



THE BLUEPRINT

The free guide to the Nurture Map model, and how to use it in creating the life you desire.



THE NURTURE MAP BLUEPRINT

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The Nurture Map, a fully holistic, unique model of wellbeing, personal development and transformation that delivers a tailor-made experience, and is built on neuroscience, holistic psychology and embodied spirituality. This model is simple, yet powerful, and easily integrates into your everyday life, and in this guide I will show you exactly how.

In this blueprint, I will lay out the whole Nurture Map, I will share everything with you, the history, the knowledge, and the layout of the map. I will show you where this will guide you in creating the life you desire and empower you to take the next steps. You can download a simple graphic version of the Nurture Map [here](#), as a guide.

THE FIRST SEEDS

THE ORIGINS

The Nurture Map was first planted over a decade ago. At the beginning of 2003 I was diagnosed with severe pneumonia and over the next few years it would kick-start a major healing and transformation journey of physical, mental and spiritual.

It was in the realm of mental and spiritual where things really hit me the most. I went through a number of different therapies and counselling, but every time it felt like something was missing, that something deeper needed alchemising.

I remember one moment during a counselling session when the therapist got out Maslow's Hierarchy of Needs they had been using to measure and chart my progress. The next level, as they had pointed out, required me to volunteer at a charity shop.

I returned two weeks later, having gained a volunteering placement at a charity shop. When the therapist heard this, she got all excited and again got Maslow out and indicated all these feelings I should be feeling due to now being on level four of that pyramid, but the truth was I didn't.

It was during those two weeks I became more aware that there was something deeper going on, that there was an inner world to explore, that required nurturing. That the external world could exist how it wanted to, but unless I felt good inside I could never feel happy, safe, or free outside. This is when the call and desire to go more inwards started.

THE BLANK PAGE

These counselling sessions ended quite quickly after that as I was told I was not responding and resistant to what was being offered, so much for person centred therapy, I thought.

However, I knew I was being called on a more inner journey, a journey that I didn't realise at that point would become my life work, and my purpose showing up in the world.

It was at this point I reached one of the most transformational months of my life. I remember hitting a really low point and spending almost a month in bed. I just kept thinking over and over again, I need a reset, I need a reset. It wasn't that I wanted to end my life, it was that I wanted a restart, a blank page.

That's when I kept envisaging it, a blank page, a big blank page. I could see it in my mind's eye, I could feel it in my heart. At first, it was a notebook sized page, then it grew into A4 and I leaned into the unknown, I got excited by it. Then it was an A3 blank sheet of paper and I felt the expansion and limitlessness.

I just required a reset, it quickly became a mantra which I deeply felt in my heart. An affirmation which fed my mind with possibilities and no attachment to what that looked like. Then it alchemised and transformed, it shifted me in ways I would only fully understand later on in this adventure, but it worked.

Then one morning it happened, this visualisation of the blank page and the feeling it gave me, shifted me into heart led, intuitive action. It made me feel desire for the possibilities of moving forward. I got out of bed and buried my head in the library and research, I wanted knowledge of the mind, heart, and body from all aspects.

THE ALCHEMIST

Over the next 6 months, I went into a real hibernation and transformation period, which saw me living and breathing into the blank page. It saw me mapping out my own personal development, healing, and transformation. I literally mapped this out on a big piece of paper and along with my own personal studies I started noticing patterns.

These patterns were ones that were showing up in my personal evolution as well as the research that I was reading from all angles of sciences, holistic psychology, and spirituality. I was in uncharted territory and was truly mapping out my progress and steps, in a way that went beyond the usual metrics or man made measurements.

Friends started noticing the shifts and changes in my behaviour and growth, they knew something was having a positive impact in my life and started asking me what. I started showing the friends my map, and they started asking me if I could guide them in creating their own maps.

The next real shift came when a friend of a friend came to me asking about my workshops and how I could help him, and furthermore, how much I charged. I remember having a moment to take that question in. He noticed, and replied, well it's your business to change people's lives, you better be getting paid for that.

I knew at this moment I had to really look at what I provided, what went into facilitating someone in creating their own maps. Most of all, I was passionate about not just handing

them a cookie cutter or one size fits all experience, but something truly unique for each person. That's when the Nurture Map was born.

WHAT IS UNIQUE ABOUT THE NURTURE MAP?

The Nurture Map is a powerfully holistic unique model of wellbeing, personal development and transformation with the emphasis on creating solid foundations and vision for your future and stepping into it.

The Nurture Map facilitates you with the knowledge and understanding into being your own life coach, guru, and cheerleader. For over a decade, this tailor-made experience has guided many people into consistently creating the lives they desire, and I would love you to be next.

The Nurture Map can support you in transforming many areas of your life, which one of these would you like support in?

