

THE BONSAI BLUEPRINT

Practices Booklet



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Important Note

The content in this book is intended to support awareness, understanding, and guided action for personal wellbeing. It is not a substitute for professional medical advice, diagnosis, or treatment.

The strategies and practices in this book are meant to support clarity, steadiness, and everyday stability. Please honor your own needs and seek professional support when necessary, especially in areas related to health, nutrition, or physical activity.

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The Bonsai Blueprint

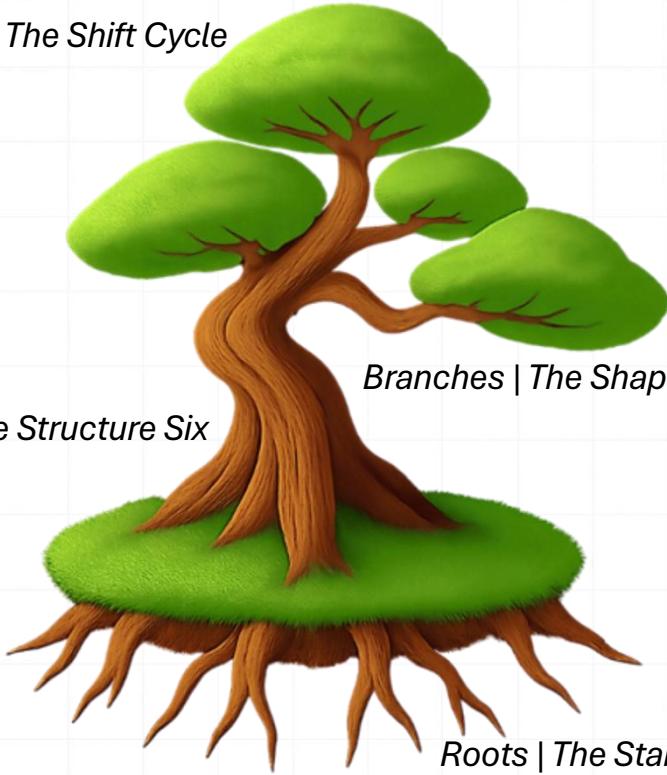
Leaves | The Shift Cycle

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CHAPTER 1

Leaves | The Shift Cycle



*“Every ending opens the possibility of a new beginning
if we have the courage to see it that way.”*

Your Bonsai Practice



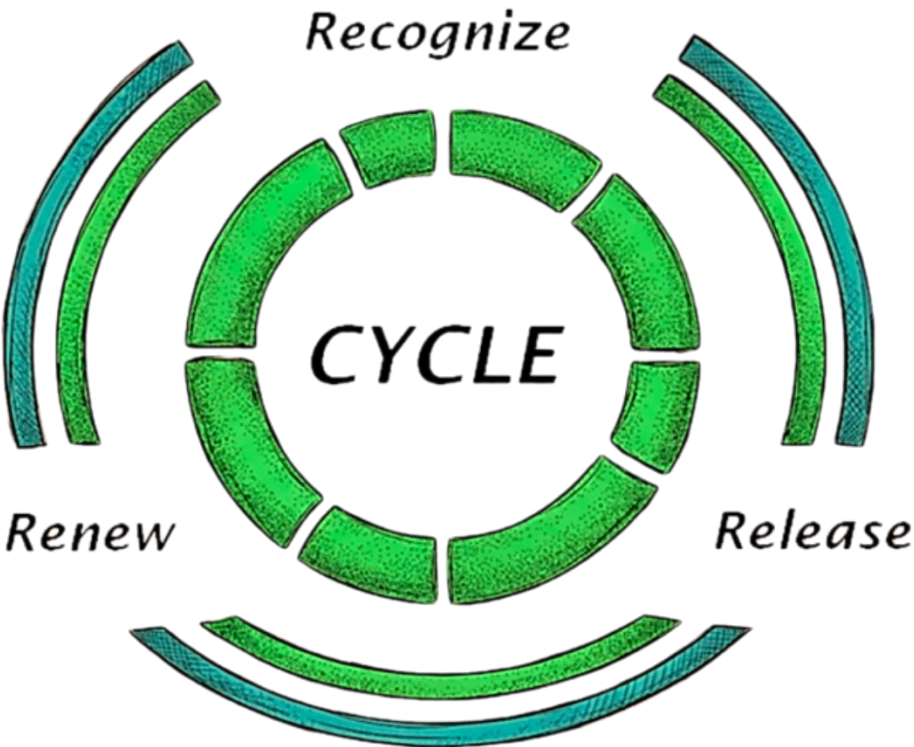
Shifts are the visible signs of change. Just as *Leaves* bud, grow, and fall away, life moves through moments where adjustment becomes necessary.

