

# THE BONSAI BLUEPRINT

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Practices Booklet



By the Founder of Enhanceum

Chad Merk



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For permissions, please contact the author directly at [chad.merk@enhanceum.ca](mailto:chad.merk@enhanceum.ca)

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# Important Note

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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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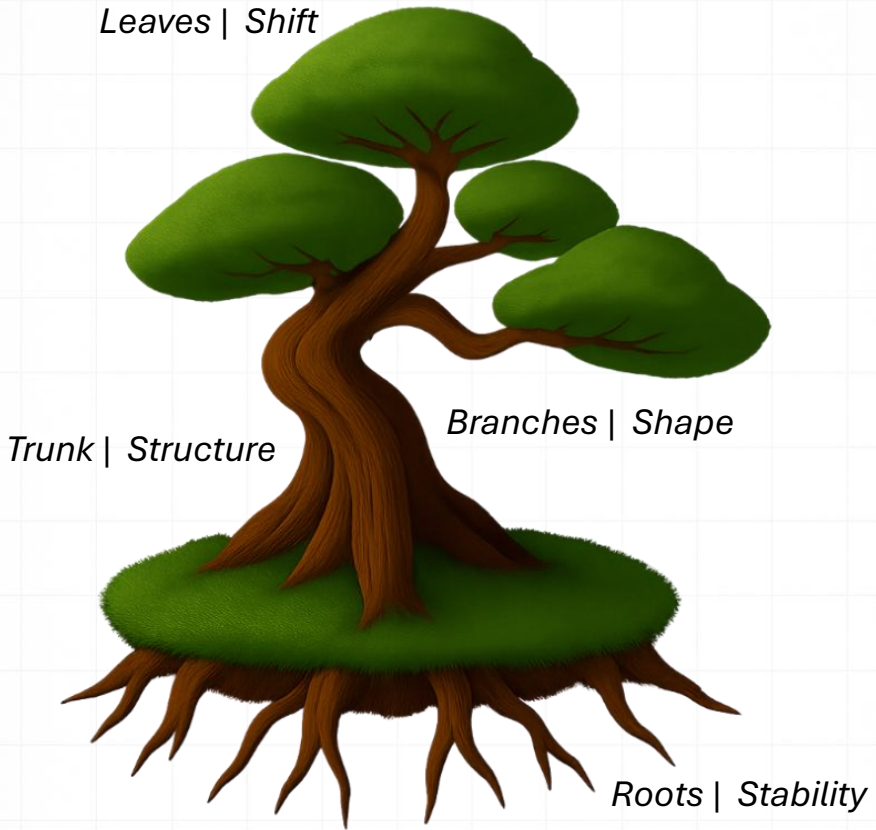
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# CHAPTER 1

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*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

