



BLUEPRINT FOR YOUR SUCCESS

January 2017

With Deborah Ivanoff, The BEING Coach

WEEK 2

SPEED

Use this handout as you listen live or to the recording of our second class. Contact me right away with any questions. thebeingcoach@gmail.com or 541-499-5433.

Everything You Want Is Already Here Now

Live in the vibration of what you want and there's no way it can not arrive

Close your eyes and take a few deep breaths. Check in with yourself about your "what". How are you feeling about your goal, dream, intention, choice or vision?: _____

What further clarity did you receive or experience about your goal, dream, intention, choice or vision? Rewrite your findings in your Quadrant #1: _____

The Change Process: when you plant a new "seed" and nurture it with your new choices, attitudes, thoughts, feelings and (aligned) actions your manifestation must result. When a field of new seeds is planted, the first thing to come up are the weeds and old seedlings. This is normal. We call this "Resistance" to the change and it may show up as upsets, disagreements, doubt, overwhelm, irritation, frustration, procrastination, minor mishaps and breakdowns of equipment or criticism from the Drunk Monkey. ***This is how you know the change is working!***

Remember: You may be experiencing some form of this Resistance. Not to fear. These are powerful indicators that your manifestation is on its way and it's just the discomfort of change that is getting kicked up. Write what you notice about that here (you'll be able to use this later to add to your BLUEPRINT)

Find your number: 1-10 How certain do you feel about goal, dream, intention, choice or vision?
How much has that changed in the last week?: _____

Why do you want this (your goal, choice, intention)?

Be certain about what you think having this will give you. _____

Write that Essence here (examples: Freedom, Joy, Peace, Security, Acceptance, Admiration, Adventure): _____

***When you know the Essence of your choice, intention, goal, or vision, write it in Quadrant #2 of your BLUEPRINT under “WHY”**

What needs to happen for you to live in that vibration (the essence of what you want...now)?
This is what we mean when we say to “be as if, you already had it”. _____

Remember: In truth, there is nothing “out there” that can give you what you already have. When you can **connect** and **live as that which you are seeking, what you want is magnetically pulled to you.** (unless you entertain counter intentions, so practice, practice, practice what it is you do want.

BEING Your Essence

What can you think about that will keep you vibrating at that essence? _____

What help you to feel and keep feeling so you vibrate at that essence? _____

What actions can you take, or what can you do that will keep you vibrating at that essence? _____

Practice the Power Pause Plus

Inspired action: _____

Find your number again, how certain are you now? Notice what has changed. _____

What are you taking away today. What actions will you take? _____

Life Play-Work This Week

This week focus your tools and energy on practicing living in the essence of that which you desire. Practice detaching from the FORM your manifestation takes or the WAY it's delivered.

What can you think, feel, and do that helps you BE the one who already has what you want. Remember the story of the new car and feeling FREE.

It's so important you get the support you need. If you have any question at all, please reach out. Come to Office Hours if you are able. And if you are not, email me or reach out in the FB support group.

Have fun with this! The Universe responds to your ENERGY. Share your success on the FB group.

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