Change can feel disruptive when it affects routines, expectations, or a sense of steadiness.

Sometimes it arrives gradually. Sometimes it arrives all at once. Either way, a *Shift* signals that something needs attention.

This practice is designed to support you through the rhythm of *The Shift Cycle*.

The Shift Cycle



Instructions For The Practice

Start by listing up to five major *Shifts* from your past. As you write, keep *The Shift Cycle* in mind: *Recognize, Release, Renew*. If this feels like too much, list one *Shift* and return later for others. Pausing and returning is part of the process.

[illegible]

Awareness Stage

For each *Shift*, write what you *Recognized*, what you *Released*, and what *Renewed* in its place.

[illegible]

Clarification Stage

List five challenges you are facing right now that may require a *Shift* or letting go. Rank them in order of importance and explain what makes each one difficult to *Release* or change.

[illegible]

Growth Stage

Now take one small, intentional step with what you have identified. For each current priority, identify one clear next step you can take. Keep it realistic and manageable. Notice what feels steady and what feels like pressure, and begin with what is clear. Start with what you can do within the next day or two. Pay attention to what begins to *Renew* as you continue.

[illegible]

Closing The Practice

Every *Shift* carries both loss and possibility.

Naming what *Shifts* you helps honor what has already happened. Clarifying what needs to *Shift* now helps support *Renewal*.

Wellbeing is often supported through predictability, gentleness, and consistency rather than force or speed. It builds through small, steady choices that *Release* what no longer supports you and create space for what does.

When you finish, pause and notice what feels lighter and what feels clearer.

Use that clarity to continue with the next small step.

These signals matter. They often show up quietly.

The more you listen to them, the more naturally *The Shift Cycle* can support the rhythm of your life.

For more resources, see the *Appendix* at the back of the book.

CHAPTER 2

Branches | The Shape Network



“If every negative carries a positive, and every positive carries a negative, then what we focus on is what we carry.”

