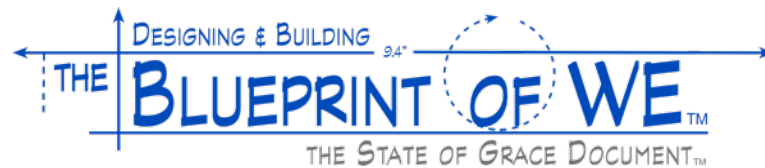


# Beyond self awareness, our world now demands **Collaborative Awareness**

A collaboration process used to make your day-to-day interactions **Effortless** ~ both business and personal



## WHAT IS IT?

The Blueprint of WE (aka the State of Grace Document) is a collaboration process used to establish healthier, more resilient business and personal relationships in a world that changes in increasingly complex ways, making the old ground rules no longer reliable. It gives you the power to be the architect of your life, rather than squeezing into pre-established relationship definitions. You personally write the document along with those involved (whether 2 people or 20,000+), preferably at the beginning of the relationship. It captures what draws each individual to the situation, your personal preferences and expectations; and it provides a path back to peace if the need arises. It is often being used to replace or enhance traditional legal contracts.

## 5 COMPONENTS OF A BLUEPRINT OF WE

- 1. The Story of Us**  
Share what draws you to these people and this situation.
- 2. Interaction Styles & Warning Signs**  
The "blueprint of me," how I work best, what I look like on a good day/bad day, and what I might need that I couldn't ask for in the moment.
- 3. Expectations**  
Core values and non-negotiables, the structure you need to create and sustain this relationship.
- 4. Questions to Return to Peace**  
A tool to return to peace if the need arises, makes the difficult times shorter and easier.
- 5. Short & Long-Term Agreements**  
How long you're willing to go before you make peace. An agreement of no outright harm, a willingness to keep an

open window if the unimaginable happens.

## WHO'S USING IT AND WHEN

The Blueprint of WE is currently being used in 100+ countries in communities, corporations, small businesses, non-profits, families, schools, between business partners, boards of directors, teams, couples, friends, siblings, etc. Because it is a framework upon which to share the "blueprint of me" with others, it can be used within any relationship situation that exists, and with as many people as are involved. It creates effortless communication and easy day-to-day interactions that reduce stress and enhance overall emotional and physical health. People around the globe say it is an idea whose time has come. Visit the website to download sample Documents and learn to create your own.

[www.CLSolutionsInc.com](http://www.CLSolutionsInc.com)

# THE 5 COMPONENTS OF A BLUEPRINT OF WE DOCUMENT:



## 1. THE STORY OF US

This is the story of the individuals as they see one another while things are going smoothly. This is done in order to capture that affirmative perspective and remind ourselves why we're drawn to the other person(s) in the event that things go astray. We don't want to lose sight of what we once found so amazing.

Each person writes their version of The Story of Us, which is the story of the other's characteristics they most admire or appreciate and the reasons they're attracted to the situation. It could also be in the form of a bullet-pointed list. This serves as a reminder that when things get tough, these brilliant characteristics still reside. It's a mind map back when we need it most.



## 2. INTERACTION STYLES AND WARNING SIGNS

Each person creates a bullet-pointed list of his or her Interaction Styles and Warning Signs. The Interaction Styles are an account of how you generally like to work and live. Do you need to think out loud with a group, work alone at times, need an agenda? Do you tend to prefer quiet time, are you high energy, direct when you communicate, do you lean towards the optimistic? Interaction Styles deal with how each person likes things done, what's non-negotiable, what their preferences are, etc.

The Warning Signs is a list of the external clues you may show as signs of stress. The behaviors you exhibit right before things spin out of control. Are you less patient, do you immerse yourself deeper in your work, become a perfectionist, tap your pen on the table?

And most importantly, when you show these signs, *how might someone help you pull out of the spiral?* Tell them *now*, because in the moment, it might feel impossible to say what you really need. Come talk to me; give me space, then talk to me; help me see the data so I can step back from the emotional; offer me a back rub; reassure me, etc.

Warning Signs are the behaviors each person tends to display when things begin to go awry. Knowing these up front, and having someone tell you how to best assist, can alleviate a great deal of miscommunication and assumption that lead to a downward spiral.



## 3. EXPECTATIONS

The Expectations section is where you list the type of things contracts traditionally cover in terms of what's to be done, agreed upon, or intended. This is also the space to let the other person know what overall expectations you have

about the particular type of relationship you've entered into. It is the place to custom design the structure that you need to create and sustain the relationship.



## 4. QUESTIONS TO RETURN TO PEACE

The parties separately craft, and then merge, a list of questions they commit to answer with one another that will help bring a return to a state of peace if the need arises.

Questions like:

- What am I afraid of?
- What truths do I need to tell?
- What do I need from you right now?
- Does money play a part in this situation?
- What do I gain by continuing/ending this relationship?
- Is it time to redefine or redirect our work together?



## 5. SHORT AND LONG-TERM AGREEMENTS

Part of establishing a Blueprint of WE is also agreeing to a limited amount of time that can elapse before agreeing to come together to go over the Document. For some people it's three hours. If they feel something is off, they commit to sitting down within three hours and beginning the process of finding their way back to peace, even if the conclusion is that the relationship container as they know it is over. For some people three hours is too long, for others two weeks is the right amount of time. It depends on your temperament, style of relating to one another, and how much time you need to calm your mind down enough to have a more open-minded, compassionate conversation. This time-frame commitment states you will bring it up within that amount of time, but once you do, the parties involved can decide if they're ready to actually go over the questions in that very moment or if they need time to process what's happened first.

The parties also agree on a long-range timeframe of five years or more to get back together to find peace if something unimaginable happens and they can't seem to go over their Questions before then. They also agree that if they can't manage to come together, at the very least they commit that they will not do anything to outright harm the other person. They will not speak negatively to others, or create more pain for the other person.

Many of us carry the pain of a bad ending for a lifetime and never resolve it. This commitment allows us the opening through the healing nature of time.

*The Blueprint of WE is a written trust between two or more people who see the power in moving through the fears and joys of a relationship with ease. It's typically written in the initial stage of the relationship, although if you are currently in a good place with someone, but the relationship is not new, it can be written then as well.*