

HSP Lifestyle Blueprint

You deserve to experience life as the highest functioning version of yourself;
a version of you that's empowered, emotionally regulated, and thriving.

In just 4 weeks...

You'll have a **step-by-step blueprint** to make that a reality.



Your Coach: Ryan Howard, BS, MS, CSN

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Your Coach



Ryan Howard, BS, MS, CSN,

is an educational psychologist, personal development coach, certified nutritionist, and an HSP (weird combo, right?).

He's worked as an instructional designer for over half a decade, creating educational programs for high-level outcomes.

His students have ranged from the everyday Millennial that just wants to learn better habits, to the Chief Medical Officer overseeing multi-million dollar healthcare systems.

But now... Ryan has designed a program for the group most personal to him...

Highly Sensitive People.

Introduction:

Ready to Start? Here's What You Need to Know

Hello and welcome to the HSP Master Class, the #1 coaching program for HSPs. As you most likely know by this point, my name is Ryan Howard. I'm an educational psychologist that specializes in personal development for highly sensitive people. Before we begin this journey together, I wanted to go over what you can expect DURING the program and what kind of results you can expect FROM the program.

So, **this program is 4 weeks in length**. It includes video lessons, your workbook, mailed directly to your doorstep, and 2 live coaching sessions you'll have with me during Week 2 and Week 4.

This may sound like a lot of moving parts, but don't worry. At the top of the page for each week in the online platform, you'll see a box that says **Here's What to Do**. There, you'll see a list of each thing you need to accomplish that week, as well as the order you need to complete them in.

Now, here's how to **navigate the program**. You can access the online content for each week by [logging into your account on the website](#) and selecting the **Coaching Portal** from the navigation bar. From there, you can access all 4 weeks of content. Also, you'll notice a bonus link in the Coaching Portal called "**The Vault**." There, you'll find plenty of bonus content including additional videos, a downloadable E-book I've written, and more.

Next, I want to discuss is our **live coaching sessions**. To recap, you will have a live, **90-minute** coaching session with me, during **Week 2** and **Week 4**, held virtually on **Zoom**. Before each of the weeks where we have a coaching session, I'll reach out to

you and coordinate a time for our session. You will then **receive an email** with the invitation to our Zoom meeting. Please add our coaching session to your calendar to make sure that you don't miss it! :)

Next, let's touch on your **HSP Lifestyle Blueprint**, the workbook you'll be completing in the program (this workbook). You'll receive your workbook in the mail by the start of Week 1. If you would like a PDF version of the workbook, you can download it by clicking the link, titled **Workbook PDF**, in the **Coaching Portal** under **Start Here**. Think of your completed Lifestyle Blueprint as a step-by-step plan to enhance the 3 core areas of your life as an HSP: your emotional well-being, your habits, and the relationship dynamics in your life.

The last thing I want to discuss is **what you'll be doing in week 4**. After completing all activities in weeks 1-3, your HSP Lifestyle Blueprint will be nearly complete. You'll have everything you need to put your new lifestyle to the test. So, **during Week 4**, you will be tasked with **living out your new lifestyle for 7 days**, journaling your experience, and sharing your results with me in our last coaching session. That final week will be the culmination of everything we've done together, helping you to transition seamlessly into your new lifestyle, long term.

That is everything you need to know in preparation for the program. I am SO excited to guide you through this journey of navigating and MAXIMIZING your sensitivity. Thank you for entrusting me with this process, and I'll see you in week 1.

WEEK 1: Your Sensitivity

Below is the activity for Week 1. Each time you see a purple box like the one shown, it represents another activity for you to complete.



Activity: Reflect on Your Sensitivity & Emotions

Instructions: Answer the questions below.

Part 1: Reflecting On Your Sensitivity

How have the traits of a highly sensitive person **manifested in your life**? How have they affected things such as your well-being, perception of self, and personal relationships?

How would it benefit your well-being and your personal relationships if you were able to more effectively navigate and **manage your sensitivity**?

Part 2: Reflecting On Your Emotions

How do your **emotions** affect your life currently?

- For example, do you notice that you're easily triggered, often leaving you drained?
- Or, do you maybe see emotion as a threat to your productivity?

Please explain.

What **degree of control** do you feel over your thoughts and actions when you're overwhelmed with negative emotion? Does it feel like the emotion takes over you when it arises, or are you able to regulate yourself rather well?

What does your **self-talk** sound like when you're feeling overcome with negative emotions, like anger or sadness? Are they judgmental thoughts? Self-loathing?

WEEK 2: Your Routine

A high-functioning routine consists of energy management habits and growth habits. After completing this week, you will have identified the habits from both categories that you want to include in your routine. The activities below will help you begin the process, and we'll finish creating your routine together, during our 1-on-1 coaching session this week.



