) Height: _____ Weight: _____

1. Please give a spontaneous answer for each individual statement.

Life is: _____

Life is: _____

Life is: _____

Life is: _____

Life is: _____

2. Please give a spontaneous answer for each individual statement.

If only life was: _____

If only life was: _____

If only life was: _____

If only life was: _____

If only life was: _____

3. Please give a spontaneous answer for each individual statement.

If only I could: _____

If only I could: _____

If only I could: _____

If only I could: _____

If only I could: _____

4. Please give a spontaneous answer for each individual statement.

If only I could not: _____

If only I could not: _____

If only I could not: _____

If only I could not: _____

If only I could not: _____

5. Please give a spontaneous answer for each individual statement.

My mother is a: _____

My mother is a: _____

My mother is a: _____

My mother is a: _____

My mother is a: _____

6. Please give a spontaneous answer for each individual statement.

If only my mother would: _____

If only my mother would: _____

If only my mother would: _____

If only my mother would: _____

If only my mother would: _____

7. Please give a spontaneous answer for each individual statement.

My father is a: _____

My father is a: _____

My father is a: _____

My father is a: _____

My father is a: _____

8. Please give a spontaneous answer for each individual statement.

If only my father would: _____

If only my father would: _____

If only my father would: _____

If only my father would: _____

If only my father would: _____

9. Please give a spontaneous answer for each individual statement.

I can: _____

I can: _____

I can: _____

I can: _____

I can: _____

10. Please give a spontaneous answer for each individual statement.

I cannot: _____

I cannot: _____

I cannot: _____

I cannot: _____

I cannot: _____

11. Record your formal education.

Grade School: _____

Jr. High: _____

High School: _____

College: _____

Additional education: _____

12. Who was your favorite teacher, and why?

13. What was your informal education?

Subject: _____

Duration: _____

What Happened? _____

14. What are your favorite hobbies, and why?

15. What are your special interests?

16. Give a spontaneous comment about the person who inspired you in the hobbies and interests mentioned above.

17. What skill have you acquired that you are proud of?

18. Who do you think would be surprised at your new skills?

19. What accomplishments are you most proud of?

20. Why are you so proud of these accomplishments?

21. Consider your feelings about each accomplishment above. Who was wrong about you?

22. What is your marital status, and what is your current relationship with your ex-partner, if applicable?

23. What ex-partner, if any, would you want back in your life, if you could only make them do what?

24. If you could take your ex-partner and your new partner and put them together to make one partner, what would be the main things you would change?

Why? _____

25. What is your current employment, and how did you obtain your job?

26. What do you dislike about your manager?

Please explain: _____

27. What do you like about your manager?

Please explain: _____

28. What do you feel is the hardest aspect of your manager's job, and why?

29. What is the hardest part about your job, and why?

30. Do you think your boss could do your job better or worse than you?

Please explain: _____

31. What would you do for employment if given the opportunity, and why?

32. Why have you not pursued this job?

33. Complete these statements in a spontaneous way:

My family is: _____

My friends are: _____

My employment is: _____

My physical body is: _____

My emotions are: _____

My beliefs of spirituality are: _____

My beliefs about the universe are: _____

My free time is: _____

34. Look at your answers, and ask yourself, “Do I really feel this way, or do I believe I am supposed to feel this way?”

35. If you could establish a relationship between your feelings (e.g. Job, Family, Friends, Financial Future, Politics, and Religion) and the feelings of others, how do you feel it would help you?

36. If you could make someone believe five things about you, what would they be, and why?

37. Did some answers from the previous questions feel wrong to you but you thought you were doing the right thing? If so, ask yourself another question: “Would I be

happier dealing with this from the way I do things now or from my belief of how I feel it should be done?" Explain why:

38. Please describe your marital status:

39. Do you feel your previous marriage or marriages did not work out because of you, your mate, or because of outside influences?

Please explain: _____

40. If you could take back the mistakes you have made in the past, how do you feel things would be different?

41. Please imagine and describe your ideal relationship:

42. How do you feel you could create this ideal relationship?

43. List the names of your children and your current relationship status with each of them:

Name: _____	Relationship: _____
Name: _____	Relationship: _____
Name: _____	Relationship: _____
Name: _____	Relationship: _____
Name: _____	Relationship: _____

44. What interests and purposes are you trying to teach your children for a better future?

45. What is your mother's name, and what is your current status with her

46. If you feel your relationship with your mother could be better, explain how. Then explain how you are going to achieve this:

47. If your current status with your mother is good, speculate how it could be better and how you plan to do this:

48. What is your father's name, and what is your current status with him?

49. If you feel your relationship with your father could be better, explain how. Then explain how you are going to achieve this:

50. If your current status with your father is good, speculate on how it could be better and how you plan to do this:

51. Beginning as far back as you can remember, what were the major events of your life? Start from 3 years of age to 10 years of age:

52. Start at 11 years of age to 16 years of age:

53. Start at 17 years of age to 25 years of age:

54. Start at 26 years of age to 40 years of age:

55. Start at 41 years of age to 55 years of age:

56. Start at 56 years of age to 70 years of age:

57. For each of the answers above, whom did you think about most during each period? Be spontaneous with your answer:

58. What period of time do you like best, and why?

59. Why did you stop doing what you love to do in life?

60. What aspect of your current creation of yourself do you like best?

61. Give a spontaneous answer for each of the periods of your life. What person do you most resemble?

62. How do you feel about that?

63. List the people in your life that have had the most influence on you:

Why? _____

64. List the people you consider the most supportive of you:

65. How does that make you feel?

66. List the people you consider the least supportive of you:

67. How does that make you feel?

68. List the people who rely on your support:

69. List the people who have abused your support:

70. What aspects of your health concern you?

71. What are your frequent worries, and what do you feel would eliminate them?

72. What are your strengths?

73. What are your weaknesses?

74. How do you feel you could turn your weaknesses into strengths? Use your imagination if necessary:

75. What are your principal desires?

76. If you could receive an award, what would it be for, and why?

77. Who would you want to present the award to you, and why?

78. Who would you want most to know about your award, and why?

79. What do you consider to be the most important thing in your life, and why?

80. How and why did that thing become the most important thing in your life?

81. How would you like to be remembered?

82. What hurts you the most, and why?

83. Besides yourself, who else would you like to see succeed, and why?

84. If you could have five people in your life apologize to you, who would they be, and why?

85. So often we have said, "If I had known then what I know now, I would have never done the things that I have." Think about those areas of your life when you have felt this and write them out.

86. Identify your fears and write them out:

87. What do you feel it would take to gain control and eliminate your fears?

88. Acknowledge that you have beliefs about yourself and write down the ones you work through on a daily basis:

89. After you identify your beliefs; think about and write out which ones you learned from personal experience and the ones you feel were indoctrinated in you.

90. Take a moment and speculate what the world would be like if everyone had the same beliefs. How does that feel?

91. If you decide that everyone does not have the same beliefs, what does that tell you about the nature of reality?

92. What would you like to experience from your beliefs?

93. After answering the last question, what do you feel comes first, the beliefs or the experiences?

Why do you think that? _____

94. Do you feel most people are too judgmental of others' beliefs?

95. Have you ever been judgmental of someone else's beliefs?

96. Let us assume for a moment that beliefs are the most powerful building tools of the world. What would you build? Be imaginative and enjoy.

97. Why did you want to build what you built in your last question?

98. Who would you want to see it?

99. Who's praise would you want, and why?

100. If beliefs do determine our experiences, then how does that change things?

101. Where do you place your attention during most of the day?

102. Do you spend the most attention on your own creations or someone else's? Why?

103. How does that make you feel? Explain:

104. If you had to explain your life to someone, how would you describe it, and how does that feel when you do?

105. Do you feel your spiritual principles are your own, or have they been indoctrinated in you? When you decide, please explain:

I'm sure you found the blueprint exercise to be a little exhausting, but I am also sure you made some discoveries about yourself, both negative and positive. But remember, any discovery you make about yourself is always going to be good, because it gives you the starting point of reality from where you are currently, then you can design your plan to where you are going to go.

You have reached the end of this exercise, congratulations!

Please check mark it done, here: _____



“What Has Stopped You?”

Instructions: In this exercise, you’re going to answer the questions and just write until you can’t anymore! This is a method called “brain dumping”. If you tend to run into common themes throughout the workbook and you feel like you’re repeating yourself, you may be staring directly at your problem! Which is good, because you’ve identified it. When you finish the ten questions, there’s one more at the end for you to write down any and all realizations that you had along the way of answering the questions.

1. What excuses have you made for yourself over the years pertaining to your business?

2. Was there anyone in your life that was a negative influence on you? Maybe they told you that you couldn’t build a successful business.

3. Did you listen to the negative influencers in your life, if you had any? (Identifying those who have not been helpful on our journey to better ourselves and create a successful business, can help us to make sure that we distance ourselves from their influence and don't allow their negativity to come into your mind. In other words, not to let other people's dirty hands imprint in your mind.)

4. Did you quit or back down when it got too hard? (Acknowledgement of our own shortcomings can help us to not to sell ourselves short ever again.)

5. What kind of justifications have you made to yourself about you not reaching your goals? (This is about being aware of our own thinking patterns when we want to quit.)

6. What do you feel is stopping you from making new ideas for your business?

7. What do you feel is your biggest fear in making your business more profitable? It's okay if you put multiple fears, as long as you explain why you fear them. (Identifying fears is good for making sure we have a healthy perspective of what our fears are so that they don't run our lives and decisions.)

8. Be honest: do you tend to procrastinate? Why or why not?

9. How is your procrastination a problem? Why or why not?

11. Accumulate everything that you have discovered that's been stopping you and write them down here. Please be organized and number every single thing that has been stopping you. Then, pick your top 5 things that have been holding you back. You can circle them and please number everything!

You have reached the end of this exercise, congratulations!

Please check mark it done, here: _____

8. Be honest: do you tend to procrastinate? Why or why not?

Lined writing area for the response to question 8. The page contains 20 horizontal lines. A large, faint watermark is visible in the background, featuring a circular design with the text "THE SECRETIVE SELF" at the top and "THEY WILL NEVER SEE YOU COMING" at the bottom.



You have reached the end of this exercise, congratulations!

Please check mark it done, here: _____