



BLUEPRINT FOR YOUR SUCCESS

January 2017

With Deborah Ivanoff, The BEING Coach

WEEK 1

ACCURACY & ATTRACTION

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

What Do You Want, Why Do You Want It?

Do you want Watermelons? Sunflowers? Tomatoes?

Close your eyes and take a few deep breaths. Think of something you want to have, do, or be. What do you want to create or manifest: Write it here: _____

What you want (write it as a choice, intention, goal or vision).

Remember: What you order is what you get. What are you ordering?

When you have your choice, intention, goal or vision, write it in Quadrant #1 of your BLUEPRINT under "WHAT"

Check in:

- I feel excited, peaceful, solid, or happy about this goal, intention or vision
- I feel nervous, restless or doubt if could happen even though I really, really want it
- I'm afraid I might not get it
- I don't know how to begin
- Other _____

Find your number: 1-10 How certain do you feel about this? _____

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.

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

What will help you to feel and keep feeling your “WHY” so you vibrate at that essence? _____

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

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

The seed has been planted. Your BLUEPRINT is beginning to work its magic. Keep clear. Be good to yourself. Doubts, fears, worries may all come up. That's perfectly natural. It's even a good sign, it means the plan is working, the seed is germinating and your manifestation is on its way. You are not alone. I'm here to support you.

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.

This week make it a game to see how many ways you can think, feel, and take actions that keep you focused and vibrating at your chosen essence (your "WHY"). Have fun with this! Share your success on the FB group.

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