



THE BLUEPRINT OF WE a design document for people



WRITE

Who You Are and
How You Want to Be

1



CONNECT

Move Your Mind From
Judgment to Curiosity

2



DESIGN

Beta Test
Your Design

3



EVOLVE

Become Better
Because You Are Together

4



A CO-WRITTEN DESIGN DOCUMENT

Capture who you are, why you're in, and what you want to do together.

The Blueprint of We encompasses both individual and co-written design documents that give people the space to exchange information about who they are and how they work best.

- When we have information straight from the source, rather than making assumptions, our brains engage the neural networks that build trust and lower anxiety.
- The simple structure harnesses the innate social nature of humans and builds the skills and capacity to deliver on your desires. It is currently used in many languages and cultures in 100+ countries worldwide—from communities and start-ups to non-profits and global corporations.
- Your Blueprint of We is a living, breathing document that evolves and changes over time to reflect the needs, agreements and design of the group.



AN ON-GOING COLLABORATION PROCESS

Don't avoid group stress, use it to make you better

People are messy. And when we collaborate, our messy minds interact with other messy minds. Designing healthy interactions begins by creating healthy minds. The collaboration process builds on your written design document and introduces tools to develop collaborative behaviors, calming messy minds and improving on what is already working.

- Through our Clean Mind Tools you learn to clarify and communicate your awareness of what matters and build trust between one another to engage curiosity and continuous learning.
- The daily tools help you question, and ultimately upgrade, the pattern thinking that causes exhaustion and stress. Stress, when used as a messenger rather than a warning, gives you clarity of direction, ease of decision-making, and resiliency in the storm.



5 COMPONENTS OF A COLLABORATION DOCUMENT

1. **The Story of Us**
What draws you to these people and situation.
2. **Interaction Styles & Stress Messages**
Who you are. How you work best.
3. **Custom Design**
What matters most. Use it to mindfully design the what, when, why and how.
4. **Questions for Peace & Possibility**
Your most creative and compassionate selves captured ahead of time.
5. **Short & Long-Term Timeframes**
Coming back to center and building your document.

The 5 Components of a Blueprint of We Collaboration Document



1. The Story of Us

It is important to capture the story of why we are drawn to the particular people and the situation in any relationship. When we stop to think about what we appreciate about others and why we are in, we are more mindful of keeping it alive. Sharing what connects us lights up our brain's social networks and helps build a foundation of trust.

Establishing the positive perspective allows us to return to and grow the connection during complex changes and stressful situations. Each person writes their version of the Story of Us in story form or bullet-pointed list. It's a mind map back when we need it most and a way to measure how much our story is evolving.



2. Interaction Styles & Stress Messages

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.

Stress Messages 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.

Stress Messages 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. Each person creates a bullet-pointed list of his or her Interaction Styles and Stress Messages.



3. Custom Design

Custom Design focuses on both the elements that contracts traditionally cover and the shared values that inform what's to be done, agreed upon, or intentioned. Each person determines what matters most and what they specifically want to build as part of this particular relationship. They then collaboratively design the structure that best serves each person, the entire we, and the activities at hand.



4. Questions for Peace & Possibility

The parties co-create a list of questions they commit to answer with one another that will accelerate new possibilities or get them back to a good place if the need arises. Questions like:

- How can we turn up the volume on what's already working?
- What truths do I need to tell?
- What do I need from you right now?
- Does money play a part in this situation?
- How can we move from judgment to curiosity in order to get more clarity?
- Is it time to redefine or redirect our work together?



5. Short & Long-term Timeframes

The first Short-term Timeframe is for Clarity Conversations. If you went on a 5-mile hike and got a stick in your shoe in mile one, you would stop and remove the stick. The same applies for stress in collaborative relationships. If you have that knot in your stomach or something feels off, how long are you willing to go before inviting the other party to a conversation? It's important to realize stress in the system is not a problem, but an important message that says we need more clarity. We suggest timeframes such as 4 hours, 24 hours or 3 days. It depends on your style of relating to one another and how much time you need to calm your mind down enough to have an open-minded, compassionate conversation. Within the agreed upon timeframe, each person re-reads the Blueprint to reorient themselves with the other person and reconnect to the positive neural pathways built over time. Then you use your Questions for Peace & Possibility to find clarity and get back to a good place.

The second Short-term Timeframe is for Document Building. Your Blueprint will change and grow in concert with your relationship. Establishing a habit of consistently reviewing and adding to your document is powerful. We suggest weekly, monthly and/or annually.

The parties also agree on a Long-term Timeframe of a year or more to get back together to find peace if something unimaginable happens and you can't seem to go over their Questions before then. You agree to no outright harm to the other person. You will not speak negatively to others or create more pain for them. You also make a personal commitment to finding peace within yourself. 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 entities 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, but if the relationship is not new, it can be written if the people involved are currently in a good place with each other.