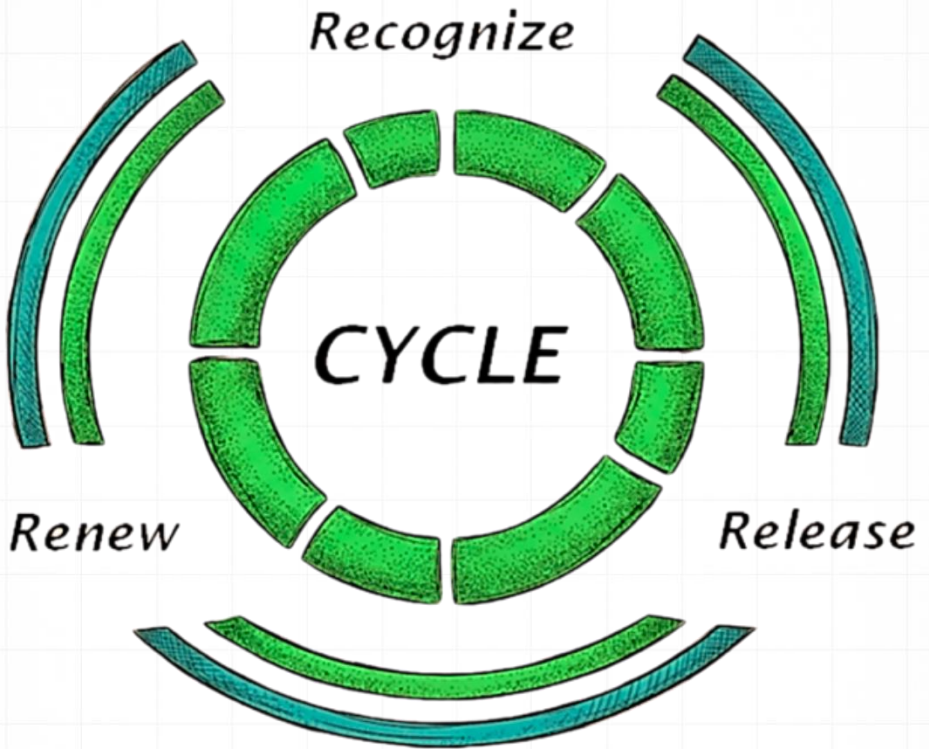


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Shifts are the visible signs of change. Just as leaves bud, grow, and fall away, life moves through moments where adjustment becomes necessary. Change can feel disruptive when it affects routines, expectations, or a sense of steadiness. Sometimes it 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*











## *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

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## *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

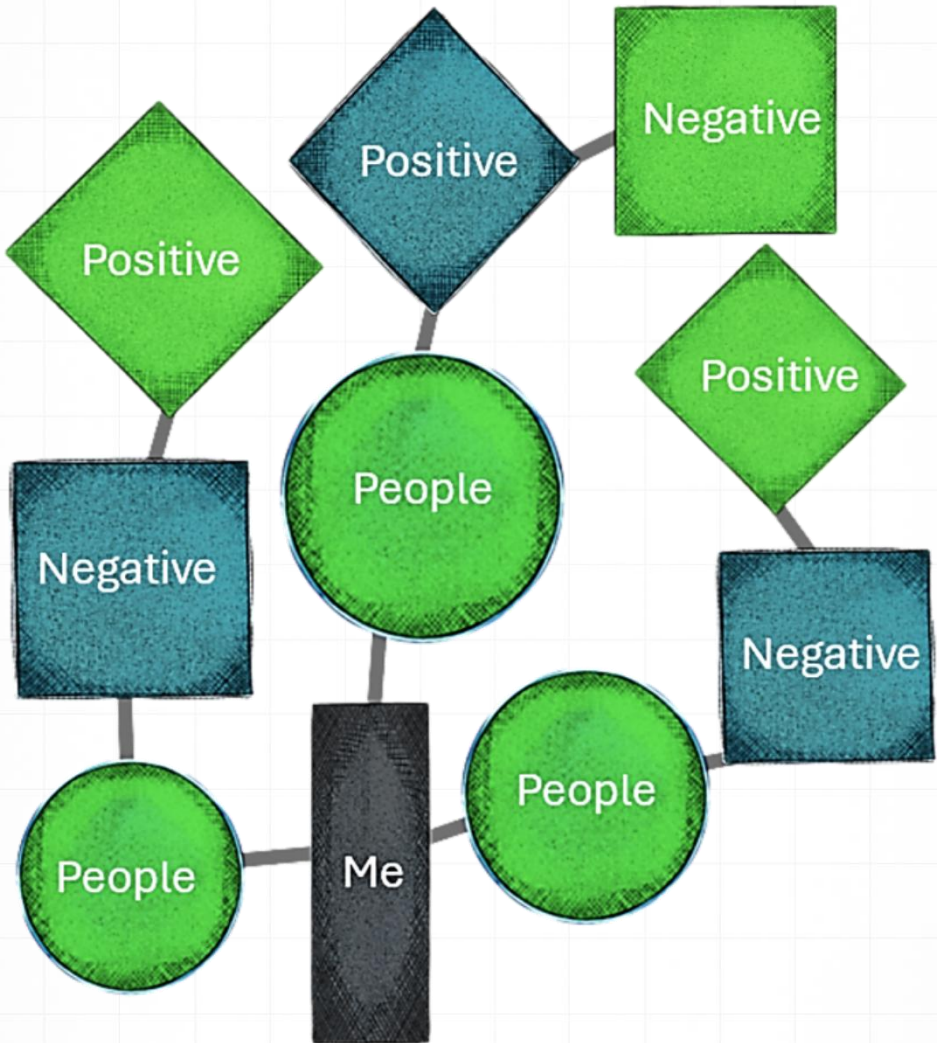


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Branches give form and wellbeing to a tree. They reach outward and show how life takes shape over time. In your life, branches stand for the relationships and experiences that extend from your core. Each leaves a mark, either through support or challenge.

