

STEFANY J.



The **BLUEPRINT**  
Manifesto

**CHECKLIST**

Your Treasure Maps  
to Having, Managing, & Keeping it All

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# What: The Journey

## *Excerpts taken from The Blueprint Manifesto Manual*

I am super excited to not only share the information I have learned about living my best life possible; I am overjoyed that I am finally able to do something good with everything I have learned, practiced, missed, and conquered. To me, experience is and will always be the best teacher. Call me silly, but I keep having this incessant need to help everyone I can with anything I am able. For me, life is about doing what I love to do and having it filled with a happiness that money could never bring nor buy.

Once I learned the PRACTICE of what I learned, it was like putting together the pieces of a jigsaw puzzles... which by the way is a challenge for me. I can't stand jigsaw puzzles. Especially the ones with 10,000 pieces or more. *(I later discovered the only reason why I never liked them is because I wasn't successful at them and they made me feel like I wasn't smart, go figure!)*

# Why: Because I Love People

I wrote this book simply because I was tired of seeing a variety of versions and watered down pieces of the same content used, re-used, re-mixed, re-tooled, re-styled, and quite frankly re-invented. The one thing I learned a long time ago is to never waste your time re-inventing something that has already been designed and works well. I had finally GOT IT and IT CLICKED for me.

That CLICK changed everything and I wanted to share it with the world. If you are connected to me on social media, you can see I have lived out loud, being as authentic as one could be knowing that my profile was public for all to see. Once it clicked for me there was no disconnect in any area of my life, and now I hope it will do the same for you!

I learned to lift my consciousness to supernatural levels, and harness the power within that I was born with. I learned to tap into the plans of the BLUEPRINTS that were lying dormant in the depths of who I was, and use them all as my road maps to great. In fact, I call them Treasure Maps because truly there is no greater wealth, no greater treasure, than the YOU inside of you.

# How: Simple Science

## It All Begins & Ends With YOU

*Get That Mind in Check and You'll Have Plenty of Checks to Cash!*

In this day and age of technology, new math, new science, and social media, it has always amazed me how we have somehow become more digressed in our abilities and pursuit and with the advancement of science and math, the incessant number of self-made and rather boastful millionaires, that the quality of life has diminished so much for so many and the diminishing of relationships are following suit.

Get off the hamster's wheel and catch your breath. What I am about to share and show you is more than anyone who is about the fast track and the quick dollar ever will. More than that, I am going to give you the BLUEPRINT and the actual road map/plans of how to implement and execute to get the outcomes you desire and deserve.

In order to do that you must be willing to do the following:

1. **KILL your EGO once and for all**
2. **FREE your MIND**
3. **ACKNOWLEDGE your TRUTH**
4. **HEAL your PAST**
5. **LEARN the power of LOVE**
6. **OPEN the door to your HIGHER CONSCIOUSNESS**

If you can manage to do at least 4 of the 6 tasks listed above, then you will be well on your way to a Treasure Hunt leaving the scavenger hunt you've been on all this time as a part of your distant past!

If you find that you are not able to commit to doing the work necessary to really rock out with at least 4 of the items, then you are not yet ready for the contents of this book and this may not be for you at this moment in your life.

While it is an important part of my LIFE MASTERY SERIES which has 2 other components, you may want to just peruse the other parts and see if you have any luck there.

My goal is to give you the instruments you need to succeed in having, managing, and keeping the life you want to have without having to work hard at it ever again. In the beginning will take time,

work, and devotion. If you are committed and can see this thing through, there is no doubt in my mind that everything in your life will change as it did in mine!

**LET'S GET STARTED!**

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# INFORMATION OVERLOAD

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## The Enemies of Your Purpose

One thing I do know for certain, is that the busy mind, the tired body, and the overwhelmed Hustle Mama has no time for a lot of information at one time. So if you haven't already figured it out the following is a short list of the enemies of your purpose:

- ▶ **A BUSY and UNTAMED MIND**
- ▶ **A TIRED and UNHEALTHY BODY**
- ▶ **An OVERWHELMING LIFESTYLE**

Here are some more enemies of the state (*of your higher consciousness that is*)

Distractions

Television

Pop Culture Music

Regrets

Un-forgiveness

Stress

Fast Foods

Packed Schedules

Strained Relationships

Fake Friendships

Bills/Debt/Max Out Credit Cards

Competition

The Stop Watch/Clock/Time

Family Members

Well Meaning Friends/Colleagues

**The Voice** (*\*No not the TV Show, but I do love that show*).



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# PART 1

# CHECKLIST

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Action Items | Remember this is not a race. Take as long as you need to perform the DAILY tasks.