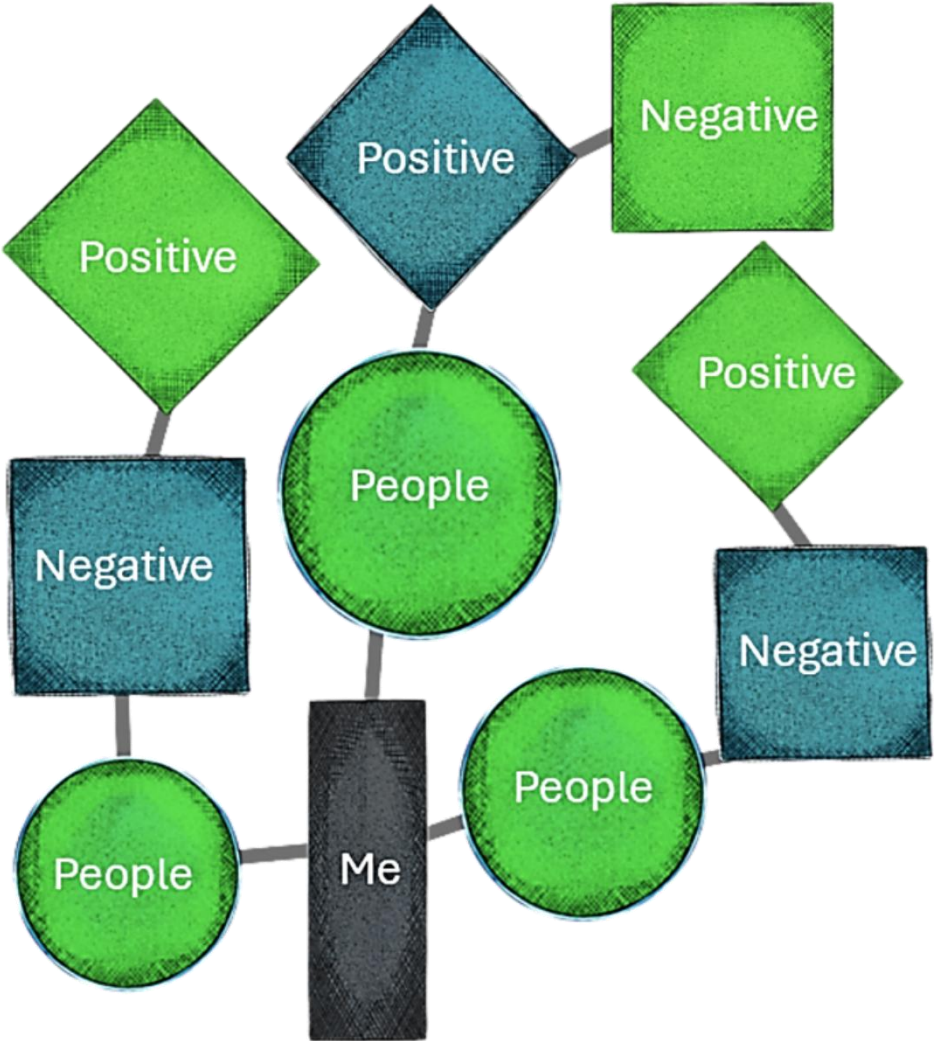
Your Bonsai Practice



Branches give form and wellbeing to a *Tree*. They reach outward and show how life takes *Shape* over time. In your life, *Branches* stand for the relationships and experiences that extend from your core. Each leaves a mark, either through support or challenge.

This practice helps you map your life using *The Shape Network*. By tracing connections between people, moments, and outcomes, you can see how experiences *Shaped* your *Wellbeing*.

My Shape Network (Simple Example)



Instructions For The Practice

In the center, draw a long vertical *Rectangle* and write either your name or the word *Me* inside.

For each person or group that influenced your life, draw a *Circle* and write their name inside. Size each *Circle* based on its impact.

Connect each *Circle* to the center *Rectangle* with a line.

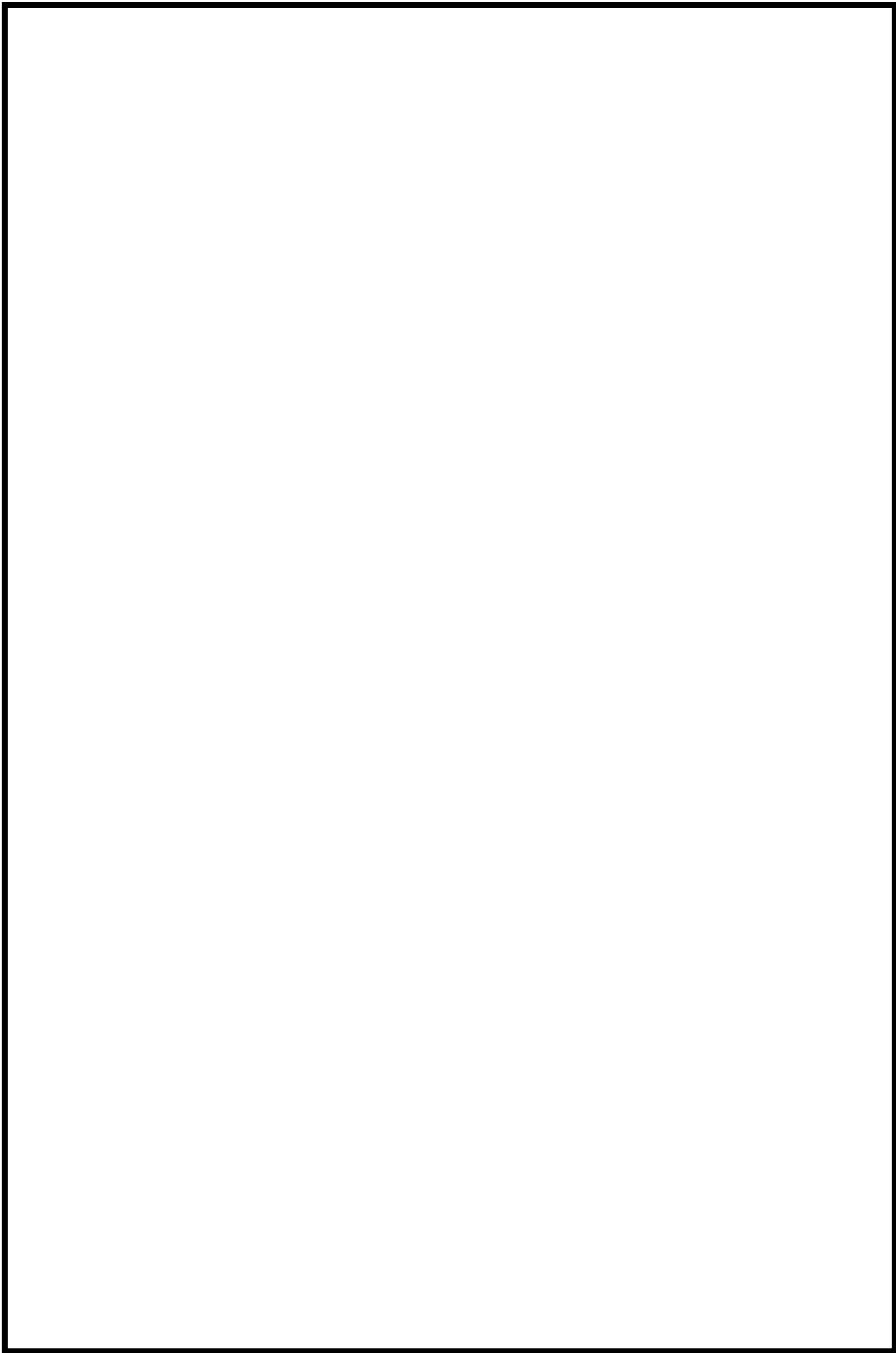
From each *Circle*, draw a line to either a *Square* or a *Diamond*.

