



YOUR BEST LIFE

YOUR BEST LIFE BLUEPRINT PROGRAM

LYBLTM
live your best life

BLUEPRINT 2

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?



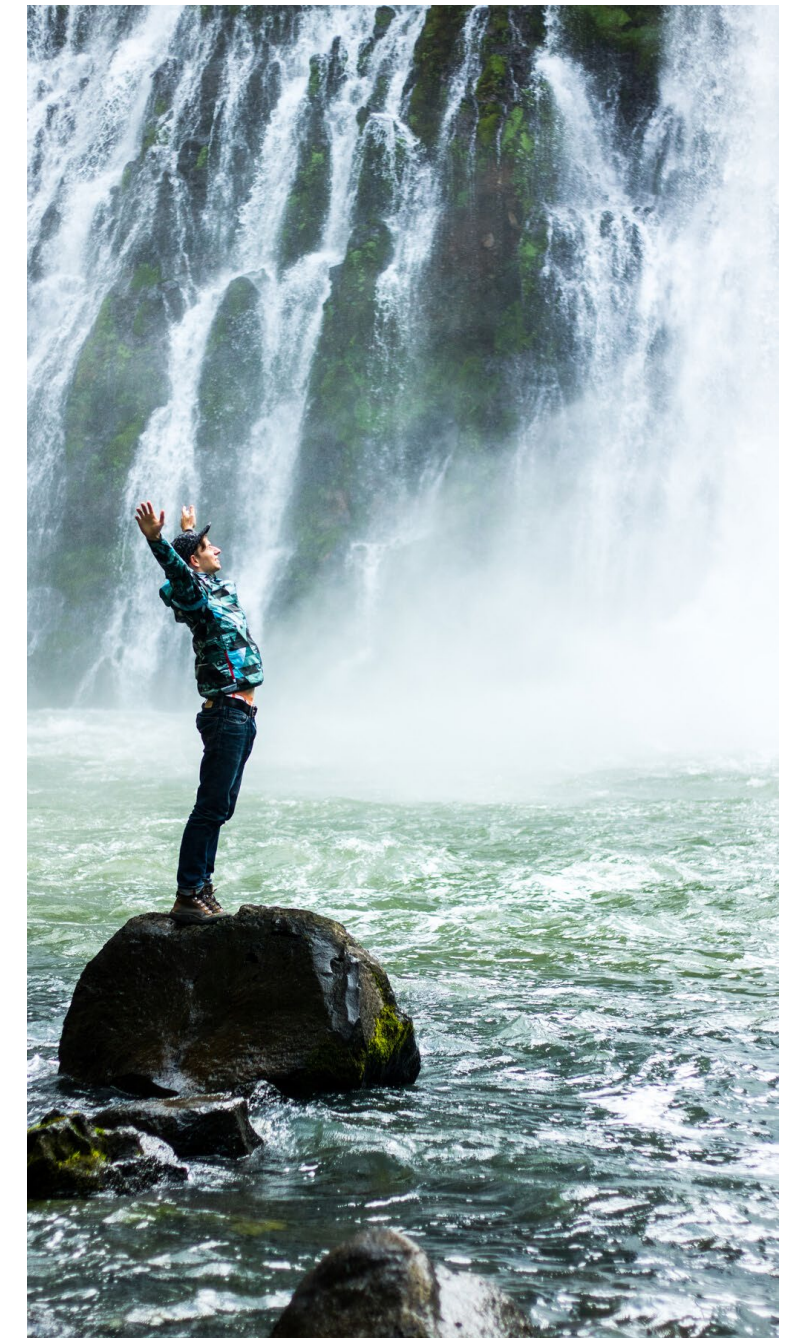
LYBL BLUEPRINT COMMITMENT

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

HOW WILL IT LOOK?



LYBL QUESTIONS
LYBL IN ACTION
LYBL THROUGH WRITING
LYBL JOURNAL
LYBL STORIES



PART ONE
YOUR
AWAKENING

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

- Rumi





ARE YOU SEEKING
INFORMATION OR
ARE YOU SEEKING
WISDOM?