1. **KILL your EGO once and for all**
2. **FREE your MIND**
3. **ACKNOWLEDGE your TRUTH**
4. **HEAL your PAST**
5. **LEARN the power of LOVE**
6. **OPEN the door to your HIGHER CONSCIOUSNESS**

## WHY MUST I KILL MY EGO?

- ▶ Because without notice, it slowly becomes your driving force instead of passion

- ▶ Because it will cause you and your life's work to be defined by external means and triggers if you are not careful
- ▶ Because overall, your success will not be sustainable.

## **HOW DO I KILL MY EGO?**

- ▶ Identify what makes you happy and why
- ▶ Sit in silence to identify and tune into what motivates you
- ▶ Ask yourself if you would still feel the same about the aforementioned if there were no “visual or stimulating” benefits to your performance

# **TASK EXERCISE FOR SELF-DISCOVERY**

What makes me happy now in this present moment, that I already have in my life is the following:

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What I need in my life at this moment to make me happy now is the following:

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What I want to have happen in the future so I can be happy always is the following:

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What makes me feel frustrated the most in life, my relationship, work, or with my family are the following:

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I am easily motivated by:

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I am easily discouraged by:

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Here are a list of my truths:

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I KNOW FOR A FACT I NEED TO HEAL MY PAST. I NEED TO FORGIVE THE FOLLOWING PEOPLE FOR DOING THE FOLLOWING THINGS TO ME:

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AT THIS MOMENT THIS IS WHAT I'M  
DOING WITH MY LIFE...

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THIS IS WHAT I WANT TO DO WITH MY  
LIFE...

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HERE IS A LIST OF ALL THE PEOPLE IN MY LIFE WHO I  
LOVE

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HERE IS A LIST OF ALL THE PEOPLE IN MY LIFE WHO NEED  
MORE LOVE FROM ME

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HERE IS A LIST OF ALL THE PEOPLE IN MY LIFE WHO I  
DESIRE LOVE FROM BUT DON'T RECEIVE IT

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# TASK EXERCISE REMEDIES

By now you should have had an opportunity to really dig deep to discover, admit, and face some things about what makes you tick and be who you are. If you do not believe you have discovered something new then you may need to go back to the exercise and dig deeper for more answers to the questions. Try as much as you can not to be superficial in your answers. The only way to soar high, is to drill down to the core of who you are, what you want, what makes you happy, and what you need to steer clear of. That can only happen with honesty and discovery.

Also, it is a good idea to perform the exercise frequently in the beginning (just to see if your answers are the same) and then systematically so you can begin to chart your growth. The neat part about this entire BLUEPRINT thing is that it is easily transferable to specific areas where you desire to change, whether it is in your relationship, job, or other pursuits of interest and happiness.

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# The Blueprint

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## The Nuts and Bolts of a Great Design

WHAT IF I TOLD YOU THAT WE CARRY  
THE ANSWER TO OURSELVES IN  
OURSELVES?

Who we are, what makes us tick. what inspires us, causes us to act the way we do, look the way we do, interact the way we do is very much ingrained in our DNA. Sure, our environments, upbringing, what we have been exposed and pre-disposed to all play a part.... But the BLUEPRINT itself, the basic plan and premise of the foundation of all that is, flows through the channels and streams of our vessels, secures its rhythm from the beating of our hearts, and is the collective responsive answer to our calling and our purpose in life, and vice versa.

We are each born and called to purpose. The BLUEPRINT for your life and what you are to do with it is inside of you. Rising to our Higher Consciousness takes discipline, awareness,

imagination, and courage; .... Because in order to do so you have to first UN-LEARN what you think you know, and then receive NEW instructions for thought, speech, action, and expectations. Once again, there is no re-inventing the wheel. There are no short cuts, and there is no denying.... you, me, anyone, everyone can have it all, manage it all, and keep it all because we've all been designed and given the instruments to do so!

