



Your EVOLVE Blueprint

The 10 Keys to Accelerate & Amplify Your Personal Evolution

Brave Soul,

I am so happy you are here. The truth is changing & growing can be SCARY. It often requires you to do things that feel uncomfortable. Here are some words of wisdom...

One step at a time. Start with small steps if you need to. Trust all happens in divine time (not the pace your ego wants it to happen).

I know there will be days you will doubt your journey (like I did and still sometimes do). On those days: breathe in trust, reach out for support, and use your tools even more.

And my favorite nugget of wisdom...*Progress not perfection*. Never, ever, ever beat yourself up, no matter what. Loads of self-acceptance and compassion is necessary. Seriously, if this is the ONLY thing you do, it will create a huge leap in your evolution.



Lastly, you don't need to do this alone. You are not Superwoman (or man). We all need support. Whether it's me you choose to walk alongside you, or someone else, it doesn't matter. What matters is that you have someone walking with you. We are not meant to do this alone.

Sending you sooooo much love, compassion, and courage as you continue your journey. Xoxo Tanya



Your Invitation

In the pages that follow, I will walk you through the 10 Keys that will support you to rise above your limits, connect with your power, and give & receive more love in all forms.

These are the same Keys and tools I've used to heal Multiple Sclerosis, depression, anxiety, eating disorders, addictions, body shame, past wounds & trauma, toxic relationships, extreme self-hatred, and so much more.

People usually like to do this in one of two ways. Some like to do it all at one time, carving out 30-60 minutes. And others like to do it over 10 days, doing one Key each day. However you chose do it is fine. You can't do it wrong. Follow your guidance on what way works best for you.

As you move through each Key, I also recommend you rate each one on a scale of 1-10 with compassion & curiosity (0 = needs a lot of support and 10 = no improvement needed, you're at 100%). Awareness, and acceptance of what you become aware of, is necessary to changing anything in your life.

Also, there is no need to judge yourself. I won't judge you, either (ever). Wherever you are is where you are. You can't mess up on your journey... there are no mistakes or failures from a spiritual perspective (just your ego's). If you don't really like where you are right now, that's okay. And this is usually what propels us forward to make the changes we are being guided to make. That is why you are here reading this right now.

Lastly, once you complete it, pick one or two Keys to start focusing on. The LAST thing I want you to feel is overwhelmed. When that happens, it keeps you stuck.

Now, take a breath, smile, get excited... and let's dive in! 😊



Key 1 ~ You Are Divine

Have you become disconnected from your true Self? The powerful Soul that you are? This happens due to busyness, life challenges, past wounds & trauma, conditioning (by our family, society, culture). Reconnecting with and ACCEPTING all parts of you – your Soul’s desires, body, emotions, beliefs & fears, and “Something Bigger” is the foundation to your healing, growth, evolution. If this was the only Key you focused on, it would be more than enough.

How are you doing with this Key?

0 (-----|5-----) 10
 I need a lot of support I’m at 100%

Tip/Tool: Take 3+ minutes each morning to connect with you. Write your emotions, what you feel in your body, your thoughts, and your desires in all life areas -- self-connection, health, spirituality, relationships, passions, purpose/career, money/material, location.



Key 2 ~ You Are Lovable, Worthy, Good Enough

Do you have a harsh inner critic? Should on yourself or beat yourself up when you make a “mistake”? Do you think you have to do something or change to be lovable? Feel that you are bad or not good enough because of something you did or was done to you in the past? Cultivating complete self-acceptance & unconditional love and embodying your worth is essential for you to heal your past, have a healthy body, and receive more love in all forms – love & support from others, money, career/purpose, guidance, etc.



How are you doing with this Key?

0 (-----|5-----) 10
 I need a lot of support I'm at 100%

Tip/Tool: Look in the mirror/your eyes each morning and evening. Place your hand on your heart, smile at yourself. Tell yourself what you love and appreciate about you. If there are parts of you that you haven't been accepting, tell those parts that you now accept them fully (and really try to feel it). Feel free to add any other words that are positive, loving. End this practice by telling yourself that you deserve and are worthy of love & everything else you desire. It's TRUE!



Key 3 ~ Trust Yourself

Did you learn to trust other people's opinions and guidance instead of following your own desires and inner wisdom? You are the only one that truly knows your answers, what you need, and what your Soul desires in all areas of your life. Trusting yourself & following your guidance will support you to heal your body, and make positive, lasting changes in all areas of your life.

