



BECOME THE  
**ARCHITECT**  
OF YOUR LIFE WORKBOOK



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**Become the Architect of Your Life**

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**Karen Stultz, Become the Architect of Your Life, The Conscious Prosperity Institute , and KJ Stultz Enterprizes LLC, offer a variety of products and services to support you, your Transformation to more Happiness, Clarity, Confidence and Money, with a lot more ease.**

**Learn more about Karen Stultz at:  
<http://www.KarenStultz.com> and  
like me on [Facebook](#)**

## *Who Is Karen Stultz?*

That is such a great question, because I often asked myself the same thing through my life.

I had taken on the roles of Daughter, Wife, Mother, Grandmother, Teacher, Friend, Employee...but that was Not who I was. I didn't know who I was or what I really wanted.

I had lost myself, and it wasn't until I had nearly turned 50, that I recognized this could not go on. I had not only lost myself, but I had no passion for life.

I enjoyed People, but never felt I was good enough, smart enough, beautiful enough, or even competent enough.

You see before I became a Prosperity Speaker, Trainer and Mentor, as well as the Architect and Creative Officer of KJ Stultz Enterprizes LLC, I had a number of different careers. I was Financial Director, Banking, Politics, and Administrative Assistant, and I was not happy.

I had always manifested, unknowingly, jobs where I loved the people I worked for, and with the exception of 2 years, I was given a lot of flexibility in my work. These things were very important to me.

But I never felt FREE.

I really couldn't because I had created a Box around myself.



Although it was a very nice Box, I felt tied up tight in a Gift wrapped Box!

I didn't have a connection to what I was doing and I remember psyching myself up each morning trying to believe that what I was doing was important to my spirit and it simply wasn't.

The only thing I truly enjoyed was talking and connecting with people.

Discovering Faster and Simpler ways to help them Feel good...to Be Happy.

I loved learning what made them tick, learning about their gifts, helping them see their gifts for what they were...precious.

But I didn't even recognize my own.

People had often told me how wonderful, talented, beautiful, creative, helpful, and successful I was, but I told myself:

“They are making fun of me,”  
“I am none of those things,”  
“They don't know me, how could they, I don't know myself!”

I eventually left the work a day world to become a caregiver for my parents. I moved in with them in another state, leaving my husband to keep the home fires burning in Maine.

I never was a “personal development” person...I was more of a mystery and romance person....but when I was with my folks, I had a lot of time to reflect.

Reflect on life, and the end of life, and I realized that something had to change in my life.

I saw my mom living and dying with regret. I did not want that to happen to me.

I wanted to be a Strong, Confident, Caring Loving, and Free Woman....I wanted to leave my “Old” self, who was a “People Pleaser” living in FEAR of rejection behind and start on a “New” me!

I realized that I wanted to “Make a Difference,” “Be Free,” not be an employee for someone else, and have the financial prosperity so I could “Give Back.” To the causes in the world that resonated with me, without FEAR of how that might affect my family.

So in 2001 I began studying Life and Business Coaching, then proceeded to Life Strategy, EFT and Hypnotherapy.

I set about gathering tools, that would not only help me grow, but would serve the uniqueness of others.

Even if it was “not my thing”, I knew the tools could help someone else, so I added it to my toolbox.

Now I am able to help women discover what is really important to them, and use their Uniqueness to create a Life Ease most importantly, Inner Peace... on their terms.

### **It is Never too late to Be the Architect of Your Life!**

I have discovered who I am, live in authenticity, and now I mentor others who are ready to say “YES” to discovering and standing in their truth and having prosperity and joy and freedom to LIVE!

## *How To “Become the Architect of Your Life”*

Your “Life” Is like no other it is Unique Only to YOU!

There are similar people, those with similar bodies, health, emotions, careers, income, life experiences...

But there is only One you... the most amazing and wonderful You!

I have found in my work, as a Life and Business Coach, Happiness Coach and Hypnotherapist that, just like no two crystals are exactly alike, no two “Beings” are alike.

We as amazing, marvelous “Beings”, are born with a uniqueness all our own, and also a “Birthright” to live in Joy, abundance and Freedom, with inner and outer Peace.

Now I can hear some of you telling yourself...

”Karen doesn’t know what she is talking about...I am not amazing or talented...I am not successful or prosperous.”

