



YOUR
SPIRITUAL
BLUEPRINT
REFLECTION BOOK



KAREN DOCHERTY

Thank you for attending
Your Spiritual Blueprint.

This workbook has been
designed to help you continue
exploring the ideas, questions
and reflections introduced
during the workshop.

Take your time.

There are no right or wrong
answers.

This workbook is for you.
The more honest you are with
yourself, the more valuable the
process will become.

Exercise 1

Your Journey So Far

Reflect upon:

**What first attracted me to
spiritual development?**

**What experiences have
shaped my journey?**

**What keeps me interested
today?**

**What do I hope to gain from
my continued development?**

Exercise 2

Understanding My Spiritual Blueprint

When I think about spiritual
connection, I naturally
experience:

Feeling
Knowing
Seeing
Hearing
Sensing

Describe how this shows up in
your life.

Exercise 3

Trusting My Experience

Think of a time when you simply knew something without being able to explain why.

What happened?

How did you feel?

Did you trust it?

Looking back, what did you learn?

Exercise 4

What Supports My Development?

What helps me feel
connected?

Examples:

Quiet time

Nature

Meditation

Reflection

Creativity

Community

Exercise 5

What Gets In My Way? Reflect honestly.

What challenges appear most often?

Self-doubt

Comparison

Fear of being wrong

Perfectionism

Lack of confidence

Seeking validation

Inconsistency

Describe how these affect you

Exercise 6

My Spiritual Strengths

What
strengths do
I already
possess?

Exercise 7

Areas For Growth

What would I
like to
develop
further?

Exercise 8

My Personal Development Plan

Over the next 30 days:

I will focus on:

I will practice:

I will let go of:

.

I will trust more:

Bonus Exercise

The Two Lists

List One

What I Believe My Strengths
Are

List Two

What Gets In My Way

Looking at both lists:

Which list was easier to
complete? Why?

What does this tell you about
your relationship with
yourself?

Final Reflection

**If I trusted myself more, I
would...**



CLOSING THOUGHTS

Your Spiritual Blueprint is not
something you need to discover.

It is something you already
possess.

The journey is learning to
recognise it, trust it and
work with it.

Thank you for sharing part of your
journey with me.

Karen Docherty



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