



YOUR BEST LIFE

YOUR BEST LIFE BLUEPRINT PROGRAM

LYBL[™]
live your best life

BLUEPRINT 1

DESIGN | CREATE | LIVE

YOUR BEST LIFE BLUEPRINT

Blueprint Framework

Blueprint 1: Know your "WHY" and then ask yourself "WHAT?"

Blueprint 2: Acknowledge your current beliefs & reprogram your thinking

Blueprint 3: Develop a healthy perspective

Blueprint 4: Listen to your feelings & allow them to guide you

Blueprint 5: Create your own personal manifesto

Blueprint 6: Discover and reveal your own self worth

Blueprint 7: Unleash your magnetic super powers

Blueprint 8: Become a master of focus & being

Blueprint 9: Ask for directions before you set out

Blueprint 10: Embrace your uncertainty



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PREPARE TO DIG!

How will you create
your LYBL Blueprint?



LYBL BLUEPRINT COMMITMENT

Back yourself to show up, lean in & do the work!

HOW WILL IT LOOK?

Our Mission
Empowering
LIFE

LYBL
live your best life

Our Vision
For You to
Live Your
Best Life

LYBL
live your best life

FOR YOU TO
LIVE YOUR BEST LIFE

SAY *'Yes'*

Accept your call to adventure.
Be curious.
Embrace your fears.
Be present.....
meaningful connections are where it's at.

CARE AWESOMELY

OWN YOUR TRUTH

Be Your Own HERO.

Join forces for
the greater good.

Because.....

all roads

lead to *Love*

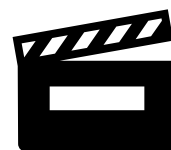
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EXCAVATING TOOLS



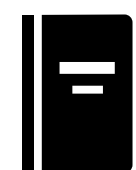
LYBL QUESTIONS



LYBL IN ACTION



LYBL THROUGH WRITING



LYBL JOURNAL



LYBL STORIES



PART ONE
YOUR
AWAKENING

LYBL
Live your best life

"Why are you knocking
at every other door? Go
knock at the door of
your own heart.

- Rumi



A collage of four images: top-left is a close-up of a person's eye; top-center is a blue sky with light clouds; top-right is a person wearing a black cap and a brown shirt; bottom-center is a person's arm with a black wristband that says "LIVE".

Blueprint 1

Know your 'why' & then ask
yourself 'what?'

ELEMENTS OF YOUR BLUEPRINT

1

LYBL QUESTIONS

Assist you in being specific & bring clarity, action & a way forward.

2

LYBL ACTIONS

Don't tell, ask questions.
Allow people to find their own solutions.

3

LYBL RELATIONSHIPS

Serve those you love - there is nothing to fix or do. People feel heard when they can hear themselves.

4

LYBL CAUTION

What should I do vs what do I want?



SET YOUR INTENTION & LOOK BEYOND THE WORDS

THERE ARE ONLY 2 PEOPLE WITHIN YOU...

Someone who intends to stay stuck or
someone who intends to move forward!



ARE YOU SEEKING
INFORMATION OR
ARE YOU SEEKING
WISDOM?

SELF CHECK-IN...
SIMPLY NOTE THIS



APPLYING LYBL QUESTIONS TO REAL LIFE

WRITE DOWN ALL THE COMPLAINTS OR ISSUES YOU ARE
FACING IN YOUR LIFE RIGHT NOW.

'LYBL THROUGH WRITING'



Applying 'LYBL Questions' to Real Life

Write down all the complaints or issues you are facing in your life right now.

Here's an example:

My girlfriend wants to buy a house, and I'm not ready. She keeps nagging me and we're both unhappy.

Then record all the frustrating and bewildering information questions that you have about these issues.

Why is this happening? Why can't she just understand that I'm not ready? How do I get her to drop the subject?

Now write down, as many 'LYBL QUESTIONS' as you can that are pertinent to the issue or issues.