Use a *Square* for a challenging or difficult moment. Use a *Diamond* for a positive moment.

Then add the opposite *Shape* to show the contrast that followed. If you begin with a *Square*, add a *Diamond* to show what grew from it. If you begin with a *Diamond*, add a *Square* to show the cost or challenge connected to it.

Continue until you can step back and see your full *Shape Network*.

Your Shape Network



Awareness Stage

Once your *Shape Network* is complete, list your five most supportive or meaningful moments. Then list the challenging moments connected to each one.

Next, list five challenging moments. For each one, write what positive eventually appeared from it.

[illegible]

Clarification Stage

Reflect on what it is like to see both lists together. Notice where balance appears, what patterns repeat, and whether this changes how you view past experiences.

[illegible]

Growth Stage

Now take one small, intentional step with what you have seen. Compare your *Shape Network* with the *Shifts* you identified in Chapter One. Notice where they overlap. Write one way you can acknowledge supportive moments more consistently in your current life. Then write one way you can *Recognize* and apply the value that appeared from a challenging experience in the next day or two.

[illegible]

Closing The Practice

Every *Branch* carries part of your story. Some formed through ease. Others formed under pressure. Together, they show how balance developed over time.

Balance is not about removing hardship or holding onto comfort. It is about understanding how experiences *Shaped* you over time and deciding how you want to support your *Wellbeing* from there.

For more resources, see the *Appendix* at the back of the book.

CHAPTER 3

Trunk | The Structure Six



“Behavior is not performance, it is the structure that steadies us when pressure rises.”

Your Bonsai Practice



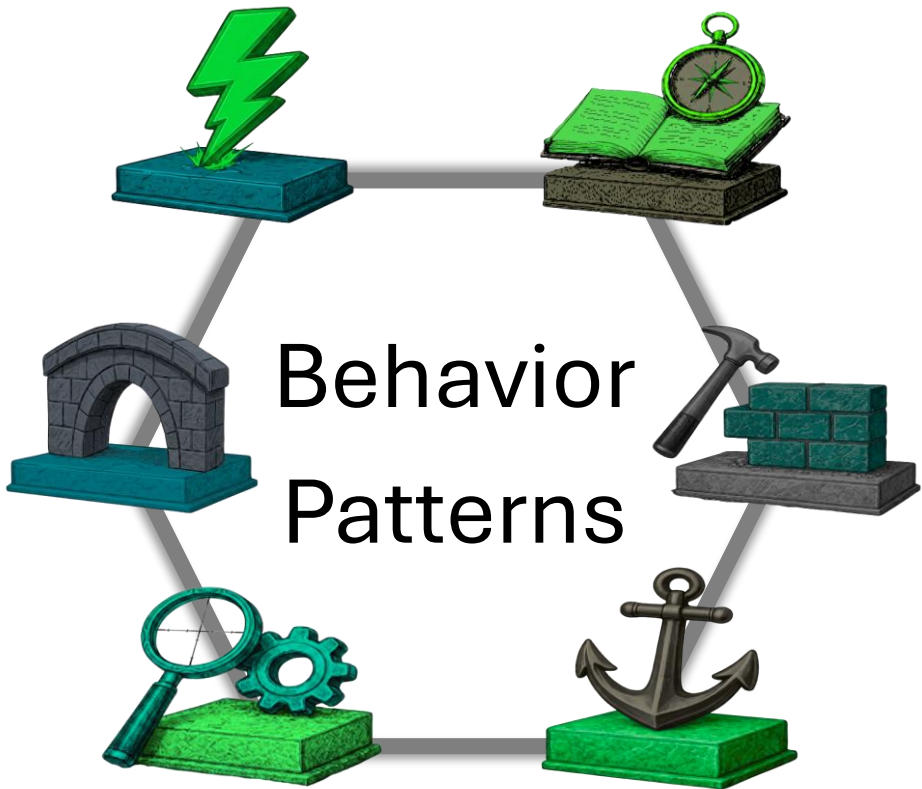
The *Trunk* is the core of the *Tree*. It carries strength and support.

