CHROMATOPHORE
COACHING

CHANGE YOUR HUE
BECOME THE NEXT YOU

THE NEXT YOU PROJECT

IDENTIFY.

QUESTION.

DESIGN.

BECOME.

A GUIDED EXPERIENCE TO IDENTIFY **THE NEXT YOU** AND DESIGN A LIFE THAT SUPPORTS THEIR EMERGENCE.

WORKBOOK

SECTION 1

AUTOPILOT

THE LIFE YOU'RE LIVING TODAY
WAS DESIGNED BY SOMETHING
THE QUESTION IS WHETHER
IT WAS DESIGN BY YOU

PURPOSE

Before you can identify the Next You you need to understand the version of you that got you here.

This section helps you uncover the patterns running autopilot.

1.1 THE AUTOPILOT ASSESSMENT

WHAT PATTERNS ARE RUNNING THE SHOW?

Autopilot helps you get through your days. It creates efficiency and conserves energy. The challenge is that some of the patterns running on autopilot no longer serve the life you're trying to build.

This is ***NOT*** a personality test. It's not designed to put you into a box. It's designed to help you see the patterns, assumptions and strategies that may be quietly shaping your decisions, behaviors and results.



REMEMBER

The goal is not to judge you.
The goal is to understand yourself.
You cannot intentionally design your life while
unconscious patterns are still designing it for you

1.2 HOW TO COMPLETE THE ASSESSMENT

Read each of the 36 statements and rate how accurately it describes your ***current*** behavior.

Use the following scale:

1	2	3	4	5
Almost Never	*Occasionally*	*Sometimes*	*Frequently*	*Consistently*

Answer based on your ***actual*** behavior, not your intentions.

When you're finished, tally your scores for each pattern.

PAY ATTENTION TO:

- Statements that feel uncomfortable
- Statements that feel suprisingly accurate
- Patterns you may have normalized
- Challenges you're actively facing

1.3

THE AUTOPILOT ASSESSMENT

36 STATEMENTS

Read each of the 36 statements and rate how accurately it describes your ***current*** behavior.

1. I often tell myself that timing isn't quite right yet.
2. I struggle to fully invest in things that matter deeply.
3. I tend to measure progress through accomplishment.
4. I frequently feel behind.
5. I struggle to identify what matters most right now.
6. I frequently look for better systems, tools, or approaches.
7. I have projects that are well-planned but not fully launched.
8. I often keep one foot in and one foot out of important decisions.
9. I struggle to relax without feeling guilty.
10. I spend a lot of time responding rather than creating.
11. I sometimes move through my days without a clear direction.
12. I enjoy improving processes more than using them.
13. I frequently refine plans before testing them.
14. I avoid situations where I may be judged.
15. I often tie my self-worth to my results.
16. My day is often shaped by other people's priorities.
17. I sometimes feel like I'm waiting for clarity before committing.
18. I often restart rather than continue.

1.3

THE AUTOPILOT ASSESSMENT

36 STATEMENTS

Read each of the 36 statements and rate how accurately it describes your ***current*** behavior.

19. I consume more ideas than I implement.
20. I sometimes hold back to avoid disappointment.
21. I feel productive when I am busy.
22. I feel like I'm constantly putting out fires.
23. I find it difficult to choose one priority over another.
24. I find myself tweaking things that are already working.
25. I often feel I need more information before moving forward.
26. I keep backup plans even when I know what I want.
27. I often prioritize achievement over recovery.
28. I often react to circumstances instead of planning ahead.
29. I frequently change focus before finishing something important.
30. I sometimes mistake improvement for progress.
31. I spend significant time preparing before taking action.
32. I sometimes avoid opportunities because they feel risky.
33. I feel pressure to meet other people's expectations.
34. I find myself addressing urgent tasks before important ones.
35. I often have many interests competing for my attention.
36. I believe there is a better way and spend significant time looking for it.