And if you listen you may also hear a voice saying...

“I don’t deserve to be. “ (BTW, So Not True!!!!)

You are all of that and More!

It just needs to be brought out and designed for your unique You!  
As it is brought out, you will discover More Energy, More Time, and even More Money, if you choose to.

Ever wondered what the SECRET is to having an abundant, energized, joyful life with freedom and peace?

Why one person seems to have it all while you may be struggling?

Those with lots of education and letters after their names have been debating and searching for the “magic key” for everyone’s happiness for thousands of years!

Yet, after all this time spent analyzing, debating and searching, the “magic key” for manifesting Prosperity and Joy from external sources, simply does not work.

WHY?

Well, I believe there is no *one* “magic key” for creating abundance and joy, Freedom and Peace, because we are Unique Beings, constantly changing, constantly growing and we are very complex, so simply put, one-size does not fit all.

Since I was a small child, I have looked at people as individuals, each with their own individual desires and needs, at different times in their lives.

Some think having more Money...More Help...More Spirituality...More Health...More Beauty...More Possessions... will make them happy.

Some think staying just where they are without change, would make them happy.

And it might...for awhile.

***The only “constant” in life is “change”***

What makes me perfectly happy today may not work tomorrow.

One thing that always brings joy for you, may not for me, and vice versa, and so on.

People have their very own, individualized and uniqueness of gifts, talents and things that bring them joy, a feeling of freedom, and that comes from inside, the amazing “Being” that you are!

**In order to manifest a abundant, joyful, free and peaceful life you must be clear and know what does work for You, so you can create the plan...be the “Architect,” so you can take inspired action with joy and confidence!**

**It does NOT have to be hard...only inspired!**

**Building your life with purpose, a life on your terms, enjoying it!**

**Imagine how awesome it would be if you had a clear blueprint for YOUR complete happiness.**

**A map, if you will, to living from the inside out, taking the steps that move you to Prosperity, Joy and Freedom.**

**Knowing what you truly want to Be, Do, and Have!**

**Then lay the Firm Foundations to Build from there. Adjustments can be once the foundation is in 😊**

**Just putting the foundations in place, and designing your dream, gathering the necessary people, materials and tools, following the plan that works for you and viola ...**

**Life on Your Terms!**

**However sadly, most people think and worry more about what it will cost rather than creating their design... which is a common and costly mistake, because they don't really want to look at what it is costing them not to do it!**

**Building a strong foundation with quality tools, allow you to easily make adjustments in the building, and start really Enjoying Life, much faster.**

**So CONGRATULATIONS!**

**You have taken the first step to remedy this mistake when you downloaded this book!!!**



**Let's get to it, right here and right now!**

**We are going to work through a series of designing games, and come up with YOUR unique "Magic Key" for Abundance, Joy Freedom and doing it with confidence, clarity and ease....**

**Hey Life Can be a Game...let's have a bit of fun discovery!!!**

**It's a FUN process of discovery that will bring clarity and focus to your life. (My philosophy is it Has to be Fun, to reach the results You want)**

***So, let's make this a "Game", Ready to get going? Let's Do It!!!!***

**The first thing to recognize is, there is nothing new. Everything that exists has been here since the beginning of time.**

**The magic that has created everything around us is "Thought".**

### **Inspired Ideas...AKA Thoughts**

**All accomplishments were first a Thought before they were a Thing.**

**This workbook, the computer you are using, the art around you, the chair you're sitting in, the food in front of you, heck even the heat that is keeping you warm and the wine you are having, (oh, that's mine !!), and if you decided to print this workbook out... the printer, paper and the ink!**

**Look around you... EVERYTHING that exists in the physical realm was first a thought.**

**Someone had an idea, a thought and manifested into reality, physicality if you will 😊.**

**The truth is that if we have a thought, it is possible to make it happen, be it physically, mentally or emotionally.**

We do not ever have a thought that is beyond the realm of possibility.

If we are given an idea...we can make it happen.

If we have a problem, it can be solved, at least 3 different ways.

Think about Gene Roddenberry, creator of the original “Star Trek” TV Show. He thought about doors that would magically open when you wanted, phone you could flip open and communicate with, without wires ( ha ha I know, I am showing my age here... I did love that show and still do!)