In life, *Structure* comes from the tendencies that hold you steady. They may not be visible from the outside, yet they support every *Branch* and *Leaf*.

This practice helps you explore your *Structure Six* by highlighting the *Behavior Patterns* that come most naturally to you, along with the tendencies you notice through contrast.

As you see this *Structure* more clearly, you will begin to understand how you move through the world and how steadiness forms through your natural *Behaviors*.

The Structure Six



Instructions For The Structure Six

On the next page, you will find *The Structure Six Ranking Model*.

As you complete the ranking, focus on who you are now, not who you wish to be. Rank each statement as honestly and carefully as you can.

When you are finished, review your *Structure Six Behavior Pattern*. This will help you recognize how you think, behave, and relate to others. No *Behavior Pattern* is better than another. Each simply offers a different lens for understanding yourself.

After the ranking, this book includes high-level descriptions for each *Structure Six*.

For more detailed information on each *Behavioral Pattern*, please visit *The Structure Six Booklet* at enhanceum.ca/resources.

The Structure Six Ranking Model

Below are the three traits. Rank them from 1 to 3 based on how closely each definition fits you.

Use each number only once:

- 1 = *Most like you*
- 2 = *Somewhat like you*
- 3 = *Least like you*

After ranking, use the *Code Summary* to see which of the *Six Behavior Patterns* reflects you.

<u>The Three Traits</u>	<u>Rank (1–3)</u>	<u>Letter</u>
I have a strong capacity to care, connect emotionally, and value others.	_____	H
I have a drive to act with integrity, hold strong beliefs, and protect what matters.	_____	C
I have a grounded presence marked by calm, steadiness, and composure.	_____	B

The Structure Six Codes and High-Level Descriptions

Your three letter code reflects the order of Harmony, Conviction, and Balance in your natural tendencies. This order reveals the *Behavior Pattern* that most closely reflects how you tend to respond and interact with the world. While each pattern contains the same three traits, the order changes how the *Behavior* appears.

<u>Code</u>	<u>Behavior</u>	<u>Image</u>
H-B-C	Connector	
H-C-B	Energizer	
C-B-H	Guider	
C-H-B	Builder	
B-H-C	Anchor	
B-C-H	Solver	

H-B-C – Connector



The Connector is a natural people person who is warm, welcoming, and loves working with others.

They thrive on bringing people together, making sure everyone feels included, and keeping a close eye on how the team is feeling.

They can bend strict rules if it means making people comfortable, and they tend to listen patiently rather than push their own personal agenda.

While they pour a ton of social energy into building a happy, unified group, they will actively back away from cold analysis, working in isolation, or getting into aggressive, face-to-face arguments. For them, keeping the shared space safe and friendly is what matters most.

H-C-B – Energizer



The Energizer is a bright, relatable spark who motivates the people around them with a mix of genuine warmth and strong personal belief.

They are incredibly good at reading the room and connecting with others on a deeper level.

When they want to push a great idea forward, they don't rely on force; instead, they do it by getting people excited and involved.

They naturally put relationships and human connection first, and they will gladly walk away from rigid rules, cold statistics, and detached analysis to keep the environment feeling inspired, flexible, and completely unified.

C-B-H – Guider



The Guider is an incredibly grounded, principled, and logical strategist who cares deeply about stability, clear boundaries, and the honest truth.

Guided by rock-solid values and a love for order, they look at situations through the lens of objective logic, careful risk management, and unyielding principles.

They provide a safe, structured, and predictable game plan that protects the team or project from outside chaos.

Because they choose hard facts over emotional diplomacy, they will actively back away from loud social selling or managing hurt feelings, preferring instead to lead through quiet, steady authority and protective guidance.

C-H-B – Builder



The Builder is a bold, decisive, and fast-moving person who gets things done by combining strong personal conviction with an ability to easily rally a crowd.

They aren't afraid to challenge the status quo, break through roadblocks, and turn ideas into reality right away.

Even though they move fast and focus heavily on results, they can switch on a warm, relational side to get everyone in the room aligned behind their goals.

They have little patience for rigid bureaucracy, micromanagement, or slow safety rules, choosing to lead through speed and independent action rather than getting bogged down in red tape.

B-H-C – Anchor



The Anchor is a steady, supportive, and protective teammate who loves creating a down-to-earth environment where everyone can do their best work.

They focus heavily on building a safe, predictable routine where the pace is realistic and people truly care about one another.

They approach tasks with a kind, human lens, and they are always willing to adjust plans if it helps keep team morale high.