1.4

THE AUTOPILOT ASSESSMENT

36 STATEMENTS

1. Score yourself below:

1._____ **(PL)**	13._____ **(PL)**	25._____ **(PL)**
2._____ **(PR)**	14._____ **(PR)**	26._____ **(PR)**
3._____ **(PE)**	15._____ **(PE)**	27._____ **(PE)**
4._____ **(RE)**	16._____ **(RE)**	28._____ **(RE)**
5._____ **(DR)**	17._____ **(DR)**	29._____ **(DR)**
6._____ **(OP)**	18._____ **(OP)**	30._____ **(OP)**
7._____ **(PL)**	19._____ **(PL)**	31._____ **(PL)**
8._____ **(PR)**	20._____ **(PR)**	32._____ **(PR)**
9._____ **(PE)**	21._____ **(PE)**	33._____ **(PE)**
10._____ **(RE)**	22._____ **(RE)**	34._____ **(RE)**
11._____ **(DR)**	23._____ **(DR)**	35._____ **(DR)**
12._____ **(OP)**	24._____ **(OP)**	36._____ **(OP)**

2. Tally all of your scores below:

TALLY YOUR TOTALS					
PL	PR	PE	RE	DR	OP

PRIMARY PATTERN: _____

SECONDARY PATTERN: _____

1.5 ASSESSMENT REFLECTION

BEFORE LOOKING AT THE PATTERNS, SIT AND REFLECT

Which statement made you uncomfortable? Why?

Which statements felt most true? Why?

Which statements described a challenge you're experiencing right now?

1.5 ASSESSMENT REFLECTION

BEFORE LOOKING AT THE PATTERNS, SIT AND REFLECT

Which statements surprised you? Why?

Which statements described a pattern you've normalized?

What do these responses reveal about the version of you that's currently running the show?

YOUR PL SCORE: _____

THE PLANNER

I USE PLANNING AS A PROTECTION STRATEGY.

I believe that if you gather enough information, prepare enough, and think things through carefully enough, I can avoid mistakes, failure, or disappointment. I spend significant time planning, learning, researching, and refining, often convincing myself that I need a little more clarity before I begin. My strength is thoughtful preparation. My challenge is that preparation can become a substitute for participation.

YOUR GIFT

You are thoughtful, prepared, and intentional. You rarely rush into decisions and often see risks, opportunities, and blind spots that others miss. Your preparation increases the likelihood of success.

YOUR COST

You can spend so much time preparing that preparation becomes a substitute for participation. You may delay action while waiting for certainty, clarity, confidence, or the "right time."

YOUR QUESTION

What evidence am I waiting for that only action can provide?

COMMON SIGNS:

- You spend more time preparing than testing.
- You keep refining ideas that are ready to be launched.
- You tell yourself you'll start once you have more clarity, confidence, or information.

FAMOUS LAST WORDS

"I just need a little more information."

YOUR PR SCORE: _____

THE PROTECTOR

I AVOID VULNERABILITY BY KEEPING MY OPTIONS OPEN.

I believe that fully committing makes me vulnerable to disappointment, rejection, or failure. As a result, I often keep one foot in and one foot out, holding back just enough to protect myself if things don't work out. My strength is caution and self-preservation. My challenge is that the same walls that protect me also prevent me from experiencing the things I want most.



YOUR GIFT

You are cautious, reflective, and emotionally aware. You think carefully before committing and rarely make reckless decisions. You understand the importance of protecting your time, energy, and heart.



YOUR COST

You may keep one foot in and one foot out, avoiding the very risks required for growth, connection, and fulfillment. In protecting yourself from disappointment, you may also be protecting yourself from possibility.



YOUR QUESTION

What am I protecting myself from, and what is it costing me?

COMMON SIGNS:

- You hesitate to fully commit to opportunities, relationships, or decisions that matter.
- You keep backup plans even when you've already chosen a direction.
- You avoid conversations, actions, or risks that could lead to rejection or disappointment.

FAMOUS LAST WORDS

"Let's see what happens."

YOUR PE SCORE: _____

THE PERFORMER

I MEASURE MY VALUE THROUGH ACHIEVEMENT.

I believe my worth is connected to what I accomplish, produce, or achieve. I often feel pressure to perform, stay productive, and meet expectationsboth my own and those of others. My strength is ambition and execution. My challenge is that I can become so focused on proving my value that I forget it already exists.

YOUR GIFT

You are driven, ambitious, and capable of producing meaningful results. You set high standards, follow through, and often inspire others through your commitment and work ethic.

YOUR COST

You may begin to confuse what you do with who you are. When achievement becomes the primary source of worth, rest feels unproductive, mistakes feel personal, and success never feels like enough

YOUR QUESTION

Who am I when there is nothing left to prove?

COMMON SIGNS:

- You feel productive when you're busy, even if you're not making meaningful progress.
- You struggle to rest without feeling guilty.
- You tie your sense of success to what you've accomplished recently.

FAMOUS LAST WORDS

"I'll rest when this is finished."

YOUR RE SCORE: _____

THE REACTOR

I SPEND MORE TIME RESPONDING THAN DIRECTING.