How are you doing with this Key?

0 (-----|5-----) 10
 I need a lot of support I'm at 100%

Tip/Tool: Reflect & write on the following – When and why did you stop trusting yourself? What is something that your guidance/heart/Soul has been nudging you to do? What is one small action you can take today to move in that direction?



Key 4 ~ Trust Something Bigger

We are all connected to & supported by “Something Bigger” (call it God, Angels, Source, Universe, Nature, etc.) but have become disconnected for many reasons. Cutting off this connection can create anxiety, depression, and even illness. It keeps you stuck in the vicious pattern of struggle and survival fears. Connect with and trust your Something Bigger daily so that you can feel at peace and make decisions based on divine guidance vs. ego fears & beliefs. You don’t have to and were NEVER meant to do it all on your own.

How are you doing with this Key?

0 (-----|5-----) 10
 I need a lot of support I’m at 100%

Tip/Tool: Take 3+ minutes each morning and before you go to bed. Find a quiet place, close your eyes, and ask/pray silently or out loud to your Something Bigger about how you feel and what you need guidance on or support with right now. Then listen, watch, or feel for your guidance (we all receive our guidance in different ways). Remember the guidance we receive may not always make logical sense and might stir up our ego fears. Your guidance may also come later via signs, songs, other people, dreams, etc.



Key 5 ~ Stress Less & Live In Flow

Stress is the #1 cause and progression of illness, pain, weight issues, anxiety, and depression. It can also block your creativity and guidance. LOTS of things cause stress: our inner critic, busyness, trying to please everyone, chemicals, thinking you have to do it perfect/right, trying to control everything, toxic relationships & environments (to name a few). It’s important that you become aware of your stressors, take actions to shift them, learn to live in flow and do everything with ease, grace, joy & love.



How are you doing with this Key?

0 (-----|5-----) 10
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Tip/Tool: Carve out a time to honestly reflect on what is at the root of your stress – make a list. Remember you are no longer a powerless child. You are now a capable adult that can change anything in your life that is draining you, causing you to feel overwhelmed, burnt out, or making you sick. NOW look at your list and pick one to start with... what is one small (or big) inspired action you can take in the next few days to stress less and live more in the flow (examples: look for a new job, eat healthier, use a tool to shift negative thoughts/limiting beliefs, set a boundary with someone)?



Key 6 ~ Nurture Your Body & Mind

Perhaps like most, you were not taught the important skill of listening to your body so that you can give it what it needs to stay vibrant. Your mind also needs tending to... especially with so much conditioning & negativity we take in every day. Taking time to nurture your body and mind daily is necessary to heal & stay healthy, feel happy & fulfilled, and share your divine gifts. You can fully give to others if your cup isn't full.

How are you doing with this Key?

0 (-----|5-----) 10
 I need a lot of support I'm at 100%



Tip/Tool: Take a few minutes every morning in a quiet space, with eyes closed:
 BODY – Ask your body what it needs most today (examples: drink more water, take a 20 min nap or meditation, move/exercise, get out in nature, a massage).
 MIND – Ask your Higher Self/Soul what your mind needs most today (examples: positive self-talk, learning or doing something new, rest, connecting with a positive/supportive person).



Key 7 ~ Your Truth & Boundaries

Hiding aspects of your true or authentic Self probably began in childhood due to being criticized, controlled, teased, losing approval, being physically hurt or punished in some other way. Like me, you were likely not allowed to set boundaries with your parents, older siblings, and other adults (even if what they did was hurting you). As an adult, you no longer need to hide these aspects of you and are now capable of standing up for yourself. It's time to move beyond the old fears, express who you truly are with everyone, plus set and keep healthy boundaries... so you can THRIVE in all areas of your life.

How are you doing with this key?

0 (-----|5-----) 10
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Tips & Tool: Reflect on the following...

- What part(s) of your Self are you still hiding today?
- Who do you have trouble setting/keeping boundaries or speaking your truth with?
- What old fears or limiting beliefs are keeping you from doing so? What seeds of truth do you need to plant & water daily so you can? Use a tool every day to support you to do so.



