

CHAPTER 5

# Your Soft System Blueprint

Chapter Workbook

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*Take your time. There are no wrong answers.*

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# Building Your Blueprint

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*This is synthesis. Take your time.*

# Your Soft System Elements

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## **Structure**

*My anchors and routines:*

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## **Energy**

*How I honour capacity:*

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## **Consistency**

*How I continue:*

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## What Success Looks Like

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*For me, a good day in this system means:*

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## What Support Looks Like

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*What do I want my system to prioritise?*

Calm over productivity

Flexibility over structure

Self-compassion over achievement

Presence over performance

## One Commitment

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*One way I will trust this system:*

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*Remember: The system evolves with you.*

## Final Reflection

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*What has changed in how you think about planning?*

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***"You are not the problem. You never were."***