I believe my responsibility is to handle whatever comes next. I often find myself responding to demands, solving problems, managing crises, and reacting to circumstances as they arise. My strength is adaptability and resilience. My challenge is that when everything feels urgent, what is truly important rarely gets my best attention.



YOUR GIFT

You are adaptable, resilient, and dependable. You can handle uncertainty, solve problems quickly, and keep moving when circumstances change unexpectedly.



YOUR COST

You may spend so much time responding to what is urgent that you never make time for what is important. Your life can become shaped by demands instead of intentions.



YOUR QUESTION

If I stopped reacting for a moment, what would I intentionally choose to focus on?

COMMON SIGNS:

- Your day is often determined by other people's priorities.
- You spend most of your time putting out fires instead of preventing them.
- You regularly choose urgent tasks over important ones.

FAMOUS LAST WORDS

"I'm just trying to get through today."

YOUR DR SCORE:_____

THE DRIFTER

"I WAIT FOR CLARITY INSTEAD OF CREATING IT."

I believe I need certainty before I can commit. I often find myself exploring possibilities, considering options, and waiting for a clearer sense of direction before taking meaningful action. My strength is openness and curiosity. My challenge is that clarity is often discovered through action, not before it.



YOUR GIFT

You are curious, open-minded, and willing to explore possibilities. You see options where others see limitations and remain flexible in the face of change.



YOUR COST

You may spend so much time searching for certainty that you never commit long enough to discover what truly matters. Clarity often remains just out of reach because you are waiting for it instead of creating it.



YOUR QUESTION

What would I commit to if I knew clarity comes from action, not before it?

COMMON SIGNS:

- You have multiple interests competing for your attention.
- You change focus before giving something enough time to work.
- You find it difficult to identify what matters most right now

FAMOUS LAST WORDS

"I'm still figuring things out."

YOUR DR SCORE:_____

THE OPTIMIZER

I BELIEVE THE NEXT IMPROVEMENT WILL SOLVE THE PROBLEM.

I believe there is always a better system, tool, strategy, or approach just around the corner. I enjoy improving, refining, and optimizing, often searching for the perfect solution before fully committing to the current one. My strength is continuous improvement. My challenge is that endless optimization can become another form of avoidance.



YOUR GIFT

You are committed to growth, improvement, and excellence. You constantly look for ways to learn, refine, and make things better. You rarely settle for mediocrity..



YOUR COST

You may spend so much time improving the system that you forget to use it. Endless tweaking, refining, and searching can become another form of avoidance.



YOUR QUESTION

What if the solution isn't a better system, but deeper commitment to the one I already have?

COMMON SIGNS:

- You frequently search for a better tool, system, strategy, or framework.
- You restart processes that were already working instead of continuing them.
- You spend more time improving the plan than executing it.

FAMOUS LAST WORDS

"There’s probably a better way."

WHO WAS I?

Before you can design
what comes next...

you need to
understand what
brought you here.

The goal wasn't judgment.
The goal was understanding.

Some of the patterns you've
identified helped you survive.
Some helped you succeed.
Some may no longer serve the
person you are becoming.

Reflect on how you got here
on the next page.

WHO WAS I?

Take a moment and reflect on how you got here. Remember, there is no judgment, only awareness.

What have I learned about the version of me that got me here?

What was this version of me trying to protect?

What strengths helped me get this far that I still want to keep?

WHO WAS I? CONT.

What pattern showed up most clearly?

What belief might be underneath that pattern?

Where do you think you learned that belief?

What else might be true?

If that belief were no longer running the show, what would become possible?

WHO AM I?



Most people rush to change their lives before understanding them.

You have explored your patterns.

You have uncovered new possibilities.

Now it’s time to ask a different question.

WHO AM I IN *THIS* SEASON?

Reflect on who you are on the next page.

2.6 WHO AM I?

Take a moment and reflect on who you are becoming in this season of your life. Remember, there is no judgment, only alignment.

What matters most right now?

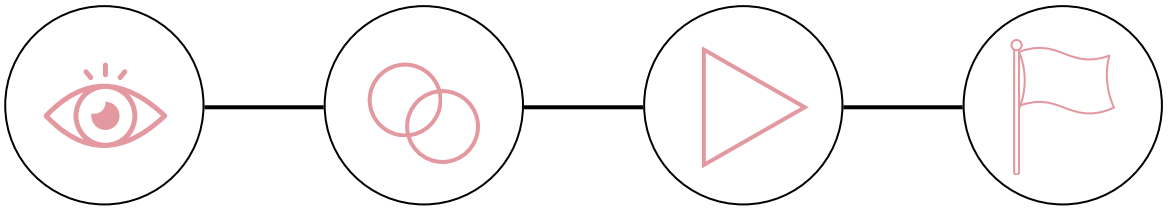
What deserves more attention?