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)



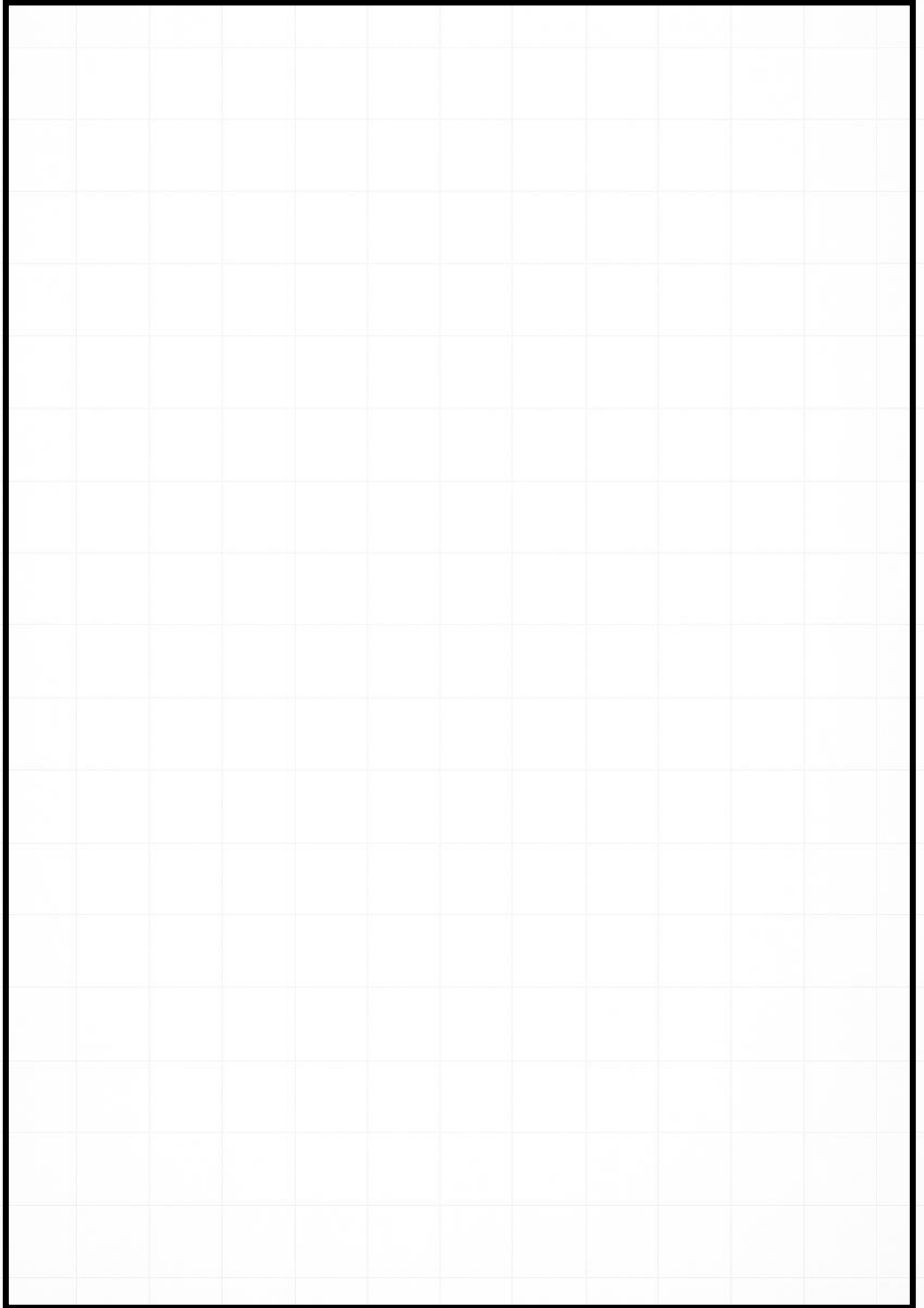
## *Instructions For The Practice*

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*









## *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

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*Trunk | The Structure Six*



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

# Your Bonsai Practice

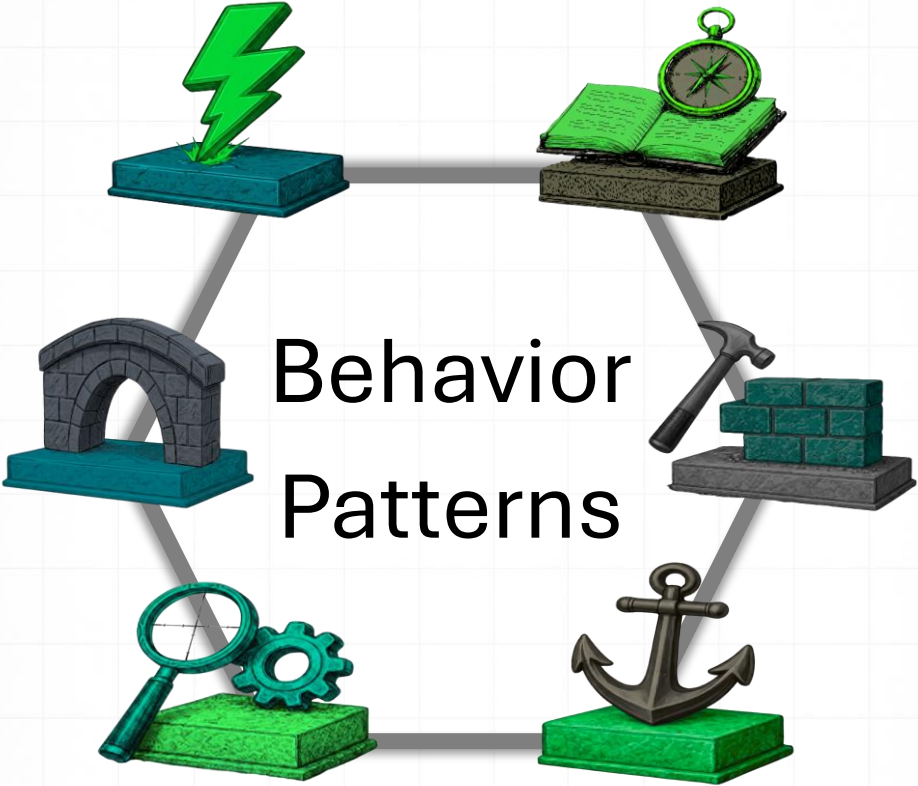


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The trunk is the core of the tree. It carries strength and support. In life, structure comes from the tendencies that hold you steady. They may not be visible from the outside, yet they support every branch and leaf.

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](http://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.

### *The Three Traits*

*Rank (1–3)*    *Letter*

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.







