



**The Heart God Gave Me Project**

by Allan Wich

# **BLUEPRINT**

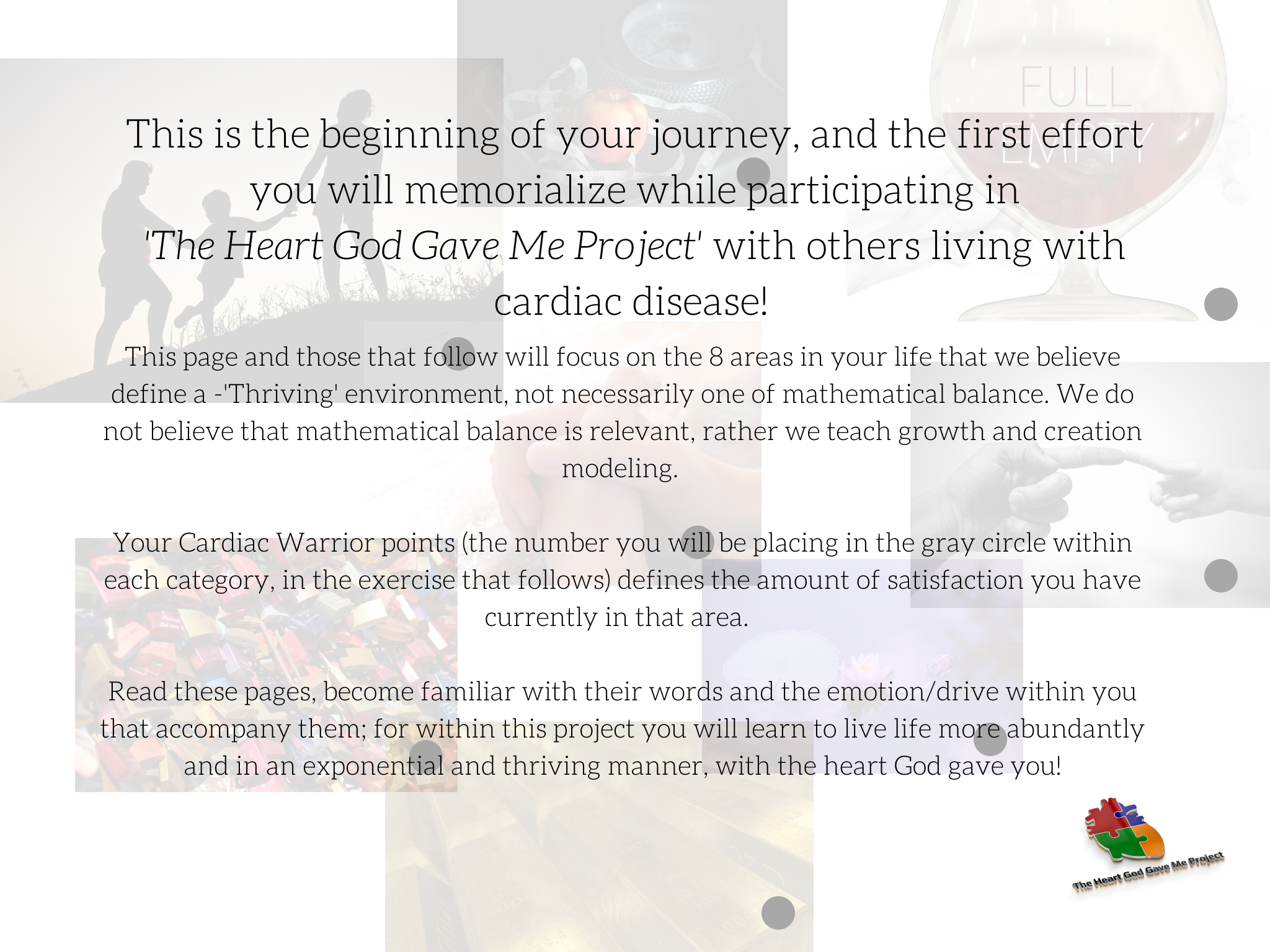
for creating a life of **ABUNDANCE** with Cardiac Disease



**The Heart God Gave Me Project**

**ORIENTATION**

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This is the beginning of your journey, and the first effort you will memorialize while participating in *'The Heart God Gave Me Project'* with others living with cardiac disease!

This page and those that follow will focus on the 8 areas in your life that we believe define a -'Thriving' environment, not necessarily one of mathematical balance. We do not believe that mathematical balance is relevant, rather we teach growth and creation modeling.

Your Cardiac Warrior points (the number you will be placing in the gray circle within each category, in the exercise that follows) defines the amount of satisfaction you have currently in that area.