What no longer belongs?

BEFORE YOU MOVE ON

Most people attempt to change their lives before fully understanding the one their living.

The goal of this section wasn't to solve your challenge, It was to help you see it clearly.



Awareness creates options.

Options creates possibilities.

Possibilities create momentum.

Momentum creates change.

As you move into the next section, ask yourself:

What if the solution isn't somewhere else? What if part of the answer has been here all along?

SECTION 3

YOUR *NEXT* SEASON

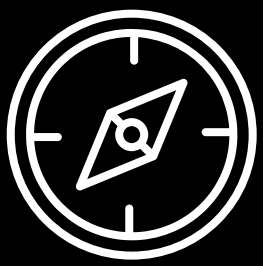
IDENTIFY. EXPLORE. NAME. CHOOSE WHO YOU BECOME.

Every season asks something different of us.

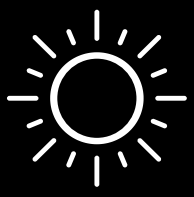
Some seasons ask us to recover.
Some ask us to explore.
Some ask to build.
Some ask to harvest

The challenge isn't know what season comes next. It's recognzing the one you're already in.









THE FOUR DESIGN SEASONS

A FRAMEWORK FOR INTENTIONAL AND CONTINUOUS REINVENTION

Life moves in seasons. Understanding the season you're in helps you make better decisions, align your energy and become the version of you best equipped for where you are right now.

The goal isn't to stay in one season, it's to move through intentionally.

THE FOUR DESIGN SEASONS



RECOVER

Heal. Release. Reset.

This season asks:

- What needs healing?
- What needs closure?
- What needs to end?

It's okay to slow down. Reset is productive.



DISCOVER

Explore. Imagine. Open.

This season asks:

- What excites me?
- What am I curious about?
- What possibilities deserve exploration?

Curiosity creates clarity. Exploration expands what's possible.



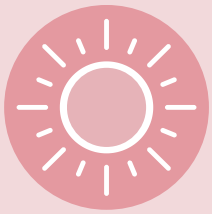
BUILD

Commit. Create. Grow.

This season asks:

- What am I committed to?
- What deserves sustained effort?
- What am I creating?

Focus turns intention into momentum. Discipline builds results.



EXPAND

Lead. Share. Multiply.

This season asks:

- Where am I being called to lead?
- What am I ready to share?
- Who benefits from what I've built?

Contribution creates legacy. Impact multiplies purpose.

THE FOUR DESIGN SEASONS

Life moves in seasons.
Understanding the season you're in helps you make better decisions, align your energy and become the version of you best equipped for where you are right now.

RECOVER

Heal. Release. Reset.

NOT A LABEL, AN INVITATION

You may move through these seasons in different order and revisit them throughout your life. There's no right or wrong season... just the one that's right for you now.

RECOVER is the season of creating space before creating something new. It often follows loss, change, burnout, or a season of overextension. It's where rest restores and clarity begins to return.

SIGNS YOU MAY BE IN THIS SEASON

- You feel mentally or emotionally exhausted.
- You've experienced a significant life change.
- Things that once excited you now feel heavy.
- You need to simplify, not add more.
- Rest feels uncomfortable, but necessary.

IT MIGHT LOOK LIKE...

- Taking a break from chasing the next thing.
- Saying no more often.
- Reflecting more than producing.
- Healing relationships.
- Letting go of what no longer fits.

IT MIGHT FEEL LIKE...

Tired. Uncertain. Relieved.
Restless. Hopeful. Vulnerable.

IT MIGHT SOUND LIKE...

"I need a break..." | *"I'm not sure what's next..."* | *"I don't want to keep living like this..."* | *"I need to slow down..."* | *"I think something needs to change..."*

TURNOVER FOR REFLECTION

THE RECOVERY PRINCIPLE:
You don't recover by waiting for life to slow down.
You recover by intentionally creating space for what matters most.

Understand *your* season. Design *your* season Live *your* season.
BECOME THE NEXT YOU.

RECOVER

Heal. Release. Reset.

RECOVER is the season of creating space before creating something new. It often follows loss, change, burnout, or a season of overextension. It's where rest restores and clarity begins to return.