- WELLNESS
- LIFESTYLE
- CAREER
- BUSINESS
- RELATIONSHIPS
- MINDSET
- LEADERSHIP
- CONSCIOUS LIVING

It has also helped people with conditions such as anxiety, mental wellbeing, and issues like boundaries and people pleasing. Furthermore, and importantly, it's supported past Nurture Mappers with navigating healing of trauma.

The Nurture Map helps lay the foundations to real healing and as one person put it, "It made me realise I was worth making the effort for, and I didn't think I'd ever feel like that."

THE LEADING EDGE OF PERSONAL DEVELOPMENT.

Nearly two decades ago, I first created the Nurture Map, to chart my own personal development and transformation. I buried my head in my own research, studies, and reading in all areas of body, mind, heart, soul, and spirit including:

- NEUROSCIENCE
- NEUROLINGUISTIC SCIENCE
- HOLISTIC PSYCHOLOGY
- BEHAVIOURAL SCIENCE
- EMBODIED SPIRITUAL PRACTICES (Such as the theoretical side of yoga, Manifesting and Law of Attraction etc.)

Over the last 17 years, I have kept up to date with the latest studies in all areas to keep the Nurture Map on the leading edge of science, and spirituality. Over those years, I have added brand-new areas, including:

- EPIGENETICS
- HEART/BRAIN COHERENCE RESEARCH
- QUANTUM PHYSICS

THE NURTURE MAP

YOUR DIVINE BLUEPRINT

You may think this is about the answers, steps, how to's, strategies or programs. You might even think this is about the cookie cutter and one size fits all approach.

What you are actually coming for is the permission to access the most amazing version of you. I want to take this one step further and guide you into you being the permission for yourself, to access the most amazing version of you over and over again without relying on me.

I want to guide you home, to the version of you that still exists before the world told you who you should be. The version of you that is out of time, aligned with your flow and connected to your heart. I want you to never lose yourself again, even if you don't know where you are.

My mission is to reconnect you with the timeless and endless version of you, through this blueprint, with this adventure in soul work and deeply enriching experiences. To put the power of the Nurture Map in your hands, to place you as the guru in your own life, and with it create the life you truly desire.

It's about guiding you in moving through the universe in a whole new way, so the universe moves through you in a whole new way. It's about remaining faithful to your heart as you move through life and connecting with your core values and personal desires and staying true to them, whatever comes your way. Furthermore, it's about understanding YOU are your purpose and the most worthy cause in your entire existence.

WELCOME TO YOUR RESET

This is your reset, the blank page, it's your 'Once upon a time...' moment you get to be the author of your own story. This is the very place I started my own journey in creating my own Nurture Map.

The Nurture Map is 8 connected areas made up of a centre and 7 branches which lead off from the centre of the map. These are here to create new foundations, new safety nets and a new vision for your future.

Each area guides you going inward and connecting with your heart and your deepest soul truth. Within all the areas I share my knowledge and guidance of each branch as well as sharing the intentions of each one. Mixing storytelling, creative visualisation, prompts, journaling and more to help you integrate and orientate your life and your vision.

This understanding of the map and its branches will help you understand how the Nurture Map, and each one individually and brought together as a whole. You will start connecting to your intuition and learning where you are and where you want to go next. There isn't a structure or steps in this model but instead a "Choose your own transformation", as one past Mapper put it, reminding her of the old adventure books of her childhood.

In the next few sections, I will guide you through the 8 areas of the Nurture Map, as well as introducing the understandings, knowledge, and questions for each branch. You will gain an understanding of the aim of each area, and what you are building, and with it a fresh perspective of your life.

CENTRE OF YOUR MAP

The centre of your map is THE most important place on the Nurture Map. This is the place where everyone needs to start, even though I said there is no rigid structure, in order to fully understand and get the most out of this soul work. The centre of your map is the place to reclaim your life, take radical ownership of your life and begin the journey in self mastery.

This branch shows you that life really is an inward job and guides you in reorientating your life based on your inner world and dares to ask; if you are not in the driving seat of your life, who or what is? If you aren't in the centre of your life, who or what is?

For so long, we have given away our power and our sovereignty to things outside us, which has resulted in people pleasing, lack of boundaries and more unhealthy behaviours which have resulted in burnout. It's time to put your oxygen mask on.

What do you need to take radical responsibility for?

The centre of our maps is about reclaiming our lives, creating new solid healthy boundaries, healing old unhealthy patterns. It's based on creating a new vision of the future based on the cornerstones of how you want to feel in life. You will also be introduced to the cornerstones of each branch and how they integrate into your day-to-day life.