Read these pages, become familiar with their words and the emotion/drive within you that accompany them; for within this project you will learn to live life more abundantly and in an exponential and thriving manner, with the heart God gave you!

# FAMILY

A haven from the world supplying absolute fulfillment and is not part of other social environments



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# RELAXATION

The art & science of tranquility



# RELIGION

A reflection of your lifestyle



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# DIET & EXERCISE

Balanced and regular to support good health and well-being



# TRUE LOVE

Emotional transparency, sexual attraction,  
and absolute commitment. Fueled by  
passion, desire, and intimacy



# NET WORTH

Your assets minus your liabilities



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FULL

EMPTY

# ATTITUDE

A mental decision, positive or negative

# HELPING HANDS

Respecting planet earth while giving away  
your time, talent and treasure



# THE NEXT STEP

Listen, having a cardiac disease doesn't mean you have to live life in isolation, separated from the blessings and opportunities available to those without your disease. In fact, I not only believe but am currently LIVING a life of abundance, exponentially, BECAUSE of my cardiac conditions.

I designed

'The Heart God Gave Me Project'

for that very reason; a framework that will help others elevate their current level of abundance in various areas of their lives.

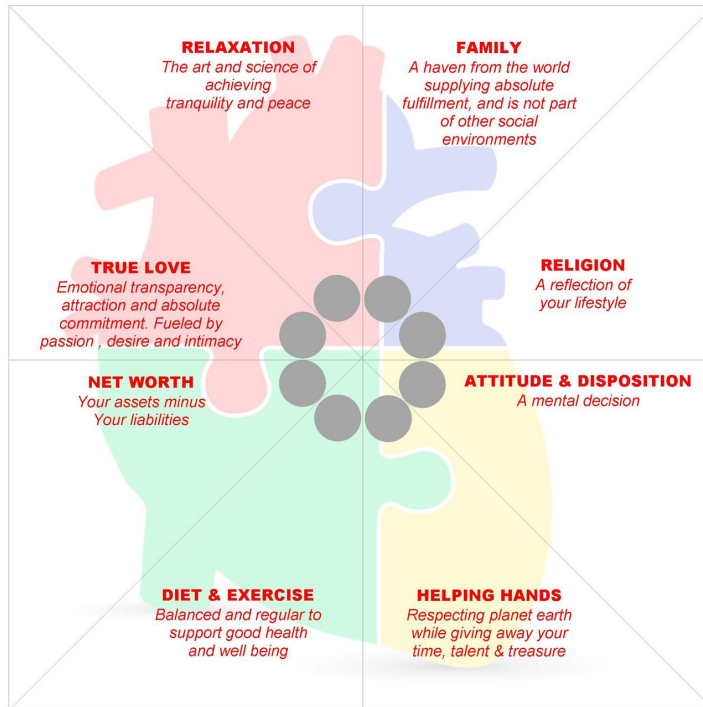
I have congenital heart disease, which means my condition came with me at birth, I do NOT know life without it, but in that fact comes my delivery from the bondage it can generate.

I have created a life of exponential abundance, and I will show you how I did it and how I continue to elevate it.

Go ahead and complete the exercises on the following pages; as they will give you a good snapshot of where you sit now on a satisfactory scale in several areas of your life; and some direction as to how you can elevate.



## Cardiac Warrior Points Blueprint



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What does this page identify about me?

- ◆ This page identifies 8 areas in your life that we believe define a 'Thriving' environment, not necessarily one of mathematical balance. We do not believe that mathematical balance is relevant, rather we teach growth and creation modeling. Your Cardiac Warrior points (the number you place in the grey circle within each category) defines the amount of satisfaction you have currently in that area.
- ◆ The lower the value, indicates more effort be placed in that area in order to rise in satisfaction; a working road map if you will.