[Week 2A] Activity: High-Functioning Routine

Instructions: Complete the first 2 parts of this 3-part activity. We will use your answers to Parts 1 and 2 to complete Part 3 together during our live coaching session this week.

Part 1: Choosing Your Essential Daily Habits

Look through the **3 categories of essential daily habits** provided below, in preparation for our Coaching Session this week. You will be tasked with **selecting ONE habit** from each category to add to your High-Functioning Routine.

CATEGORY 1: Energy Management Habits

- Silent or guided meditation - (10-30 minutes)
- Yoga - (15-60 minutes)
- Ice baths / cold showers (cold therapy) - (3-10 minutes)
- Breathwork / deep breathing (10-30 minutes)
- Other

CATEGORY 2: Self-Reflection Habits

- Journaling about emotions, thoughts, past experiences - (5-10 minutes)
- Gratitude journaling - (5-10 minutes)
- Mirror work - (5-10 minutes)
- Other

CATEGORY 3: Growth Habits

- Consume content from educational sources or content creators that relate to your personal development interests.
- Creative projects relating to your passions or interests
- Create social media content about your passions or interests
- Work on a business idea, side hustle, or develop new marketable skills
- Other

Part 2: Habits of Your BEST SELF

Think about the version of yourself that you **respect the MOST**. How do “they” organize their day? What habits do they follow consistently that you don’t?

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What "bad" habits do you need to **STOP doing**, so you can allocate more time and energy to habits that serve you better?

Part 3: High-Functioning Routine Template

Your High Functioning Routine

Essential Daily Habits: Choose one from each category

Energy Management Habit	
Self-Reflection Habit	
Growth Habit	

Daily Habits to STOP Doing: Select two

Two habits you plan to STOP doing that don't align with your best self:	
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Schedule Your New Daily Habits:

MORNING:

DAYTIME:

EVENING/NIGHT:

WEEK 3: Your Relationships

As we've discussed throughout the program, HSPs are profoundly impacted by their environment. The **relationships** we maintain in our lives are some of the most crucial elements of that environment. We often absorb emotional energy from the people around us; an occurrence I refer to as **energy sharing**. We are also heavily influenced by the degree to which others respect our **boundaries**. Therefore, our well-being and fulfillment as HSPs is deeply connected to the relationship dynamics in our lives.

In this lesson, we will evaluate the quality of your personal relationships, and create a plan to ensure that the dynamics in those relationships are meeting your emotional and psychological needs.

Have you ever noticed that when you're around other people that are feeling or expressing intense emotions, it can start to feel like their emotional state is influencing yours? Depending on "how" they're expressing those emotions, it can sometimes feel as if you're absorbing their emotional energy despite your efforts to remain neutral. This is what I call **energy sharing**, and it can be a liability to HSPs because of the impact that emotion, especially negative emotion, can have on our energy levels. Adding on to that, if an HSP is spending a lot of their time interacting with **energy drainers**, it can cause a gradual decline in their overall mental state, productivity, and mood.

Having consistent **emotional stressors** in our lives that frequently trigger us can be one of the greatest threats to an HSPs wellbeing and effectiveness in life. Think about times where you may have found yourself in a "funk" or even in a depressed state for extended periods of time. When you look back, it's very likely there were times you started to feel that way without anything in your own life inherently changing. It may

have just been a result of you spending too much time with a person or people that weren't good for you emotionally.

In essence, it is incredibly important for HSPs to become very intentional about who they allow in their life, how they position those people in their life, and how they **create boundaries** to protect their wellbeing.

Within this module, you will be completing an important activity called the Relationship Management Plan, designed to help you:

1. **Evaluate** the quality of your relationships.
2. **Reflect** on how those people are positioned in your life, if those relationships are serving you, and how you **communicate** your needs to them.
3. **Create boundaries** in those relationships to empower yourself.