## *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

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## *Roots | The Stability Plan*



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

# Your Bonsai Practice

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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











## *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](http://www.enhanceum.ca/resources).

# CHAPTER 5

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## *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

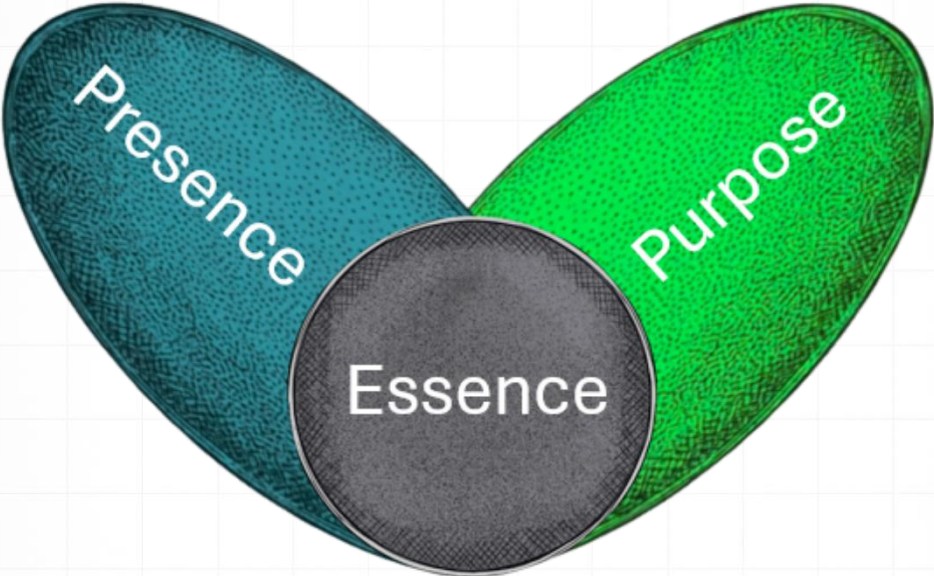
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The tree is your whole story.

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*











## *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

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## *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

