



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

**WEEK 5**  
**PUTTING IT ALL TOGETHER**

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.

***Manifesting Your Own Way***

What do you want? What do you want to experience? Who Do You Want to BE?

Close your eyes and take a few deep breaths. Think over this process; the WHAT, the WHY, the BEING, the Allowing. 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, #3, or #4: \_\_\_\_\_

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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 practiced Freely Giving, Freely Receiving?

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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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### **TIPS to continue using your BLUEPRINT:**

1. Experiment/change your BLUEPRINT so it works best for you. I gave you several other ways to create your blueprint.
2. Hang your BLUEPRINT where you’ll see it so it keeps working on your subconscious.
3. Keep adding to your BLUEPRINT as you notice what works for **you**.
4. Make several copies so you can use them to:
  - Gain clarity on what you want and who to become to receive it
  - Explore and make important decisions
  - Clear out counter-intentions so you are communicating purely to the Universe
  - Rewrite and tweak your designs, goals, processes and choices anytime.
5. Put it some place safe you can review at a future date to celebrate how far you’ve come and what you’ve accomplished
6. Celebrate receiving!

### **Fun and Creative Ways to Use Your BLUEPRINT:**

1. **Create a vision board** that has images that represent your “what”, your “why”, your “BEING”, and your “Allowing” (resources, support, overcoming resistance).
2. Add additional details from your BLUEPRINT to your **meditations and visualizations**.
3. **Record yourself** talking about HAVING what you want (as if you already had it). Be sure and include lots of details from your BLUEPRINT (what, why, being, allowing).
4. Challenge: **“Act out” your HAVING** (as if you already had it). Be sure and include lots of details from your BLUEPRINT (what, why, being, allowing). Smile and be grateful. It is done!

***Who do you next want to be?***

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**Support and Resources, the final piece:** What works best for you, when the Resistance gets loud, intense, or pushy? List those here:

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**Gratitude, Appreciation, Celebration.** How do you, or how will you anchor the changes you want to keep? \_\_\_\_\_

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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): \_\_\_\_\_

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

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

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

This week make getting the support and resources you need (the support that works best for you) a priority. What do you need to help you when the Resistance is trying to push you back to who you were and what you had? (**Remember**, Resistance is natural, not a sign of weakness or mistake; but rather a sign that **you are in the process of getting what you want**).

Practice Appreciation and Gratitude daily! This will anchor the positive changes and choices you've asked for. Plus it helps overcome Resistance.

**CELEBRATE! This is how to anchor the changes and will help you keep what you have manifested. Make sure you follow through on this crucial step.**

At any time in the change process “mixed feelings” may come up that are signals that there is something inside your being (beliefs, judgments, habits, attitudes, patterns, blocks) working against attracting, receiving or keeping what you want.

This is good news because it gives you the opportunity for some internal clearing.

Get help and support to transform 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, contact me to discuss what program will fit your time/energy/budget. If you have any question at all, please reach out.

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