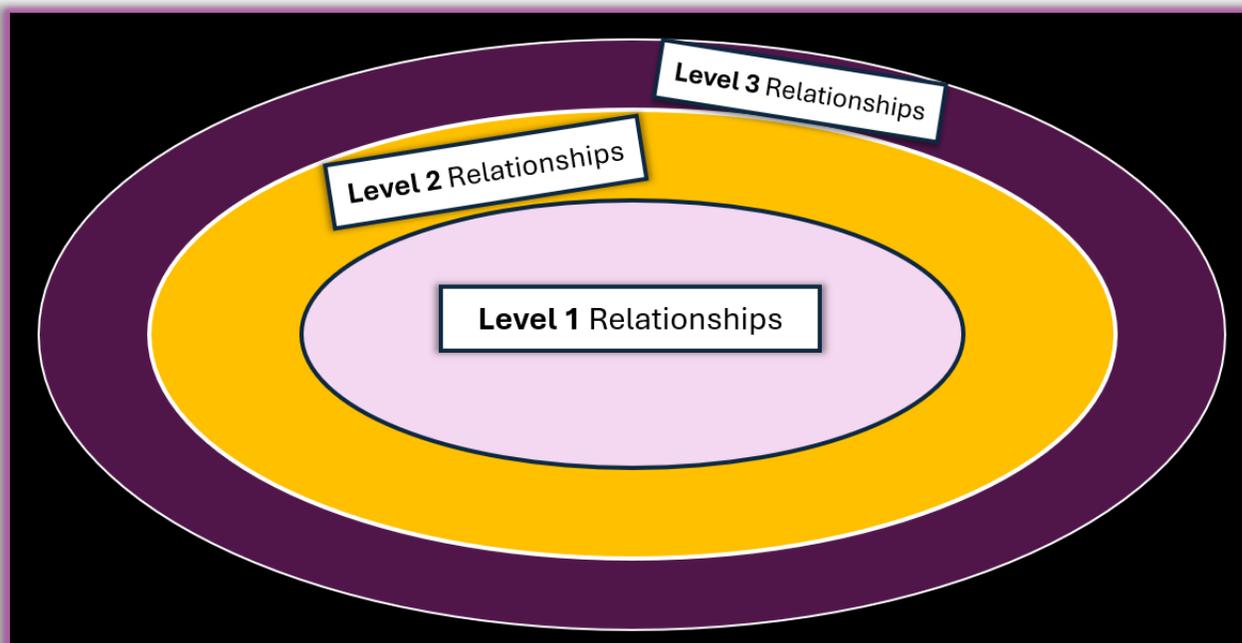


Activity: Relationship Management Plan

Instructions: This is a 4-Part Activity. Complete both parts of the Relationship Audit using the diagrams provided. Then, based on your answers, explain how you will Communicate Your Needs in your personal relationships. Finally, identify what Boundaries you need to establish, and how you'll go about doing that.

Part 1: Relationship Audit A

View the diagram on the next page. Imagine that you are in the **center** of all the circles. Observe that the three circles are labeled as **Level 1**, **Level 2**, and **Level 3** Relationships. The meaning of each is provided below the diagram.



Level 1 Relationships: These are people in your inner circle; people you interact with the most and are the most vulnerable with. These people receive the best of what you have to offer, and they're also the people you expect the most from. Think of romantic partners, best friends, family members you're closest to, etc.

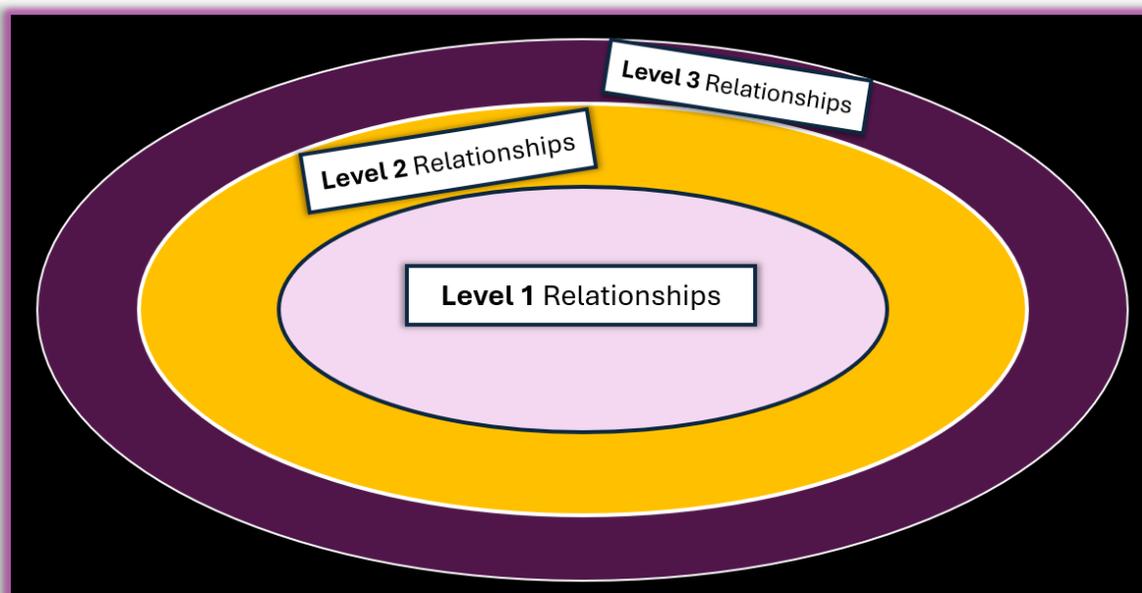
Level 2 Relationships: These are people you value and engage with somewhat regularly, but they're not as close to you as your inner circle. You're more than casual friends, but not quite "best" friends. You let them see who you are, but you may not be completely vulnerable with them.

