



# The Personal Blueprint

Discover your patterns. Reclaim your power. Rewrite your story.

Created by Heather Spurrell

# What It Is

The Personal Blueprint is a powerful tool I developed to help my clients uncover the hidden patterns shaping their relationship with themselves – and by extension, every relationship and decision in their life.

It was inspired by my clinical training with the [Gottman Institute](#), a research-based model of couples therapy that uses decades of data to pinpoint the exact areas of disconnection in a relationship. In fact, Dr. John Gottman's model can predict with 94% accuracy whether a couple will divorce—just by observing a five-minute conversation.

As a certified Gottman clinician, I've used their "Relationship Check-Up" tool with couples for years. It gives such precise insight into what's *actually* going wrong in the relationship that the work becomes dramatically more effective.

One day, I thought – **what if we had something like this for the relationship we have with ourselves?**

That question became the seed for the Personal Blueprint.

From there, I took the Gottman Relationship Check-Up framework and adapted it to focus on your *inner* world. Then I expanded it with additional research-backed components like attachment pattern testing, schema testing, and other environmental factors.

The result is a multi-layered assessment that helps us get clear on:

- What's working
- What's out of alignment
- *Where the biggest breakthroughs are hiding*

I've been using and refining this tool in my practice since 2020, and it's become one of the most effective ways to quickly uncover what's really going on beneath the surface. Over the years, it's helped many of my clients gain the clarity they've been searching for – often for years.

# How It Works

The Blueprint assessment has three parts:

1. **Self-reflection questions** aligned with the tree metaphor
2. **Ratings and scales** to assess environmental and emotional patterns (including family dynamics, schemas, and attachment style)
3. **Open-ended questions** for deeper exploration and context

Once you complete the assessment, I review the results and distill them into a clear, personalized overview. This gives us a starting point for coaching and helps us focus on the areas most likely to create meaningful, lasting change.

## How to Read It

To help you make sense of the results, I use the metaphor of a tree.

Much like trees, all humans share the same basic structure—but your *growth*, your *health*, and your *resilience* all depend on the environment you've been growing in.

Each part of the tree represents a different area of your relationship with yourself:

### **Roots – Inner Wisdom**

How well do you know and trust yourself? Are you aware of your needs, wants, and desires – and do you actually honour them? The deeper your roots, the more stable your inner world becomes.

### **Trunk – Heart**

How do you *treat* yourself? What's the tone of your inner voice? The trunk represents self-respect, emotional resilience, and your ability to stand in your truth.

### **Branches – Self-Expression**

Are you free to be fully yourself in the world? Or are parts of you hidden away out of fear or shame? Your branches reflect your freedom to take up space and express your full self.

### **Leaves – Experience of Life**

This is the part everyone sees – but it's shaped by everything underneath. Your ability to give and receive love, feel joy, and create meaningful connection is deeply tied to your roots, trunk, and branches.

### **Environment – External Influences**

This includes the environment you grew up in, the belief systems you absorbed, and your current life circumstances. These factors shape how you see yourself, what you believe is possible, and how safe it feels to grow.

## **What Comes Next**

Your Blueprint is an invitation. It's a reflection of where you've been, what's shaped you, and what's possible now. It gives you a clear view of what's been driving your inner world – and where you have space to grow.

From here, you get to choose:

- What do you want to shift?
- What do you want to heal?
- What do you want to create next?

Whether this is the start of deeper coaching or simply a moment of powerful self-awareness, I'm honoured to witness your journey.