GROUNDING BRANCH

This branch is about beginning to connect with your own truth, stepping into your highest self. It's about moving through the world psychically, mentally, energetically and spiritually connected to the highest truth in your soul and your authenticity.

Often we talk about the idea of planting seeds, but never really think about the ground we are planting them in. Think of this as the moment you plant your feet on the ground in the morning. Are they hitting the ground with self-love, and the moment you start walking, how are you moving through your world?

When you bring your awareness to what need to be expressed in your life, what arises? Where are you holding back in life from what needs to be said. Your truth will set you free. The unexpressed and suppressed version of you that that is the portal to everything you are.

What is your undeniable truth?

The cornerstones of this branch out about building the foundations for your truth, making a statement for your life before you've even got out of bed in the morning. This is about reorientating the idea of affirmations and creating more embodying versions which deeply connect with who you are.

GOLD BRANCH

Now we have created new nourishing ground to plant our roots in, this is the time to look at what are we actually planting. This is about searching out your core values, your core gifts and discovering your gold.

This branch is about redefining our purpose! For too long we've been told we must have a purpose, find our purpose and that our purpose work is what life is about. However, the Nurture Map is about placing YOU as your purpose, you are your focus and from that place how you move with purpose through the world.

Take creativity for example, your gold, and one of your cornerstones for this branch maybe your creativity. You are creative, you have a creative mind and this is your gold. Your creativity might show up in the world as your art, your words, or your music, but owning your gold in creativity means you get to move through the world creatively.

What lights you up?

In this branch we connect you with your gifts and create some cornerstones you can nurture in the world every moment of every day and means you have your own set of skills and tools to walk through life with.

HEART BRANCH

When it comes to the Heart Branch, this is one that has really expanded over the years as more knowledge and research has become known. This branch, in intention, is the beginning of embodying a new way of being, fully feeling, and energetically aligning with the vision for your future.

We can no longer fake it until we make it, we have to, now, fully embody and become the person we want to be and the life we want to live. This branch is about guiding you inward, activating your deep inner knowing, connecting you to your own innate wisdom and back to your heart.

This is about a new understanding about our bodies and emotions, and that every single one of our emotions is navigating us to our highest selves. This creates an understanding that every emotion is a portal and our body is a quantum navigational system.

What is the way to your heart?

The heart branch takes this further by guiding us into fully embodying the future and moving through the world in a whole new way. Here we look at the intuitive vision that arises and taking the leaps into creating it. The cornerstones here are embodying a new future, it's about making the future today and taking the quantum leaps in creating the life you desire.

ALIGNMENT BRANCH

Alignment is the ever present path, your true north, the version of you that existed before the world told you who to be. This branch is about meeting yourself where you already are, where you truly are, and discovering and connecting with that higher self.

This branch is the beginning of understanding that the connection to your inner world is the basis for creating your outer world, and that aligning with your inner world is how you truly start creating the life you desire.

Alignment isn't just some fancy spiritual world but deeply rooted within our physical and energetic system, with science and research to back it up, and also show you how to connect with that inner alignment.

What do you have a direction for?

Here we ask the deeper questions to connect to that alignment first and see what happens because all too often we connect with our fears and try to create a vision based on those limitations. Here we start to create cornerstones that are connected to our expansions and limitlessness and our own higher guidance that comes from that place of alignment.

SOUL BRANCH

The Soul Branch is where we take what we've learned and start really integrating our own story, we start looking at what we believe and what limiting beliefs and old stories are running our life. This is stepping into your soul's truth.

With a greater level of consciousness and awareness, we start to understand the power of the beliefs we've had and the story we've been telling us and has been creating our reality. Here we get to rewrite and self edit the story we are telling ourselves in order to start creating and shaping a new reality.

From this new limitless place connected to your soul truth, you get to define you. You get to tell your story, what story do you want to write, who will you be, the possibilities are endless, and you get to choose your own transformation. We get to connect to a version of you that has always existed and ask, what do they believe, how do they lead their lives,

What is the belief that sets you free?

When it comes to the cornerstones of this branch, we start creating a brand-new set of beliefs and a brand-new story. One that you can wake up with and walk in every day of your life.

VISION BRANCH

The vision branch is a brand-new look at creative visualisation, you may have heard of vision boards and law of attraction, but we are going inward, an inner vision. Visualisation is a powerful thing and when integrated into a fully holistic experience, such as the Nurture Map provides, it can take your life to a whole new level.

This is about what we are creating from a place of alignment and authenticity what we desire in our lives because it feels the way we want to feel, and not reaching for things out of scarcity or lack.

This is about the vision for your life that naturally unfolds and what you are inspired into when you take on this adventure because you will start getting insights, intuitive guidance, and visions as you connect more and more to your own intuition and higher self. This places you as your own living embodiment of a vision board.

