

# My Vitality Blueprint





# The Vitality Blueprint

## *Workbook*

*Your personal guide to creating the vibrant,  
purposeful future you deserve.*

<b>C</b> Clarity	<b>O</b> Outlook	<b>R</b> Reimagine	<b>E</b> Embodiment
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<b>Name</b>	<b>Date Created</b>
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# How to Use This Workbook

The Vitality Blueprint is your personal roadmap — a living document that captures where you're headed and the daily habits that will carry you there. It's built on a simple but powerful system called CORE.

<b>C</b>	<b>C — Clarity</b> Your why and Vision State — the emotional anchor for everything that follows.
<b>O</b>	<b>O — Outlook</b> Your thoughts and beliefs about aging and what's possible for you.
<b>R</b>	<b>R — Reimagine</b> Your ideal future self and life, written as if it's already real.
<b>E</b>	<b>E — Embodiment</b> The daily Vitality Codes — small, consistent actions that make the vision real.

Each section begins with a short guide, followed by space to write your own answers. There are no right or wrong responses — only yours.

*This is a living document. Your Vitality Codes are the part most likely to evolve — they are habits in progress, shaped by what's working and what life brings. Your vision tends to be more stable, though it may deepen over time. Plan to revisit the whole Blueprint at 3, 6, or 12 months and notice what is working and what needs changing.*

Everything you've done up until today has been shaping the future you. The exciting part? If you change what you do now, you can create a more youthful, dynamic, and vibrant version of yourself. Your daily habits are the building blocks of that future.

# C

## *Clarity — Your Why and Vision State*

This is your 'why' — the reason you want a plan for aging vibrantly. Your why is the foundation. When motivation dips or life gets busy, your why is what you return to.

The easiest way to find your deepest why is to start with what you don't want.

Begin by answering the first question, then keep asking 'Why is that important to me?'

Each answer takes you a layer deeper. By the seventh, you'll be close to your real why.

*Why are you doing this practice? Or: What do you fear about getting older? What feels uncomfortable, limited, or worrying?*

*Why is that important to me?*

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*Why is that important to me?*

*Why is that important to me?*

*Why is that important to me?*

Why is that important to me? (This is usually where your deepest why lives.)

## My Why

## My Vision State

As you explored your why, notice the feeling that came up — freedom, strength, love, confidence, joy, or something else entirely. That feeling is the essence of your Vision State.

Turn that feeling into a simple 'I am' statement of 3–5 words. This becomes your daily affirmation — your emotional anchor for the whole Blueprint.

"I am freedom." "I am strong." "I am joyful." "I am enough."

## My Vision State

**I am** .....

Keep this somewhere you'll see it daily. Say it aloud each morning — it's one of your most powerful Vitality Codes.

# O

## *Outlook — Your Thoughts and Beliefs*

Your thoughts shape your reality. Repeated thoughts become habits, and habitual thoughts become beliefs. Even if you don't yet have empowering beliefs about aging, you can create them — it begins with awareness.

### **Step 1 — Notice your current thoughts**

Pay attention to the thoughts that arise when you think about getting older. What do you say about yourself as an older person? What do you notice yourself thinking about other older people — the assumptions you hold, the images that come to mind?

Write them all down. There is no judgment here — awareness is the first step to change.

*My current thoughts about aging — about myself, and about older people generally:*

## Step 2 — Meet your ANTs

ANTs are Automatic Negative Thoughts. They appear the moment you try something new, set an intention, or imagine a bigger future. They often sound completely reasonable — like the voice of wisdom or common sense. But their real job is simply to keep you safe and inside your comfort zone.

Think about a time you've started something new — a habit, a commitment, a goal — and then stopped.

What thought showed up? That's likely your default ANT.

Naming it in advance reduces its power. When it appears again, you'll recognise it for what it is.

When you notice an ANT, simply say: 'I see you — and I'm choosing a different thought.'

My default ANT	My reframe

## Step 3 — Create empowering beliefs

Look at the thoughts you wrote in Step 1. Reframe each limiting belief into something that inspires you.

*"I can't..." becomes "I can... yet." "It's too late..." becomes "It's the perfect time."*

## My New Empowering Beliefs:

Write 3–5 new beliefs that energise you. If it helps, think of women who are living the life you want — let them be your evidence that it's possible.

*Return to your Vision State. Do these new beliefs align with it?*

# R

## *Reimagine — Your Ideal Future Life*

Now, dream big. This is where imagination meets intention. You are going to write a vivid picture of your life as if you've already arrived — because your brain responds powerfully to present-tense vision.

Before you write your full vision, let these questions open up the picture.

You don't need to answer all of them — let the ones that spark something guide you.

Write in the present tense: 'I am...', 'I feel...', 'I notice...'