What evidence suggests you may be in this season right now?

RECOVER

Every ending creates the space for a different beginning.

THE FOUR DESIGN SEASONS

Life moves in seasons. Understanding the season you're in helps you make better decisions, align your energy and become the version of you best equipped for where you are right now.

DISCOVER

Explore. Imagine. Open.

NOT A LABEL, AN INVITATION

You may move through these seasons in different order and revisit them throughout your life. There's no right or wrong season... just the one that's right for you now.

DISCOVER is the season of curiosity. You're beginning to explore what might be possible. It's a time of asking better questions, experimenting with new ideas and paying attention to what energizes you.

SIGNS YOU MAY BE IN THIS SEASON

- You're asking "What's next?"
- New interests keep capturing your attention.
- You're questioning long-held assumptions.
- You feel drawn ro learning or trying something different.
- You're more excited by possibility than certainty.

IT MIGHT LOOK LIKE...

- Reading outside of your usual interests.
- Starting conversation with new people.
- Exploring a career change.
- Taking classes.
- Trying small experiments.

IT MIGHT FEEL LIKE...

Curious. Excited. Unsettled. Inspired. Open. Conflicted.

IT MIGHT SOUND LIKE...

"I've always wondered..." | *"What if..."* | *"Maybe there's another way..."* | *"I've never really explore that..."* | *"I don't know where this leads, but I want to find out..."*

TURNOVER FOR REFLECTION

THE DISCOVERY PRINCIPLE:
You don't discover your next season by searching for certainty.
You discover it by following your curiosity.

Understand *your* season. Design *your* season Live *your* season.
BECOME THE NEXT YOU.



DISCOVER

Explore. Imagine. Open.

DISCOVER is the season of curiosity. You're beginning to explore what might be possible. It's a time of asking better questions, experimenting with new ideas and paying attention to what energizes you.

What evidence suggests you may be in this season right now?

DISCOVER

Curiosity is often the first sign that your next season has already begun.

THE FOUR DESIGN SEASONS

Life moves in seasons. Understanding the season you're in helps you make better decisions, align your energy and become the version of you best equipped for where you are right now.



BUILD

Commit. Create. Grow.

NOT A LABEL, AN INVITATION

You may move through these seasons in different order and revisit them throughout your life. There's no right or wrong season... just the one that's right for you now.

BUILD is the season of commitment. You've explored enough. Now it's time to focus your energy and create something meaningful. Momentum replaces motivation. Consistency replaces novelty.

SIGNS YOU MAY BE IN THIS SEASON

- You know what matters most.
- You're ready to stop planning and start doing.
- You feel called to make something real.
- You're willing to trade perfection for progress.
- Your challenge is execution, not direction.
- You're ready to make sacrifices for it.

IT MIGHT LOOK LIKE...

- Launching the business
- Writing the book.
- Developing healtheir lifestyle habits.
- Investing in your relationships.
- Creating routines that support your goals.

IT MIGHT FEEL LIKE...

Focused. Determined. Disciplined. Frustrated. Energized. Committed.

IT MIGHT SOUND LIKE...

"It's time..." | *"I'm done waiting..."* | *"I'm building something that matters..."* | *"This deserves my attention..."* | *"I'll figure it out as I go..."*

TURNOVER FOR REFLECTION

THE BUILDING PRINCIPLE:
You don't build a meaningful life all at once.
You build it one intentional decision at a time.

Understand *your* season. Design *your* season Live *your* season.
BECOME THE NEXT YOU.



BUILD

Commit. Create. Grow.

BUILD is the season of commitment. You've explored enough. Now it's time to focus your energy and create something meaningful. Momentum replaces motivation. Consistency replaces novelty.

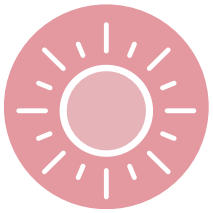
What evidence suggests you may be in this season right now?

BUILD

Momentum is created by the decisions you repeat, not the inspiration you wait for.

THE FOUR DESIGN SEASONS

Life moves in seasons. Understanding the season you're in helps you make better decisions, align your energy and become the version of you best equipped for where you are right now.



EXPAND

Lead. Share. Multiply.

NOT A LABEL, AN INVITATION

You may move through these seasons in different order and revisit them throughout your life. There's no right or wrong season... just the one that's right for you now.

EXPAND is the season of contribution. You've built something valuable, now you're ready to extend your impact. It's about sharing what you've learned and crearing opportunities that benefit others.