What do you desire your life to look like?

The cornerstones here take on a fully holistic vision for your life, which takes on your energetic field and all your senses. With this branch, you start moving differently through the world and the world moves differently through you. This is where the synchronicities show up and the unexplained happens.

FRUITION BRANCH

The fruition branch is where another level of magic happens, no more pushing, or striving, just flow. Taking aligned steps and intuitive heart led action. This is where you create super focus and understand a new level of boundary setting.

In most other methods this is the first step, and they are built on taking action, pushing through and showing up often beyond what we are ready for. This ends up creating burnout as we haven't got the right foundations in place in order to take those actions.

Now it's not to say this is the last branch on the map per se, because throughout this adventure in the Nurture Map you will feel and receive more and more intuitive guidance. The Nurture Map is an understanding in the self leadership and mastery it takes to follow these steps, but with the foundations you build, these will become and feel more natural with each step.

What moves do you feel inspired to take?

The cornerstones to this branch create a different type of 'to-do' list and a new way of being, walking and moving in self trust. You will start connecting to the vision and the heart led intuitive steps which come from being connected to all that you are. Every step you take here is a step is an embodiment of creating the life you truly desire.

CAUTION: MAY CAUSE EXTREME JOY, FULFILMENT AND EMOTIONAL FREEDOM.

One area of the Nurture Map I've always struggled to convey, and something which is important, is when it comes to the outcomes. This undertaking is not one of tangible or measurable outcomes, it's not your 10k months or the new relationship, but can lead to so much more.

The adventure in the Nurture Map is intuitive, Heart led, Soul work and as such the outcomes of the Nurture Map do not lie in the realm of the mind but in the realm of the Soul. Once you get into this work, even the tangible results can take on a whole new meaning.

This is about placing you as the expert of your life, the knowledge you can integrate into your life, and the understanding that allows you to unlock the infinite possibilities and untapped potential. This is where the deep, lasting transformation exists and happens in your life.

"The Mind says: Once everything falls into place, you can feel Peace.
The Soul says: Feel Peace, and everything else will fall into place."

For over a decade, the Nurture Map has been the guide and model for this amazing Soul work, one that places you as your own life coach, spiritual guru, transformational speaker and healer.

The Nurture Map is an all-in-one, fully holistic, completely unique experience. This is no one size fits all or cookie cutter experience, no steps or how to's but instead a tailor-made experience to lead you to the highest vision for your life.

Now there is a team of 4 of who are replicating these results over and over again, taking people into the Soul work and guiding them into joy, fulfilment, emotional freedom and creating the lives they truly desire.

THE VISION OF THE FUTURE.

My vision for the next adventure of the Nurture Map is to put the power in your hands, to give you access at your fingertips and give you on hand accessibility. Like one past Mapper put it. "Like having a life coach in my back pocket." - The difference is you are the life coach.

I will soon be launching a range of new experiences to help you put the power of the Nurture Map in your hands. In the meantime, head over to the website to find out more and find a library of testimonials. You check out the latest [Create Your Life with Chris podcast](#) episode. Or connect with my writing on my ['The Universe Is My Playground' substack](#). These are the main hubs or where I like to share what I am doing and from where I am creating the Nurture Map universe.

You can also follow me on my social media platforms Facebook, Instagram, TikTok by searching 'Create your life with Chris' and I also have Nurture Map accounts.

CHOOSE YOUR OWN ADVENTURE.

The Nurture Map is an adventure in self trust, self leadership and self mastery. Someone once described this experience as like an old choose your own adventure story book only, you're the hero and this is your story you're choosing.

In this blueprint, I have shared everything you need to start creating the life you desire through creating your own Nurture Map and becoming the living embodiment of the life you want to create. If these words and messages has left you wanting more, then I present you with ways you can continue your journey with the Nurture Map.

Create Your Life with Chris Podcast.

This is where I share my, almost, 20yrs experience of guiding people in life, leadership, entrepreneurship, and creating a legacy today. What I have learnt over that time, how the Nurture Map has shaped people's lives - and also how those experiences have shaped my work.

I also share more about what I am creating today by building this Nurture Map ecosystem and the culture of nurturance, the team and I are building, and also what this means for the future.

All my services.

I have my own mini website where you can find out more about what I have to offer, my services and more. You can find it [here](#).

Nurture Map Website

There is more on the website, including an introductory to the team of officially certified Nurture Map facilitators and more ways to connect and work together. They all have their own individual gifts, skills, and services, including, but not limited to, meditation, art therapy, somatic work, and more. You can find the [website here](#).

Finally, there are so many exciting things we are creating with this Nurture Map universe and getting this unique and powerful model into more people's lives, and supporting people in as many ways as possible.

