

The [VFP BLUEPRINT REPORT AND REVIEW](#) has been significant for me, especially when I relate it to myself, as the creator of the follow-up experiences.

KEY ACTIONS POINTS:

Combining my personal year cycle with my numerology, helps me understand and be self-accepting of the time it has taken me to develop experiential solutions for myself and others. Knowing this time frame is supporting me to accept why it has taken me so long to develop things, and to realise that 2022 is the year to stop developing, and 2023 is the perfect time to start doing. I have created and experienced sufficient for it to be of help to others. Knowing the time is now perfect to walk the talk and that all my actions will further align my EGO and SOUL is reassuring and inspiring for me.

I know from experience how much better I feel, think, and behave, when I am physically active. I know how beneficial the experience of fasting has had to my well-being. I know the negative impact that sugar, carbs, and alcohol have on my well-being, furthermore, I am now ready to embrace a happier social life without them.

More than anything, overcoming freeing myself from further searching and evidencing, I am ready to be more practically involved with ALL THOSE that I love and those ready for support. It is a significant time for me to engage in much more physical social interaction, where I can express my support and altruism with love, peace, and joy in an entertaining way. It has taken me a long time to realise that I benefit everyone by helping to run the show, rather than trying to be the show - and the VFP BLUEPRINT combined with my own VFP Experiences has illuminated this for me.

Showing my authenticity and vulnerability, with humour and love, is my objective rather than seeking to find a way to remind others of my earlier success with money or power. Being able to see this and express it is one thing, however, I feel empowered to take action, because I know that the experiences I have created, were developed from actual experience, and they work for me and others.

Embarking in an authentic and creative way through Be Super, VFP, and the superfoods4u range, should inspire those closest to me to improve their own self-awareness and well-being, and also inspire many others.

The most powerful resonance is authenticity. What I have created and what I am currently doing is THE HARMONISED DUAL ME (a balanced EGO and SOUL), and this provides a foundation for me to now FLOW into being and doing rather than talking and evidencing. I will be embarking on all my VFP Experiences with altruism as a bigger picture, however, an initial focus on VFP#0 and VFP#1 will Flow perfectly with my own personal year. Unless I am the best I can be, I can't expect anyone else to be inspired by me or work with me.

My new presence and future will be filled with social events, physical activity, and creative aspects, some of which I have yet to imagine. They will be allowed to flourish with love and not be held back anymore by analysis or doubt.

It is likely, much of what I do, beyond my personal physical and mental development, will be towards supporting others to reach their own potential through self-awareness.

THE BIG TRANSITION FOR ME:

I know I cannot be authentic with alcohol or an excess of food - however pleasant I find them! The attachment to both has held me back in a negative spiral, and this VFP BLUEPRINT report and review have clarified this as the main cause of my imbalance between EGO and SOUL.

I am clear on my future path and how to travel it - I hope this final report has been of support for you in your own quest.