



**BLUEPRINT FOR YOUR SUCCESS**

**January 2017**

**With Deborah Ivanoff, The BEING Coach**

**WEEK 3**

**ALIGNING YOUR BEING WITH WHAT YOU WANT**

Use this handout as you listen live or to the recording of our third class. Contact me right away with any questions. [thebeingcoach@gmail.com](mailto:thebeingcoach@gmail.com) or 541-499-5433.

***Who Must I Be BEING to Live in Alignment with What I Want?***

We must BE it to see it and keep it.

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

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What further clarity did you receive or experience about your goal, dream, intention, choice or vision this week? Rewrite your findings in your Quadrant #1 and #2: \_\_\_\_\_

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**Remember: *When the change is happening you will experience 1 of these 3 things:***

1. Ideas, Opportunities, Synchronicities and Flow
2. Resistance (upsets, worries and doubts, overwhelm, procrastination, difficulties, problems, minor accidents and breakdowns, mind chatter, self-criticism)
3. A mix of #1 and #2 (which is most often the case, and why we can miss the power of the process unfolding).

You may be experiencing mixed “feelings”. These are powerful indicators that your manifestation is on its way and its 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).

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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?: \_\_\_\_\_

**What worked this week to keep you vibrating at the Essence of your WHY?**

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**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.

Did you practice the Power Pause? How did this support your change process? \_\_\_\_\_

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**BEING The One Who Has Earned Your Manifestation and Can Keep It**

Ask yourself this question; Who Must I Be BEING to Have and Keep What I Want (your “WHAT” from Quadrant #1)? \_\_\_\_\_

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What are the thoughts of the one who has earned your manifestation? \_\_\_\_\_

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What are the feelings of the one who has earned your manifestation? \_\_\_\_\_

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What actions can you take, or what can you do that will keep you feeling those feelings? \_\_\_\_\_

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What are the actions of the one who has earned your manifestation? \_\_\_\_\_

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**Inspired Actions:** Any of these ways to take action, inspired action (easy, doable, want to do them, feel good doing them) will help you stay “open” to receive your manifestation.

Inner Practical for Goal (WHAT): \_\_\_\_\_  
\_\_\_\_\_

Outer Practical for Goal (WHAT ): \_\_\_\_\_  
\_\_\_\_\_

Inner Energetic for Goal (WHAT) ): \_\_\_\_\_  
\_\_\_\_\_

Outer Energetic for Goal (WHAT) ): \_\_\_\_\_  
\_\_\_\_\_

Inner Practical for Your Vibration (WHY) ): \_\_\_\_\_  
\_\_\_\_\_

Outer Practical for Your Vibration (WHY) ): \_\_\_\_\_  
\_\_\_\_\_

Inner Energetic for Your Vibration (WHY) ): \_\_\_\_\_  
\_\_\_\_\_

Outer Energetic for Your Vibration (WHY) ): \_\_\_\_\_  
\_\_\_\_\_

**Practice the Power Pause Plus (listen in class or the recording daily)**

Inspired action (can be any of those types above): \_\_\_\_\_  
\_\_\_\_\_

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

What are you taking away today? What actions will you take? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### **Resistance Tool:**

1. Talk to the resistance, allow it to be, but ask it to help you
2. Ask it what it needs, what is it trying to tell you?
3. Take action on “the need”
4. Thank the resistance for delivering the message and check to see if it has decreased significantly or has vanished.
5. Remember to check the bonus on the Resource page if you get into difficulty, or reach out for support

### **Life Play-Work This Week**

This week practice BEING the one who has already earned your manifestation. Practice the thoughts, the feelings and the actions of that person.

Keep practicing detaching from the FORM your manifestation takes or the WAY it’s delivered. Leave room for “something better” to arrive.

If resistance pops up in the form of uncomfortable emotions, use the format below, the bonus included with your program (Emotional Guidance) or reach out right away for support.

1. Talk to the resistance, allow it to be, but ask it to help you
2. Ask it what it needs, what is it trying to tell you?
3. Take action on “the need”
4. Thank the resistance for delivering the message and check to see if it has decreased significantly or has vanished.
5. Remember to check the bonus on the Resource page if you get into difficulty, or reach out for support

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.