## EXECUTION EXERCISE

DEEP DOWN INSIDE I BELIEVE I WAS ALWAYS MEANT TO DO, BE, AND/OR HAVE THE FOLLOWING:

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TO ME, MY GAME CHANGER WOULD BE IF THE FOLLOWING HAPPENED:

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# EXERCISE REMEDY

AT THIS POINT AFTER REALIZING AND SPEAKING AND WRITING WHAT YOU WERE ALWAYS MEANT TO DO AND BE, AND ALSO IDENTIFYING WHAT WOULD ACTUALLY CAUSE YOUR SITUATION TO SHIFT, YOU ARE READY TO BEGIN THE PROCESS OF DESIGNING OR SHOULD I SAY RE-ALIGNING WITH YOUR PURPOSE AND TAPPING INTO YOUR PERSONAL BLUEPRINT.

RIGHT NOW THIS IS HOW I AM FEELING:

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# The Manifesto

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*SO WHAT IS SO GREAT ABOUT A  
MANIFESTO ANYWAY?*

## Why Having a Manifesto is So Important

In my opinion having a manifesto is more than important, it is an absolute necessity. In recent years we have seen the growth of vision boards and intentions, affirmations, positive statements, and the like. Well the manifesto takes each of those things to a collective next level.

There are quite a few (not many) but really good websites that go more in depth about what a manifesto is, the attributes of content which are incorporated into the body of work, and even



examples of some of the things to consider when writing one.

**QUICK ASIDE** | *It is my hope that I did not lead you to believe I was going to give you the exact content of a or my personal manifesto. For one thing you would never want me to do that because (a) it removes the authenticity of the work and of your core desires, and (b) you would be bored to death reading what I've come up with because if you haven't noticed by now, I am a talker. Oh yeah and (c) I can't help you with the development of your BLUEPRINT if I am using MY manifesto.*

Ok so back to the shortcut, which by the way in life there are not such things as shortcuts, only cutting corners. It is never good to cut corners because you only end up with a subpar finished product, and folks already have issues thinking they are subpar to begin with, we don't need to wrestle any more giants.

Don't forget the in depth and breadth of a well designed manifesto will yield far more than a quick

few brainstormed paragraphs. Remember if we want to affect change and use the power of the Universal Energy as fuel, then our manifesto needs to be clear, precise, and genuine. Again, the direct links to what I found most helpful can be found on the resources page of this ebook, and if you find you are still stuck and need more assistance, feel free to reach out to me. I'm just a few clicks away!

## SHORT SUMMARY OF CRAFTING A MANIFESTO

*The Hustle MAMA's Definition: MANIFEST  
Ohhhh - the instrument or tool used to bring  
to fruition the Ohhhh Man, Ohhhh Wow,  
Ohhhh No Way parts of your life!*

The KEY ELEMENTS Include, but are not limited to;

- ▶ **Intentions (what you intend to do, have, be, or manifest)**
- ▶ **Declarations or Guiding Principles (what you believe; your stance on a particular topic)**

- ▶ **Vision or Dreams/Desires (the type of world that you dream about and wish to create for yourself, your family, and others)**

The Optimal TRIGGER once you've identified your key elements is:

- **The FEELING or the VIBRATIONAL PULL of possibility and soon after, absolution.**

A manifesto functions as both a statement of principles (*THE INTENTIONS*) and a bold (*THE DECLARATIONS*), sometimes rebellious (*DREAMS*), call to action (*FEELINGS*). By causing people to evaluate the gap between those principles and their current reality, the manifesto challenges assumptions, fosters commitment, and provokes change. (*paraphrased from the art of manliness*).

With a manifesto, you are able to put pen to desires and have a DAILY READ that is intimate and igniting to the world you are creating for yourself in spite of the reality you see. It's like giving daily access to the core of who you are.