It took a while, but those things are now so much a part of our lives, it’s hard to think of being without those things.

*If You Have a Thought,  
It IS Possible to Manifest that Thought into Your Life!*

Scientists and researchers at UC Berkeley using functional Magnetic Resonance Imaging (fMRI) have shown that people think in images, and have indeed succeeded in decoding and reconstructing people’s dynamic visual experiences – (<http://www.digitaltrends.com/cooltech/scientists-develop-brain-decoder-can-hear-inner-thoughts/>) –

The same goes for your life...

What “things” do you want to see and hear or experience in your life?

What kind of structure do you want your life to look like?

First, you want to be clear on what you want your life to look like...that way you can easily manifest it into your physical life!

Everything begins with that all-important decision; be open to awareness and open to receiving more abundance more happiness, more energy, and more time into your life.

It begins with declaring and daring to live a more fulfilling life.

The point is you are worthy and you can expect EVERYTHING. After all it is your birthright.

However, Only YOU Can Create Your Fulfilling Life...  
Are You Ready?

*Great! Here is What You will want to have with you...*

*~A beautiful writing utensil*

*~Beautiful paper or journal*

*Be sure they are things that make you feel wonderful when you look at them!*

*(I have added a few pages at the back of this workbook to use until you get your Beautiful Journal)*

## Being An Architect and Manifesting Begins With Clearly Identifying Your Dream Life

Identifying and designing your unique life is the best strategy to unlocking exactly which personal desires must be met and fulfilled so that you can truly enjoy each day, with contentment and confidence, peace and pleasure each and every day!

*So, What's Your Design?*

Once you identify your needs and become crystal clear about your desires, what you WANT in your life to feel prosperous, joyful, inspired, successful, connected, confident, and blissful, you can begin to attract and manifest them into your life.

1. The first step to manifesting your desires is to first identify what it is that you want – the **Structure**.
2. Next you want to **Feel** what it will be like when you are actually living the life you want. Not the life you think you can have, but what you want!
3. Fall in love with your desires.

Begin to take action with Awareness and Clarity, so you can begin to receive your desires into your life – steady action with accountability and clarity.

Feeling how great it will be when you have built the life of your dreams!

*Are you Ready? Let's DO This!!!*

*Fire Up Your Fun Part!  
Be Wild and Crazy!  
The World is filled with Opportunities!*

*ALL things are Possible!*

**Step 1. Ask yourself: “What do I really want?”**

If there were no financial worries, life or health limitations or consequences and you could create the rest of your life anyway you wish, what would an average day look like in your “perfect” life?

There are no wrong answers.

Just let yourself journal what you think. (you may want to put on some music while you do this, or have some essential oils in a diffuser, for additional inspiration)

Picture your life as if you already have it, so write in the present tense.

Be sure to write it out on paper or in a journal, just imagining and feeling is only part...when you write it down on a piece of paper, that simple action tells the Universe, you are Ready to receive!

**Just Have Fun...Life can be easy. Start enjoying now!**

Every answer doesn't have to be deep and meaningful...in fact I encourage you to add in some small or even frivolous desires too!

For example: “I have a deep and comfortable cozy chair to curl up in,”  
or “I love dancing to “That Good Old Rock and Roll”  
or “I have my nails done every week after my massage”  
or I Love my hand dipped chocolate that is delivered to my desk each day”

There is always room for fun in your architectural design!

Remember, there is no judgement here, so if some show up, just let it go. There is no good or bad, right or wrong.

I always say “As long as you are not hurting yourself, or someone else, Give it a try”

There is no right or wrong, so let go of any judgments while you do this exercise.

*Allow and let the answers flow from your heart and soul.*

If your “Nay Saying Realistic Head” gets in the way, you can simply say to it “ Hey, I’m just trying something new, and having FUN, so help me or please leave and stop holding me back!”

Here are some questions to help you gain clarity, about your new life structure.

Remember the “Feeling” you get when you answer the questions.

*If the answer makes you feel “Light” it is true for you...  
If not it is Not your truth! It’s someone else’s, and you don’t have to take it on.*

## Questions to Spur Inspiration

Start journaling (in the present tense) “Your Perfect Day” Start with this:

**“I Love Today...It IS Wonderful...Let me tell you about it, Journal...”**

Where would you live? And why there?