Because they care so much about keeping the peace and maintaining a solid foundation, they will naturally steer clear of giving orders, competing aggressively, or pushing a selfish personal agenda.

B-C-H – Solver



The Solver is a highly disciplined, organized, and logical thinker who loves digging into data, fixing systems, and making things run perfectly.

They are at their best when they are taking apart complex problems, spotting errors, and building practical solutions.

They look at the world through an objective lens, relying on hard facts and clear boundaries to keep things safe and orderly.

Because they value accurate information and practical boundaries over social politics, they will consciously steer away from personal coaching or emotional drama to keep their focus completely unbiased and clear.

Awareness Stage

Now that you have identified your *Structure Six Behavior Patterns*, list the tendencies that felt most familiar and note why. Then list insights that surprised you and note why.

[illegible]

Clarification Stage

For the tendencies that felt familiar, write how you currently reinforce or rely on them. For the insights that surprised you, write how you can stay aware when those *Patterns* appear.

[illegible]

Growth Stage

Now begin applying what you have identified. Compare both lists. Notice where strengths and cautions overlap. Write one small, realistic adjustment for the most important area and begin applying it within the next day or two.

Closing The Practice

Your *Structure* reflects the tendencies and *Patterns* that support you across different situations.

By noticing what feels natural and what requires greater awareness, you gain clarity about how your strengths and cautions relate.

Structure develops over time through steady attention and small adjustments.

Use this practice as a reference point, not a conclusion. Continue applying what you have identified as your awareness grows.

For more resources, see the *Appendix* at the back of the book.

CHAPTER 4

Roots | The Stability Plan



*“Vitality is not created in one dramatic change,
it is grown with a plan.”*

Your Bonsai Practice

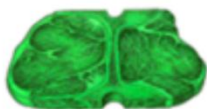


Roots are the unseen source of strength for a *Tree*. They anchor the *Trunk* and supply everything above. In your life, *Stability* begins with physical health.

How you move, rest, fuel, and recover influences how steady you feel day to day.

By connecting those observations to *The Stability Plan*, you can identify small adjustments to strengthen your foundation.

The Stability Plan



70-30 Carnivore Approach

Mineral Based Hydration



Time-Guided Eating

Breathing and Steadiness



Function and Flow

Walking and Condition



Sleep and Recovery

Instructions For The Practice

Write up to five areas where your physical health feels most supported and up to five areas that feel more challenging right now.

[illegible]

Awareness Stage

For each item, write why it is working or not working for you right now and what is contributing to it.

[illegible]

Clarification Stage

For each strength, note which part of *The Stability Plan* supports it. For each challenge, note which part of the system may help strengthen that area.

[illegible]

Growth Stage

Now take one step to strengthen your foundation. Choose two changes to focus on over the next month, keeping capacity and sustainability in mind. Begin with what you can apply in the next day or two. Write how you will notice increased steadiness and what support may help you stay consistent.

[illegible]

Closing The Practice

Stability develops through daily support. By noticing what strengthens your health and what weakens it, you gain clarity about the foundation you are standing on.

The changes you choose are not about fixing yourself, but about supporting regulation and steadiness over time.

Continue applying these changes in small, consistent ways to reinforce the foundation that helps you remain steady.

For more resources and information on the *Function and Flow Routine* see the Appendix at the back of the book or visit www.enhanceum.ca/resources.

CHAPTER 5

Tree | The Symbolic Essence



“Presence is how we show up, purpose is why we show up, and together they form the essence of who we are.”