What will make the difference in my relationship with my girlfriend? What needs to be said that I have not said? What can help us both get our needs met?

Notice the difference between your information questions and your 'LYBL QUESTIONS'.

The final step in this coaching exercise is to come up with an answer to every information question and every 'LYBL QUESTION' that you listed.

Notice the difference in the answers the two kind of questions brings.

Even though I've drilled it into your head that information questions don't move you forward, take the time to write out the answers to both kinds of questions so you can see how the inner motivation to move forward makes all the difference to this process.

Watch for action steps or clarity that may come from your 'LYBL QUESTIONS'.

Expect wisdom to flow. You can even begin to take action where it is appropriate.



YOUR BEST LIFE BLUEPRINT

You've begun the excavation process that will lead to unearthing the blueprint to your best life

- Stop asking "why?"
- Ask "LYBL QUESTIONS"
- Use "WHAT?" to access your innate wisdom
- Keep your attention on solutions & on the future
- Watch your motivation
- Focus on the characteristics of the wisdom seeker rather than the information seeker in yourself

Keep these lessons handy as we continue to work - review them as you keep excavating
YOUR best life blueprint



**COACHES
WRAP UP**

THE LIVE YOUR BEST LIFE *Manifesto*



We are passionate about many things....living our lives with purpose, making heartfelt connections with others for the greater good and being grateful for all that comes our way..... get to know our manifesto and learn a little more about what lights our fire towards living our best lives so that you may also *blaze your own trail towards living yours.*

YOUR BEST LIFE. Do what you love & give it your best. Build your days around what's important to you. Nothing is by chance and everything serves a purpose. Make your every effort your signature on this earth. Have a purpose for all that you do. Bring others with you and create something extraordinary together. **Enjoy heartfelt connections.** Be present, this moment may be the meaning of life. Always be curious and say 'yes' to the adventure. Explore & play. Imagine & create. If you don't like it, then change it, there is always more than one way to do anything.....you can always find a way. Learn & experiment. Love YOU, you're worth it. **Trust your instincts, you were born with an innate wisdom that you can rely upon.** Care AWESOMELY, it's the little things that truly are the big things. Make a difference. **Do the right thing.** RESPECT. Champion others. Ask 'what' not 'why'. **Focus on vision and purpose and the details of how will fall into place.** *Dance,* sing, laugh & travel. Be visible, be heard, be recognised. What you choose to make things mean is all that matters as this is always right. Forget who you 'should' be and embrace who you are. Never settle for can't, need or should they will only get in the way of your greatness. Model excellence. TRUST. **Get lost at least 3 times so you can find yourself.** Be a lifelong learner. Bring awareness to all that you do. Move regularly. *Celebrate often.* Collect experiences, not things. Sit quietly & breathe deeply...practice yoga. Ignore the nay-sayers, even though at times they may be in your own head. Nourish your mind & body. Enjoy pure air & water. Get out in the sun & connect with nature. LOVE. Be generous & kind. **Stand by your word.** Practice good nutrition & gratitude daily. Abundance is everywhere & available to everyone. REST. Sugar & omega 6 oils ARE bad for you. Be alkaline, acid leads to disease. Grow your own vegetables. Oh....and did we mention *Find your own balance. Own a dog* **CARE AWESOMELY ?** Move regularly – exercise & stretch. BELIEVE. **Laugh until your face or belly hurts....snort laughter raises your energetic vibration.** **If you love it, do it often.**

Make choices that empower you.

Everything you need is already within you, nothing is missing. *Trust yourself, you already have the answers.* This is not your practice life, this is it! Be your own movement & DO YOU! **Wake up to what's already there.**



Work on your dreams, shine your passion to the world. **Make small steps of progress frequently, we all want to feel like we are moving forward.** When you're doing what your passionate about you're making the world a better place. Everyone deserves the best, in fact you were born to, you were born to **LIVE YOUR BEST LIFE.**