



**BLUEPRINT FOR YOUR SUCCESS**  
**January 2017**  
**With Deborah Ivanoff, The BEING Coach**

**WEEK 4**  
**ALLOWING**

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

***Allowing our good to come to us and stay***

It's easy to manifest. We do it all the time. Who must we BE to keep our creations?

Close your eyes and take a few deep breaths. Think over this process; the WHAT, the WHY, the BEING. 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, #2 or #3: \_\_\_\_\_

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***Remember: If you're experiencing resistance, that is evidence the change is taking place and you are on the road to what you want.***

What happened this week when you used the simple exercise of talking to your Resistance and asking for it's messages and help?

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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 help 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 and who you do want to be.***)

Did you practice the Power Pause? How did this support your change process? What inspired actions did you get and take action on? \_\_\_\_\_

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**ALLOWING your good to come and stay...**

We have what we have now because of who we have been being (in the past) and what we have been allowing ourselves to have and keep. Who have you been being that has kept you from opening the path for that WHAT you've been wanting? \_\_\_\_\_

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***Who could you be now?***

What thoughts (beliefs, attitudes, words) could you practice? \_\_\_\_\_

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What feelings could you practice? \_\_\_\_\_

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What actions can you practice (habits, choices, etc.)? \_\_\_\_\_

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**Forgiveness:** Release the past and allow yourself to expand into the BEING you want to be.

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**Allowing yourself to receive.** What do you need to allow yourself to receive more than ever before: \_\_\_\_\_

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**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? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Life Play-Work This Week**

This week practice **Conscious Receiving**. *When you give*, to the best of your ability consciously, **deliberately release any expectation** you might hold for that person or situation. **Freely give**.

*When you receive*, to the best of your ability consciously, **deliberately release any sense of obligation** you might be holding against yourself to another person or situation. **Freely accept**.

**Keep practicing giving without expectation and receiving without obligation**. Notice what happens. You may experience more joy or enjoyment in both giving and receiving. You may notice you receive more.

Again, “mixed feelings” may come up that are signals that there is something inside your being (beliefs, judgments, habits, attitudes, patterns, blocks) working against what you want. This is good news! Get help and support to clear and heal these “counter intentions” so that you are broadcasting clearly and smoothly to the Universe.

It’s so important you get the support you need. If you need additional coaching, I have made that as easy as possible with ½ off all coaching booked during your time in this class (book as many as you like and complete them at your leisure). If you have any question at all, please reach out. **That’s why I have 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.