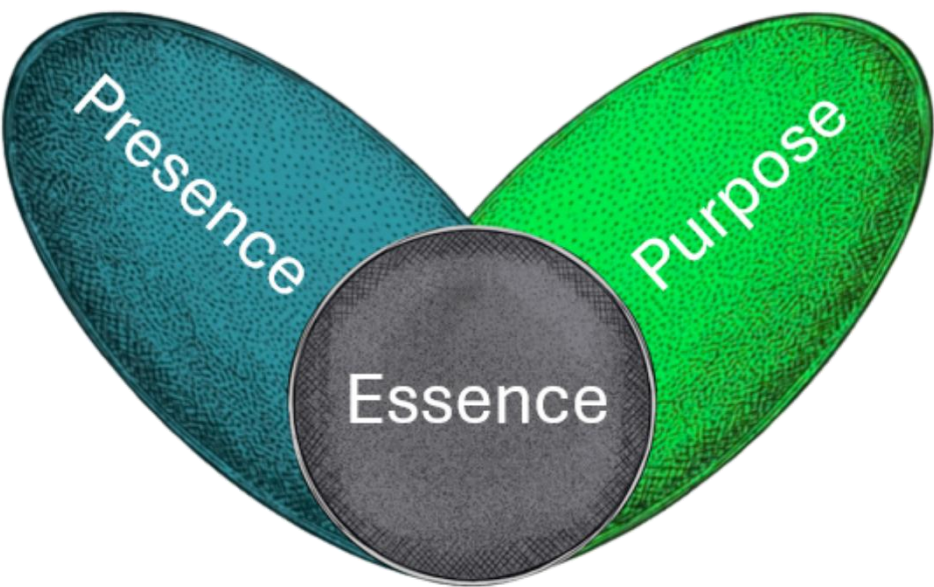
Your Bonsai Practice



The *Tree* is your whole story.

This practice brings together what you explored in the earlier chapters. By tracing these elements, you can see how your *Presence* affected others and how your *Purpose* took shape.

The Symbolic Essence



Instructions For The Practice

Review your lists from Chapters One through Four. Notice how your *Shifts, Shape, Structure, and Stability* connect.

From these reflections, write up to five specific moments where your *Presence* created calm, safety, appreciation, or steadiness for someone else.

If five feels like too much, start with one or two.

[illegible]

Awareness Stage

For each moment, write how your *Presence* was expressed and the *Purpose* it served.

[illegible]

Clarification Stage

List the key elements of your *Purpose*. Write a short paragraph that captures it. Then refine that paragraph into one or two lines you can return to as a personal reference.

[illegible]

Growth Stage

Now begin applying this in how you show up. Write how you will support this reference in your daily life and identify one way you will apply it in the next day or two.

[illegible]

Closing The Practice

By linking your *Shifts*, *Shape*, *Structure*, and *Stability*, you can begin to see the pattern of your *Presence* and *Purpose*. The moments you named show how who you are affects the space around you.

Presence and *Purpose* are not something you find. They are noticed over time through quiet patterns and steady understanding.

Continue applying what you have identified in how you show up each day.

For more resources, see the *Appendix* at the back of the book.

Epilogue

The Bonsai Tree



*“It is the beginning of a life lived with clarity, intention,
and care, grounded in presence and alive with purpose.”*

The Bonsai Blueprint Summary



The Bonsai Blueprint is a steady system for enhancing *Wellbeing* through clarity, structure, and intentional practice.

Each framework reflects a part of the *Tree* and a part of life.

Together they show how change, connection, identity, stability, and *Purpose* interact.

The Bonsai Blueprint

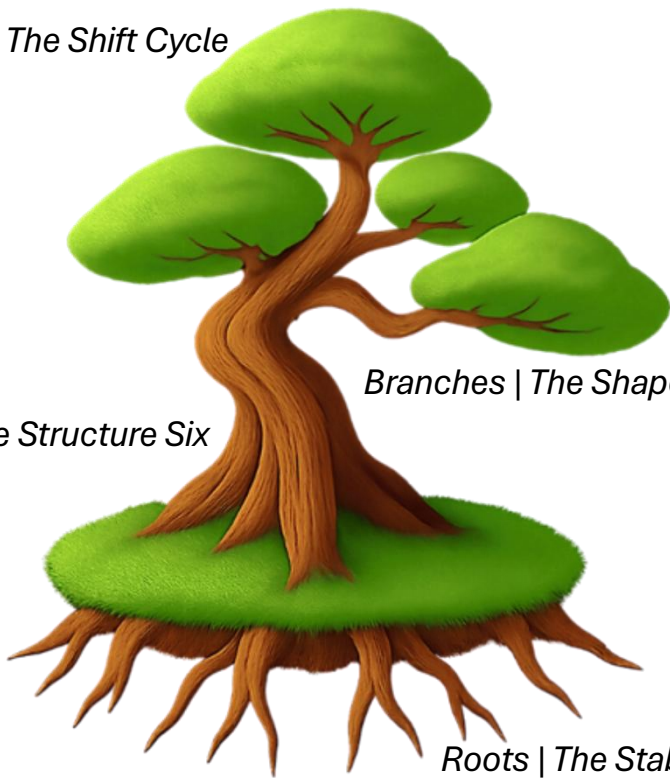
Leaves | The Shift Cycle

Branches | The Shape Network

Trunk | The Structure Six

Roots | The Stability Plan

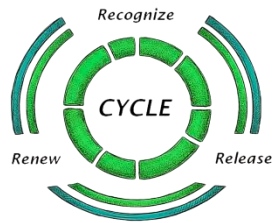
Tree | The Symbolic Essence



Leaves | *The Shift Cycle*



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The Bonsai Stories

The First Real Shift: Hard news can be shared with steadiness.