Key 8 ~ Love & Relationships

All relationships are in your life for a reason. Some for only a season, and some for a lifetime. All for the purpose of supporting you in some way on the journey your Soul has chosen. Sometimes that support will look and feel positive... AND sometimes this support will look and feel negative, even be abusive. If you look closely, many of your “negative” teenage and adult relationships will mirror aspects of the ones you had in childhood (and maybe still have) with your mother, father, siblings, grandparents, and other primary caregivers. This happens to assist you to heal past wounds and to overcome certain challenges your Soul wanted to experience (abandonment, abuse, infidelity, etc.). Once you fully heal the wound or overcome the challenge, you will stop attracting these types of “negative” relationships. In the end, we are all here to give & receive more love, from ourselves and others.

How are you doing with this Key?

0 (-----|5-----) 10
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Tip/Tool: Reflect on the following...

- What was (or is) your relationship like with your mother, father, siblings, primary caregivers?
- Do they mirror any relationships you currently have or had in the past (partners, friends, bosses, coworkers, etc.)?
- For the ones that seemed negative -- What gift/lesson did you receive? What challenge did you overcome (or maybe still are)?



Key 9 ~ Live Your Passions & Purpose

Having fun and doing what “lights you up” is not only important for your health (mind & body) but can also be a clue to your purpose. When we play, it also opens up our guidance channels and creative flow. Part of your purpose on the planet is to enjoy yourself, to experience as much pleasure as possible, and to give & receive love. Your life experiences and the challenges you face are often the catalyst for you to discover & fully live your unique Soul’s purpose. Taking time daily to nurture your passions & purpose is essential to being healthy, happy, and living an abundant life.

How are you doing with this Key?

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Tip/Tool:

PASSIONS- Reflect – What “lights me up”? What do I love to do OR did love to do as a child? Perhaps something you have always wanted to try. Carve out at least 30 minutes a day for play time... AND show up for it. 😊

PURPOSE- Reflect – What have been my biggest struggles or challenges (current or past)? How am I being guided to support others through these same experiences?



Key 10 ~ Your Money Flow

What is your current relationship with money? Do you feel positive and abundant when you think about money? Or struggle with feelings of lack, scarcity, or even shame? Do you always seem to hit a “money ceiling” when it comes to receiving? Have trouble with spending too much or too little on yourself? We all have a “Money Blueprint” - beliefs you hold (often unconscious) given what you heard, saw, experienced while growing up (and from past lives/our ancestors too). It’s important to discover your money blueprint and learn tools to shift those limiting beliefs & fears, so you can create an easy, loving, fun relationship with money, be a contribution to yourself & others, do what you love, and let the money flow!

How are you doing with this Key?

0 (-----|5-----) 10
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Tip/Tool: Reflect on the following...

- What did you see, hear, and experience while growing up regarding money?
 - What beliefs do you think you hold about money given your past? Write them down and include an opposite/truth for each, then use a tool to shift them (guided therapeutic meditation practice, self-healing process, truth loop, etc.).
- Example: I never have enough money VS I always have more than enough money.

On your journey, I also recommend to: listen to a guided therapeutic meditation practice 1- 3x/day, a truth loop each morning & throughout the day, and a self-healing process several times a week. These will support you to clear limiting beliefs & fears, plant the seeds of truth, connect with & accept all parts of you, and make the changes you desire in all areas of your life. You can find the sample practices on [Your Starter Kit](#) page.



Remember... you are here to grow and EVOLVE – To rise above all your limits, connect with the powerful Soul you are, and give & receive more love in all forms.

I've successfully supported clients since 2008 to:

- Heal illness (Fibromyalgia, chronic fatigue, brain fog, weight, M.S., headaches/migraines, pain, stomach issues, depression, insomnia, anxiety, thyroid issues, cancer, and more)
- Heal deeper layers of past wounds and trauma
- Discover and shift limiting beliefs & fears in order to receive more love in all forms (relationships, money, fulfilling career, etc.)
- Connect with your Soul, Divine Team, loved ones on the other side
- Tap into your own guidance system & intuition
- Co-create an abundant life you LOVE

If you feel guided, I would love to support you in a deeper way too.



If you have a question, want to set up a time to chat about the best option to get started, or would just like to say hello, I would love to hear from you. 😊

You can reach me at tanya@tanyapenny.com.

Sending you so much love and courage to walk your healing path. xoxo Tanya 😊