SIGNS YOU MAY BE IN THIS SEASON

- You're thinking beyond yourself.
- Others are seeking your guidance.
- You're ready to multiply your impact.
- You want to mentor, teach or lead.
- Your challenge is scaling, not starting.
- You're asking how you can serve more people.

IT MIGHT LOOK LIKE...

- Mentoring someone.
- Growing a business.
- Writing a book or speaking publicly.
- Building a community.
- Creating systems that outlast you.

IT MIGHT FEEL LIKE...

Confident. Purposeful. Challenged. Generous. Fulfilled. Responsible.

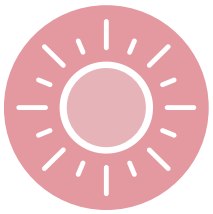
IT MIGHT SOUND LIKE...

"How can I help others?..." | *"It's time to think bigger..."* | *"This isn't just about me anymore..."* | *"I want to leave something behind..."* | *"Who else could benefit from this?..."*

TURNOVER FOR REFLECTION

THE EXPANSION PRINCIPLE:
Growth becomes meaningful when what you've built begins creating opportunities for others.

Understand *your* season. Design *your* season Live *your* season.
BECOME THE NEXT YOU.



EXPAND

Lead. Share. Multiply.

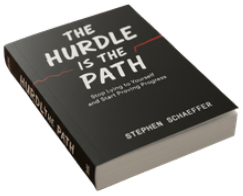
EXPAND is the season of contribution. You've built something valuable, now you're ready to extend your impact. It's about sharing what you've learned and crearing opportunities that benefit others.

What evidence suggests you may be in this season right now?

EXPAND

The greatest measure of growth is the value your growth creates for someone else.

YOUR BOOK SEASON



BOOK 1

Your default future.

Two books. Two futures.
Two different versions of you.

This exercise invites you to step outside of your current story and imagine two possible futures. The first is the life you'll likely live if nothing changes. The second is the life that's calling you to become.

WHY THIS MATTERS

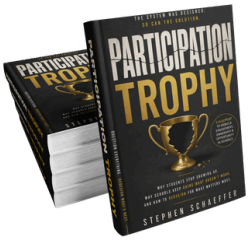
Clarity begins when you compare the life you're likely to live with the life you're meant to create.

Imagine you never went through The Next You Project. You simply kept living exactly as you are today. You only make safe decisions. You stay inside what's familiar. Two years from now... What book would you have written?

Write a quick summary of *THIS* book? What's the title of *THIS* book? What is *THIS* book about? What's the key message of *THIS* book? Sample chapter titles of *THIS* book? Who is *THIS* book for? How does *THIS* book end?

How does writing *THIS* book make you feel?

YOUR BOOK SEASONS



BOOK 2

The book that scares you.

Two books. Two futures.
Two different versions of you.

This exercise invites you to step outside of your current story and imagine two possible futures. The first is the life you'll likely live if nothing changes. The second is the life that's calling you to become.

WHY THIS MATTERS

Clarity begins when you compare the life you're likely to live with the life you're meant to create.

Now imagine you've written the first book. It's done. People loved it. Your book tour was a huge success. Oprah added it to her book club. You're proud of it. Now your publisher calls asking... "What's your next book?" Not the one people expect. The one *THAT* secretly scares you, yet you know you need to write.

Write a quick summary of *THAT* book? What's the title of *THAT* book? What is *THAT* book about? What's the key message of *THAT* book? Don't write the book for the audience you're already thinking about. Write the book *THAT* YOU need to read.

Why does *THAT* book scare you?

YOUR POSSIBLE SEASONS

Different seasons.
Different stories
Different versions of you.

There is no one right future. The goal of this exercise is to expand your thinking and explore different possibilities for your life. Use the prompts to imagine three distinct paths you could take. Let your imagination lead.

3.1 WHO IS THIS SEASON CALLING YOU TO BECOME?

You're not trying to become a completely different person.
You're becoming a more *intentional* version of yourself.

The challenge you've identified. The opportunities you've uncovered.
The areas you've chosen to focus on. All of them are asking something of you.

The question is:

Who do you need to become to answer that call?

The purpose of this section is to identify the version of you most capable of navigating this season intentionally.

Not forever... just this season.

Your Foundation



DESIGN CHALLENGE

The challenge you are solving.



SEASONAL FOCUS

What matters most right now.



PRIMARY GAP

Where significance and attention don't align.



AREA OF INTENTIONAL ATTENTION

Where you are choosing to focus.