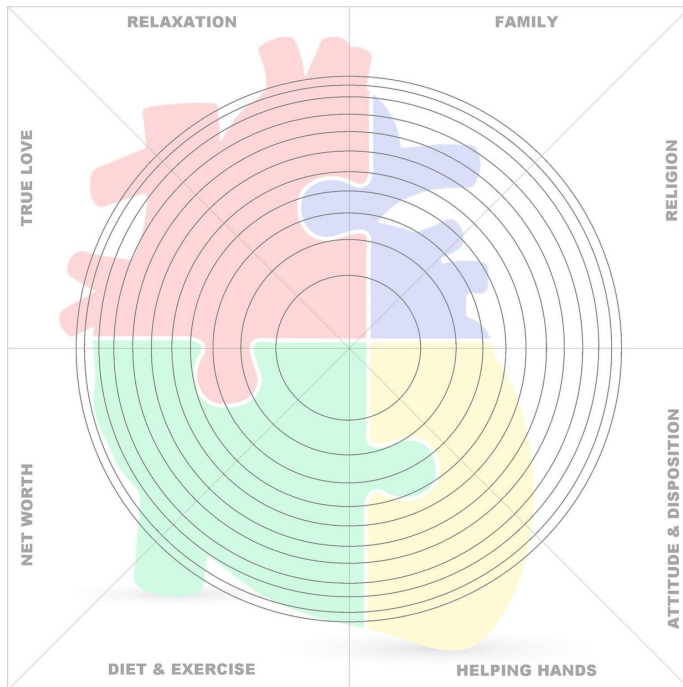
How do I assign my Cardiac Warrior Points?

- ◆ This is simple, the cool factor appears on your Cardiac Warrior Shield, which comes in the next step.
- ◆ Look internally at the diagram, be honest with yourself, and rank each of the 8 areas with a number from 1-10 with 1 being least satisfied and 10 being ultimately satisfied with no room for improvement.
- ◆ Numbers can only be used once, no duplicating values, so pick carefully.
- ◆ Once you have decided on a number for that section, write it in the corresponding grey circle.
- ◆ Once completed refer to your Cardiac Warrior Shield and infill your results as directed.

Use the blank area below to document any things you would like to change, modify, enhance in your life as you move through this exercise and the one on the following page.



## Cardiac Warrior Shield



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### How to Fill-in your Shield

- ◆ Transfer the numbers from your Cardiac Warrior Points Blueprint into the corresponding 'pie' piece in the center of your shield.
- ◆ The outside layer (ring) of the shield represents the value 1, second layer in value 2, third layer in value 3, and so on through the tenth layer in having a value of 10.
- ◆ Begin with the 'Family' category. Starting at the outside ring, begin filling in each ring wedge until you have reached the number value you assigned. See example at right. Family value of 10, so all the ring wedges for that category are filled in. Duplicate for each category.

### Legend:

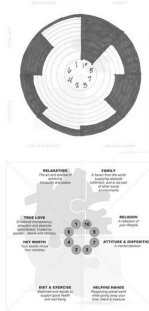
Warrior Points Graphing Example

#### Category

Family  
Religion  
Attitude & Disposition  
Helping Hands  
Diet & Exercise  
Net Worth  
True Love  
Relaxation

#### Value

10  
5  
7  
3  
2  
4  
6  
1



Once you have completed this task, you will have created your first 'Cardiac Warrior Shield'.

This gives you a starting place, a document of where you begin your journey to living life more abundantly with cardiac disease.

Take some time and study the areas that are colored in, appreciate where you are in your life, for much has gone into getting you here

Now take a look at the white space in your shield. These are the areas where you might want to reallocate some of your time in order to elevate the quality of life in those areas.

Through our site, our free private Facebook Group, our Journal, and our Life Style Program, we will share ideas, resources, people, concepts, tutorials, road-maps and coaching to help elevate you in the areas you deem deficient.

Remember, mathematical balance is not the goal, the goal is perpetual growth, learning, joy and life enhancement. This will ALWAYS be a work in progress because your life is a work in progress.

May you love the heart God gave you!

For a much deeper dive into life styling enrichment with cardiac disease,

Consider joining our private Facebook group: [www.facebook.com/TheHeartGodGaveMe/](http://www.facebook.com/TheHeartGodGaveMe/)  
and receive 5 FREE downloadable MP3's on Relaxation & Meditation & Tranquility from my friend and  
expert Hypnosis and NLP Practitioner  
Donald Currie  
NGH Certified-Since 2002

Consider Purchasing your copy of  
'The Heart God Gave Me Project' Journal  
&  
Consider a membership in  
'The Heart God Gave Me Project' Lifestyle Program  
(both available soon: visit: [www.allanwich.com](http://www.allanwich.com)  
for more information)

'The Heart God Gave Me Project' Lifestyle Program.

This is a 90-day program divided into the 8 areas and how to elevate them beyond your current tool sets and collaborations by enhancing your knowledge and skill sets in those areas, in ways you might not have experienced.

You were born to live a life of abundance, don't isolate yourself from being more, doing more, becoming more, creating more and giving more just because a few molecules in your DNA strand have given you a cardiac hiccup!

Use it as an opportunity to shine brighter!!!

I swear to my God that life with Cardiac Disease can be a salvation, not bondage ..... join us and learn how.