### **Your world**

*Where are you living? What does it look like, feel like, smell like?*

*Who are you living with?*

*Who do you regularly spend time with? What do these relationships feel like?*

### **Your days**

*How do you spend your mornings?*

*How do you spend your afternoons and evenings?*

*What does your body feel like? How do you move through the world?*

## Your growth and contribution

These questions invite you to think beyond the everyday into what will matter most when you look back. *What experiences have you created and savoured — the adventures, the moments, the memories you're most grateful for?*

*How have you grown? Who have you become? What have you let go of, and what have you stepped into?*

*How have you contributed to others — your family, your community, the world around you?*

*What are you most grateful for?*

Before you write your Ideal Future Day, here is an example:

*"I am 80 years old and living a life full of freedom and joy. Sitting on my patio overlooking the ocean, I feel the gentle breeze and warmth of the sun. I hear the birds, smell fresh bread from the kitchen, and taste my morning cacao. I am grateful for my swim and my friendships, and excited for the day ahead.*

*I feel so grateful for all my travels exploring new places and meeting new people. I still love taking photographs and being creative in ways that work for me. I love that I have had been able to make other people's lives feel lighter. I am grateful that everyday I am able to find fun and joy and share it with those around me."*

# My Future Ideal Day

My Vision State, as a reminder:

**I am** .....

# E

## *Embodiment — Your Daily Vitality Codes*

What steps will bring your vision to life? These are your Vitality Codes — small daily actions that influence your energy, vitality, and even your cellular health at the level of telomeres, epigenetics, and inflammation.

Choose 5–12 Vitality Codes that feel genuinely doable right now — not overwhelming.

Use your Vitality Quiz results to guide where to start. Focus on the areas that could give you the biggest lift.

Use your Vitality Playbook as a menu of options. Choose the codes that resonate most.

Always include your Vision State affirmation as one daily action — saying it aloud each morning is one of the most powerful codes of all.

Introduce one more challenging code at a time. Gradual, consistent changes compound into remarkable results.

*Examples to inspire you:*

• Say your Vision State affirmation aloud	• Walk outside in nature
• Drink a glass of water first thing	• Do a gratitude or journaling practice
• Practice Quantum Breath for 3–5 minutes	• Schedule one social connection
• Take a 10-minute movement or stretch break	• Add a high-protein or plant-based meal

# My Vitality Codes

Write as many as feels right — between 5 and 12. Start where you are.

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

11.

12.

*If you miss a step, don't be hard on yourself. Review and adjust — it's about progress, not perfection.*

## Next Steps on Your Vitality Quest

Your Vitality Blueprint is your guide — but the real transformation happens when you put it into daily practice. Here's how to continue.

### 01 Commit to your Vitality Codes

Start with the 5–12 actions you chose in Embodiment. Include saying your Vision State affirmation every day — it keeps you anchored. Your Vitality Codes are the part of this Blueprint most likely to evolve as your habits develop and life shifts, so trust yourself to adjust them as you go.

### 02 Use your book as a resource

The STOP Method for Timeless Aging is full of practical guidance, science-backed insights, and exercises. Now that you have your Blueprint, use the book to design and refine your habits, beliefs, and routines at your own pace.

### 03 Consider the 12-week programme

Living with Vitality is a deeper dive where the STOP Method is fully embedded. Over 12 weeks you'll refine your Blueprint, integrate your Vitality Codes, and practice your Vision State consistently — step by step, with full support.

### 04 Track, adjust, and revisit

Use the tracker pages at the back of this workbook to build your daily rhythm. Notice how your energy, mood, and vitality shift over time. Plan to revisit your full Blueprint at 3, 6, or 12 months — Your Vitality codes will likely evolve and your vision deepen becoming even more vivid.

***Your journey to vibrant aging is already underway.***

Each day is an opportunity to choose vitality, align with your Vision State, and strengthen your future self.

Dr Maud Meates-Dennis · The Vitality Doctor · [defyagelimits.com](http://defyagelimits.com)

*For the woman who refuses to believe her best years are behind her.*

# Month 1 — Daily Vitality Tracker

Month / Year

*Tick each code at the end of the day. Every tick counts.*

Write your Vitality Codes in the rows below — copy them from your Embodiment page. Tick the box each day you complete them.

Vitality Code	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	
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*Progress, not perfection. Even one tick a day is a step toward your future self.*

# Month 2 — Daily Vitality Tracker

Month / Year

*Tick each code at the end of the day. Every tick counts.*

Write your Vitality Codes in the rows below — copy them from your Embodiment page. Tick the box each day you complete them.

Vitality Code	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	
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*Progress, not perfection. Even one tick a day is a step toward your future self.*

# Month 3 — Daily Vitality Tracker

Month / Year

*Tick each code at the end of the day. Every tick counts.*

Write your Vitality Codes in the rows below — copy them from your Embodiment page. Tick the box each day you complete them.

Vitality Code	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	
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