Level 3 Relationships: These are people on the outskirts of your life. You might still consider them friends, but you don't invest nearly as much in these people. Think of them as somewhere between casual friends and acquaintances.

INSTRUCTIONS: Based on the diagram from the previous page, fill out the template below by identifying the people in your life that are **currently** positioned as **Level 1** or **Level 2** Relationships.

LEVEL 1 Relationships	
LEVEL 2 Relationships	

Part 2: Relationship Audit B



INSTRUCTIONS: Take a look at the diagram a second time. The first time, you identified the people CURRENTLY positioned as Level 1 or Level 2 Relationships in your life. Now, you're going to decide whether those people BELONG in those Relationship Levels, or if they should be MOVED to another level, based on how healthy the relationships is.

Use the **Evaluation Questions** below to evaluate each one of the people you categorized as Level 1 or Level 2 relationships... After you evaluate them, **recategorize** each person using the template on the next page.

To clarify once more, you're now assigning each person a Relationship Level based on where they SHOULD be placed in your life according to how healthy the relationship is. The healthier the relationship, the safer and more beneficial it is for them to be close to you

EVALUATION QUESTIONS:

1. Do they generally contribute to you **feeling good** when you're around them?
2. Do they **reciprocate** the effort you invest in the relationship?
3. Do they take steps to help you **feel heard** when you communicate your feelings to them?
4. Do you have a mutual sense of **psychological safety**?
5. Are discussions and **disputes** generally handled amicably?
6. Are selfishness, manipulation, and character assassination generally **absent** from the dynamic?

Recategorize Your Relationships

LEVEL 1
Relationships

LEVEL 2
Relationships

LEVEL 3
Relationships

Prepare: The 7-Day Lifestyle Challenge

You've made it to the end of Week 3! You're about to enter the final week of the HSP Master Class. At this point, you should have completed all workbook activities from weeks 1-3, and your HSP Lifestyle Blueprint is nearly complete. You've designed a brand-new lifestyle that complements your unique needs and empowers who you are as an HSP.

Next week, you'll be putting your new lifestyle to the test, in an activity called the **7-Day Lifestyle Challenge**.

During week 4, to complete the 7-Day Lifestyle Challenge, do your best to complete the following for all 7 consecutive days:

1. Follow the **daily habits** in your High-Functioning Routine.
2. **Practice setting boundaries** in your relationships, based on your Relationship Management Plan.
3. **Write a Journal Entry** each day about your experience.

Your experience during week 4 will be the culmination of everything we've done together, helping you smoothly transition into your new lifestyle going forward. I just want to encourage you to give this your BEST effort. This isn't just some tedious activity meant to get you out of your comfort zone. It's the most important part of the course, because having a plan is meaningless if you don't put it into action. THIS is where you start experiencing greater fulfillment as an HSP. THIS is where you employ the behaviors that will move you forward. But that being said, **perfection is unachievable**. You're not expected to do this flawlessly, just give your full self to the experience. Sound good?... Let's do it!

WEEK 4: Your New Life

Congratulations on making it to Week 4! You should now be doing your 7-Day Lifestyle Challenge.



[Week 4A] Activity: 7-Day Lifestyle Challenge

Instructions: Complete the challenge by following the requirements below for all 7 days of Week 4.

Challenge Requirements:

1. **Follow the daily habits** outlined in your High-Functioning Routine. (Page 14)
2. Practice **setting boundaries** in your relationships, based on what you wrote in your Relationship Management Plan. (Pages 21-24)
3. **Write a journal entry** each day:
 - a. Briefly describe how the challenge went that day. (Ex: any challenges or triumphs you may have.)
 - b. Space for journaling is at the end of the workbook. (Pages 29-35)



[Week 4B] Activity: Self-Accountability Plan

Instructions: This is the final part of your workbook, the self-accountability plan. This plan is designed to help you ensure that you adhere to your blueprint long-term. Answer each of the questions below.

How will you **hold yourself accountable** when it comes to adhering to your HSP Lifestyle Blueprint? Provide the action steps of how you plan to accomplish that.

Who are you close to, that you can **recruit as support** to help you stay accountable in adhering to your blueprint? If you have someone in mind, how will you get them to check in on your progress? Will you create a **check-in schedule** with them?

To my fellow HSPs,

I hope this program has added to your life, that it has led you to feel more self-aware, optimistic, and equipped for the life you want to create.

Just do me a favor, don't let the momentum stop here...

Keep going. This is just the beginning.

Cheers,

Ryan.



Congratulations!

You've completed the **HSP Master Class**.