What would your home look like?

What colors would you surround yourself with?

What would your design-style be? Modern? Traditional? Transitional? Minimalist?

What would you live in? A house? An apartment? A condo or townhouse?  
What time would you wake up every morning?  
What would you eat for breakfast?  
Who would you eat breakfast with?  
Where would you sit - inside or outside to eat breakfast? Why?  
What would you spend time doing the first half of your day until lunch?  
What would you have for lunch?  
Who would you eat lunch with?  
What would you do professionally?  
What would your work hours be?  
What would you do for “me-time” outside of work?  
What hobbies would you have?  
What is your significant other like?  
How does your significant other treat you?  
How does your significant other make you feel?  
What would your friends be like?  
What would you do for family-time?  
What would you eat for dinner?  
Who would you eat dinner with?  
Where would you eat dinner?  
What would you do at night?  
Who would you do it with?  
What would you need to do everyday in order for your life to feel fun and fulfilled?  
What would you add into your life so you can feel joyful and content?  
What would your thoughts be as you drifted off to sleep?  
What do you dream about?  
What do you fantasize about?

*Have Fun!!!*





## Step 2: Unleash Your Deepest Desires:

So Beautiful Being, what do you really want?

What do you spend most of your time thinking about?

If you find you are thinking more about what you don't want, that is fine.

Look at that thought and put a 180 on it, for what you want instead.

For example:

Statement: "I don't want to be sad all the time"

Turn Around: "I want happiness and abundance to flow easily to me every day"

*Remember the tip I gave you above: If it make you feel "Light" it IS Your Truth but if it doesn't it is not.*

So look at that example I just gave you...which one Feels Light?

What do you think/dream about, that you would never admit to? (dig deep here, we are building the foundations for the life of no regret 😊)

*What are you super-passionate about?  
What makes you Feel ALIVE!!*

Here are some questions to help...and be sure to write down your answers!

What brings you inner peace?

What inspires you?

What brings you joy?

What brings you pleasure?

What makes you feel loved?

What makes you feel respected?

What makes you feel nurtured?

What makes you feel happy?

What makes you feel empowered?

What makes you feel beautiful?

What turns you on?

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***So Beautiful Being, what do you really want?***

Who do you admire and why?

Who is your hero? (alive or transitioned over)

What qualities do they possess that you admire?

Why do you wish you were more like them?

What qualities do they possess that you wish you had?

These questions are a bit sneaky 😊...

Why?

Because the reason you admire these qualities in others, is because these are qualities that are already possessed by You!

They are hiding inside, just waiting for you to allow them out!

Think about it 😊!

Feel free to contact me for a complimentary Architect of Your Life Discovery Session for more clarity.

OR

Message me on [Facebook](#)

Notes:

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#### *Step 4: Awaken Your Passion*

You, Beautiful Being, are an Architect, a Creator, You have artfully created your life as you know it now, and you, Beautiful Architect, can also create a new life.

You have grown, you have learned, and you are ready to, with consciousness, become the Architect of Your Life!

SO, Let's Start Building...

Now that you have a "dream list" of your thoughts and desires, you can begin to draw your blueprint and put together the supporting tools for your prosperity, joy, freedom and inner peace!

I wrote my Architectural Blueprint below. Use it as an example or as inspiration.

Go for it, have FUN! ENJOY!

**Throw any should, need to, have to's or judgment out the window!**

*Allow your Heart, not your head, to Lead you!*

There is no need to play small here. No need to over analyze or judge or even be "realistic"!

That is why people get sick, too many things get pushed down.

If they could be out and seen for what they are, and used to grow or removed from your life, there would be lots less illness, (In my humble opinion)

*You are the creator of your life! And, it can be as fun-filled  
or as quiet and consistent as you choose it to be.*

Here is my short version of my Architectural Blueprint:

*“I choose my life to be totally Free, Joyful, and Filled with Pleasure and Love.*

*Easily, confidently and authentically creating joy and abundance. With people who love me, and I love. Being appreciated and respected for the difference I am making in their lives, my life and in the world.”*

This does not need to be long and complicated... just be authentic to yourself.

Don't forget what I mentioned above:  
If you can't think of anything, ask yourself “What don't I want?”  
and do a 180, turn it around to see what you want instead.