# ROAD MAP TO THE DESIGN OF THE MANIFESTO

- ▶ **Meditate for inspiration over the core of what you want**
- ▶ **Define and focus on your strengths**
- ▶ **Identify your values and your passions**
- ▶ **Write down your intentions and guiding principles**

THRU MEDITATION I HAVE FOUND I REALLY WANT THE FOLLOWING:

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THE STRENGTHS I CURRENTLY HAVE ARE

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THE STRENGTHS I WOULD LIKE TO FOCUS ON ARE...

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SOME OF MY CORE VALUES & THINGS I  
AM PASSIONATE ABOUT ARE:

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# THE FOLLOWING ARE MY GUIDING PRINCIPLES

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Make sure you have used strong and affirmative language so that you will have a subset of affirmations within the manifesto itself. Keep it for a few days and without looking at what you previously wrote perform this exercise again. I ask that you do this to ensure that you are getting to the root of what your soul desire's and are not being swayed by your present set of circumstances and your mood at the moment.

You may need to merge both documents or you may find that you prefer one over the other. In either case, make

that your MANIFESTO and your instrument of choice in this first step of your LIFE MASTERY.

It may be a good idea to compile an annual collection of your materials just so you can see how far you've come or give yourself a good idea of where you are going.

There is nothing like giving the Universal Energy a command and seeing it deliver it back to you exactly as you directed.

That is exactly what this BLUEPRINT MANIFESTO will do for you if you do the work. Believe me when you do yours, the Universe delivers right back to you the best interpretation of what you designed, declared, decreed, and desired. And to me it gets no better than that!



# Conclusion

Again, I know this may be too out there for some and way too much to do for others. But for the souls who have that faint whisper of dissatisfaction wanting to be let loosed, this work will be just the relief that is wanted, needed, and desired.

I hope that for those who are able to carve out a little bit of time in their busy day-to-day lives, this work has proved valuable enough to give you a good start, and inspiring enough to have you keep going.

It is a beautiful world out here, do not ever listen to those who would want to convince you otherwise and have you keep them company in the throes of their misery and fears.

You can absolutely HAVE IT ALL and have it without Heartache, Hardship, and Happenstance. Everything is purposed, you are destined, and this is how you get there.

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# Recap Shortlist

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- ▶ KILL your EGO once and for all
- ▶ FREE your MIND
- ▶ ACKNOWLEDGE your TRUTH
- ▶ HEAL your PAST
- ▶ LEARN the power of LOVE
- ▶ OPEN the door to your higher CONSCIOUSNESS
- ▶ ELIMINATE the distractions,
- ▶ IDENTIFY and DEFEAT your self-sabotaging enemies

*DESIGN your BLUEPRINT MANIFESTO  
and watch the power of the Universal  
Energy do its thing!*

# Resources & Links

THESE ARE JUST A FEW WEBSITES THAT I CAME ACROSS THAT I THOUGHT WERE COOL AND HAD SOME GOOD INTEL

*All About DNA, The Blueprint, The Manifesto, & The Hustle MAMA*

BE HUMBLE, STAY HUNGRY, AND HUSTLE

BLUEPRINT FOR LIFE SELF STUDY

BLUEPRINT FOR LIFE WORK DESIGNS

DNA: BLUEPRINT FOR LIFE

WHY IS DNA THE BLUEPRINT FOR LIFE?

HOW TO MAKE EYE CONTACT THE RIGHT WAY IN LIFE, BUSINESS, AND LOVE

HOW TO WRITE YOUR MANIFESTO IN 5 STEPS

HOW TO WRITE YOUR MANIFESTO

HOW TO WRITE A MANIFESTO

Now, I wouldn't be The Hustle MAMA, if at some point of me pointing you in the right direction, I didn't include all my stuff. Now don't forget this is the CHECKLIST for an eBook 1 in a series of 3 for my **LIFE MASTERY SERIES**.

Also, if you need more hand-holding, support, information, direction and specific guidance to assist you feel free to reach out to me at [info@stefanyj.com](mailto:info@stefanyj.com). I also have A LOT of life lessons and diary recollections on [MY BLOG](#) so check it out when you can, it may help. Don't forget I own a magazine [HUSTLE MAMA: The Magazine for Today's POWERHOUSE Woman](#)... and I am told by our readers that the rich content of the features and stories really helps them in and out of different situations.

And of course follow me on all SOCIAL MEDIA  
@TheHustleMAMA