My Memory Cloud: The memory matters more than objects.

We Only Keep What Matters: Less is almost always more.

The Most Meaningful Shift: Presence creates connection.

Trust Built Quietly: Trust forms one honest moment at a time.

Release Is Not Weakness: Letting go with love is strength.

It Will All Work Out: Inner work brings clarity when life changes.

The Decision Was Easy: Real bonds are *Recognized*, not forced.

The Bonsai Questions

Recognize: What truth are you facing right now?

Release: What are you holding onto that no longer fits?

Renew: What small, steady action can you take next?

Branches | The Shape Network



The Bonsai Stories

The Yin and Yang: Positive and negative are always connected.

Where I Chose To Focus: Early discipline grows values for later.

A Quiet Privilege: Family Circles Shape who you become.

Scars and Growth: Pain and belonging can be one in the same.

The Commitments I Made: Love can grow through change.

To Honor What Matters Most: Presence is stronger than words.

Finding Strength Inside It: Integrity carries you through turmoil.

The Bonsai Questions

Circles: Who has *Shaped* your life the most?

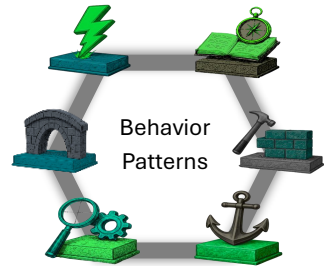
Squares: What challenges have tested you the hardest?

Diamonds: What good grew out of those challenges?

Trunk | The Structure Six



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The Bonsai Stories

My First Results: Knowing your *Patterns* brings awareness.

A Better Way To Communicate: Through security not insecurity.

Creating My Own Framework: A way to see *Behavior Patterns*.

Connector (H-B-C): Inclusive, bringing people together.

Energizer (H-C-B): Motivative, exciting others with energy.

Guider (C-B-H): Principled, leading with wisdom.

Builder (C-H-B): Driven, turning ideas into action.

Anchor (B-H-C): Grounded, protecting morale and calm.

Solver (B-C-H): Analytical, fixing what's broken.

The Bonsai Questions

Harmony: Where do you naturally show care and connection?

Conviction: What beliefs do you hold onto, under pressure?

Balance: What appears again and again in how you respond?

Roots | *The Stability Plan*



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The Bonsai Stories

The Glowing Number: A number can reveal more than weight.

What Is Your Secret: Health is what the body truly needs.

History of Human Nutrition: Modern food isn't for human needs.

70-30 Carnivore Approach: Consistent eating beats rigid eating.

Mineral Based Hydration: The body needs minerals in water.

Time-Guided Eating: The body requires space between meals.

Breathing and Steadiness: Breathing settles the body and mind.

Function and Flow: Strength grows through control, not force.

Walking and Condition: Consistent movement beats intensity.

Sleep and Recovery: Real progress happens at rest.

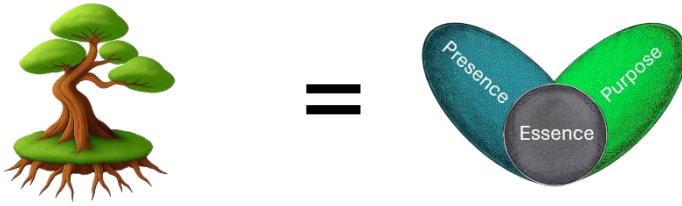
The Bonsai Questions

Nourishment: Are you fueling your body or just filling it?

Movement: Are you moving with control or just pushing harder?

Recovery: Is your rest actually restoring you?

Tree | The Symbolic Essence



The Bonsai Stories

That's The Wrong Answer: Always make time don't waste it.

Not A Miracle Fix: Growth often starts with a small nudge.

Small Acts That Echo: Believing in someone can carry to others.

The Rest Will Fall Into Place: Purpose isn't kept, it's shared.

We Are A Team: Presence is through consistency not words.

The Quiet Legacy Of Care: Legacy is built through time and love.

The Source Of New Traditions: Presence lives in the moments.

This Is The True Shift: Purpose is clear when you slow down.

The Bonsai Questions

Presence: How do you show up for the people around you?

Purpose: Why do you show up the way you do?

Essence: Together, what do they both create?

The Bonsai Blueprint Closing

The Bonsai Blueprint is a steady system for enhancing *Wellbeing* through clarity, structure, and intentional practice.

Each framework reflects a part of the *Tree* and a part of life. Together they show how change, connection, identity, stability, and *Purpose* interact.

Use this summary as a place to return when you need alignment, not instruction. Let clarity settle at your own pace.