Karen Stultz Architect of My Life, looks like this:

*A beautiful home, filled with peace, harmony and safety...that is warm, cozy and secure.*

*A Fun, Fulfilling Career, that creates prosperity in my bank account and my soul, because I am helping others in such a huge way.*

*Clients that are thrilled to receive all that I offer.*

*A loving husband and immediate family that respects and supports me emotionally and physically when needed.*

*Fabulous Friends and extended Family, who are there for me, and I am there for whenever!*

*Financial Freedom to Go and Do, whatever I choose to, whenever I choose to.*

*Laughter and light hearted fun*

*Fun and Romantic Vacation at least once a year with my loving husband*

*Lunch or Dinner and a bottle of wine with wonderful friends, who share a trust, to let our hair down together, in trust and safety.*

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*Moving each day with a personal trainer that comes to my home.*

*Fun...Laughter...Good Food...Good Wine and Loving Relationships!*

In order to become the Architect of your life, you have to recognize, you are already the Architect of Your Life, and if it is not a life you want...  
You have the power to change it!

*You truly can turn things around; you do have the power inside of you!*

Most of us find it hard to be honest with ourselves. We face constant challenges, and sometimes it's easier to say, "I Give Up" and go back to living your life on autopilot, allowing life to happen to you, rather than creating the life you dream of.

Going into the life of "Victimhood" again, rather than being Happy, and Free and, Prosperous, Living in Your Authentic Power.

It is much easier to do that sometimes, I used to be that person. It simply was not very fulfilling.

You were put on this earth to be HAPPY!!!!  
Congratulations!!!!

You have taken that step, when you downloaded this workbook, It was your inner "Architect" wanting to shine, to honor YOUR unique life, whatever it may be, so you can live in the Prosperity, Joy, and Freedom that is also your birthright.

Tap into your God/Goddess given gifts and energy and release your Inner Architect to help you create and live Life on Your Terms.

**There you have it... Now the fun begins for you.**

**EVERYTHING STARTS WITH A COMPLIMENTARY CONVERSATION!**

It's been proven time and again that with the proper support system you can have your dreams come true. With the right support tools you can simply remove those destructive, sabotaging, life limiting habits for good.

Replace them with a firm foundation of new and improved self-empowering habits.

**It really is an inside/out job**

It's just a matter of getting the right guidance and accountability partner to help you succeed. Someone you can resonate with.

As my way of saying thank you for awakening your Inner Architect, and to support you on your continued journey to have more energy, time and money , I have a special offer for you.

When you are ready to take the next step, up-level your sense of Joy, discover your uniqueness, and create a life you love to wake up to each day.

**I invite you to schedule a complimentary conversation with me.**

This complementary 20-minute "Virtual Coffee" is designed to help us get acquainted and answer a few questions if you have any. [Schedule Here](#)

If it seems right, we can then schedule a 45 min "Become the Architect of Your Life Discovery Session".

During the discovery session we will discuss some of the areas you may feel stuck and it will give you an opportunity to have a blueprint for a life on your terms designed.

To schedule your "Virtual Coffee," [Click Here](#) Simple!

Karen is known for helping women find clarity, create a plan, and moving them to take inspired action with joy and confidence.

So they can discover and reconnect with their deepest desires and Live in Joy without Regret!

Her authentic and caring ways of living, teaching, and eliminating the blocks that have been stopping her clients from living in Happiness, so they can move ahead with clarity, confidence and courage has made her the go to person for eliminating stress, anxiety and confusion.

Each person is unique and amazing in their own right.

Each person has their own “baggage” and “stumbling blocks.”

When you are ready to really take charge, and “Be the Architect of Your Life” so you can overcome self-sabotage, and create a realistic “action plan” unique to you, and your lifestyle, I would be honored to be your mentor, so you can achieve EVERY possible goal you set for yourself.

***Connect with Karen on [Facebook](#), [Twitter](#) and [LinkedIn](#)!***

This is NOT a free eBook! The list price of this book is \$27.

This is a thank you, for signing up with KarenStultz.com, and the Free “Living in Full Energy” Newsletter.

You have been given one complimentary copy to keep on your computer or to print out.

Warm Hugs and Enjoy!









*Step 4. Awaken Your Passion!*

Lined writing area with 26 horizontal lines.