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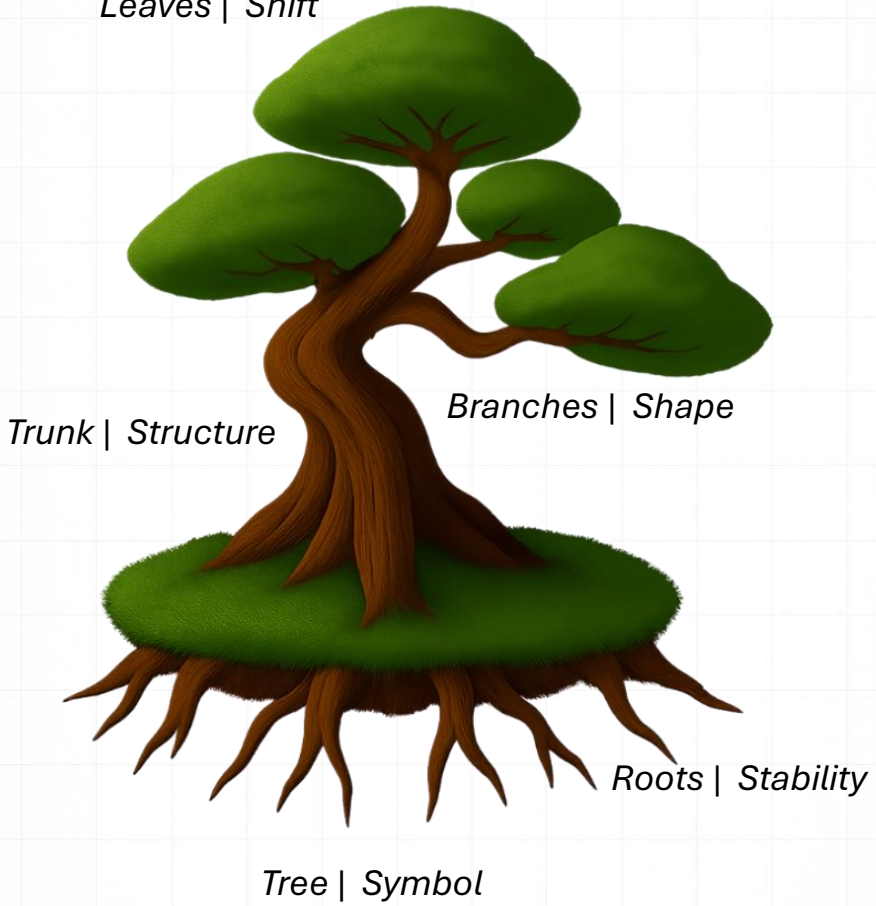
*The Bonsai Blueprint* is a steady system for enhancing wellbeing through clarity, structure, and intentional practice.

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 | Shift*



*Trunk | Structure*

*Branches | Shape*

*Roots | Stability*

*Tree | Symbol*

## *Leaves | The Shift Cycle*

Change is constant. Strength comes from how you move through it.

### *What it is*

A three-stage cycle for navigating change with clarity.

### *What it supports*

Knowing how to use each stage of:

- *Recognize* what has changed.
- *Release* what no longer fits.
- *Renew* through small, steady actions.

### *Guiding question*

What truth am I facing right now?

### *First step*

Name your current shift.

## *Branches | The Shape Network*

Life is shaped through people, moments, and experience.

### *What it is*

A diagram showing connection and balance across experience.

### *What it supports*

Understanding how contrast shaped your wellbeing through:

- *Rectangle* – Me (You)
- *Circles* – People in your life
- *Squares* – Challenges you faced
- *Diamonds* – Positive situations and support you had

### *Guiding question*

What patterns shaped how I grew?

### *First step*

Draw your network.

## *Trunk | The Structure Six*

Behavior patterns provide internal structure.

### *What it is*

Your behavior patterns from Harmony, Conviction, and Balance.

### *What it supports*

Awareness of your tendencies and steadiness through:

- *Connector* – creates belonging through care
- *Energizer* – brings energy and encouragement
- *Builder* – turns ideas into progress
- *Guider* – provides clarity through insight
- *Anchor* – offers stability through consistency
- *Solver* – brings clarity through analysis

### *Guiding question*

What behavior patterns appear again and again?

### *First step*

Notice which tendencies guide your responses most often.

## *Roots | The Stability Plan*

Steady health choices support a steady life.

### *What it is*

The seven foundational practices that support physical health.

### *What it supports*

Energy, clarity, and daily steadiness through:

- 70-30 Carnivore Approach – 70% animal, 30% flexibility
- *Mineral-Based Hydration* – Adding mineral salt to water
- *Time-Guided Eating* – Using a fasting window
- Breathing and Steadiness – Controlled Box Breathing
- *Function and Flow* – CROB, yoga and Tai Chi
- *Walking and Condition* – 5000 steps per day
- *Sleep and Recovery* – Seven hours of quality sleep

### *Guiding question*

What helps me stay supported?

### *First step*

Adjust one habit this week.

## *Tree | The Symbolic Essence*

What you provide to the world

### *What it is*

The visible expression of your values through action.

### *What it supports*

Alignment between who you are and how you live appears in:

- *Presence* – how you show up
- *Purpose* – why you show up

### *Guiding question*

What does my presence create?

### *First step*

Clarify one purpose statement.

## *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.