SELF CHECK-IN WITH
YOURSELF & NOTE...



SCRATCH YOUR RECORD!

TRAINING YOUR BRAIN TO INSTINCTIVELY
PURSUE YOUR INNATE WISDOM...

It's time to stop playing your old song
over & over again!



Blueprint 2

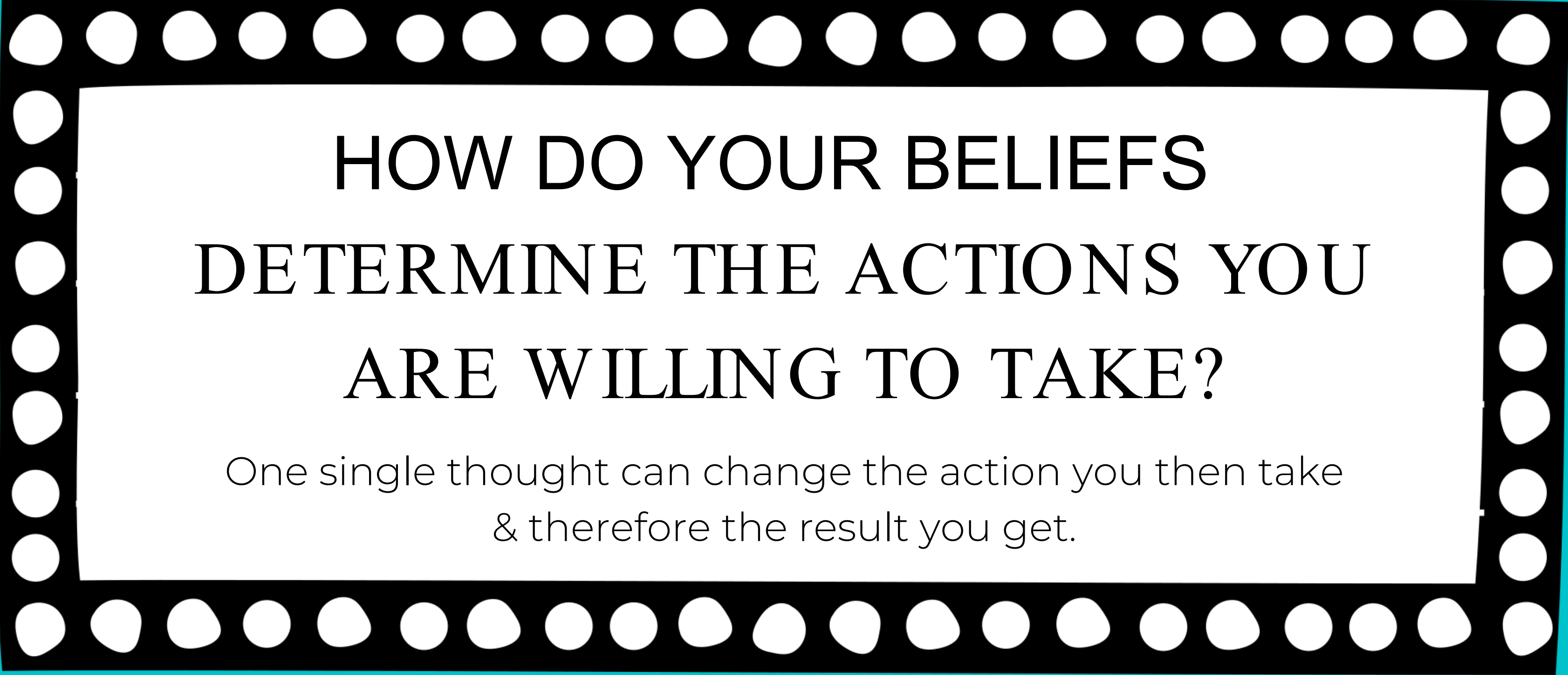
Acknowledge your current beliefs &
then reprogram your thinking

LIMITING BELIEFS

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FACTS





HOW DO YOUR BELIEFS
DETERMINE THE ACTIONS YOU
ARE WILLING TO TAKE?

One single thought can change the action you then take
& therefore the result you get.

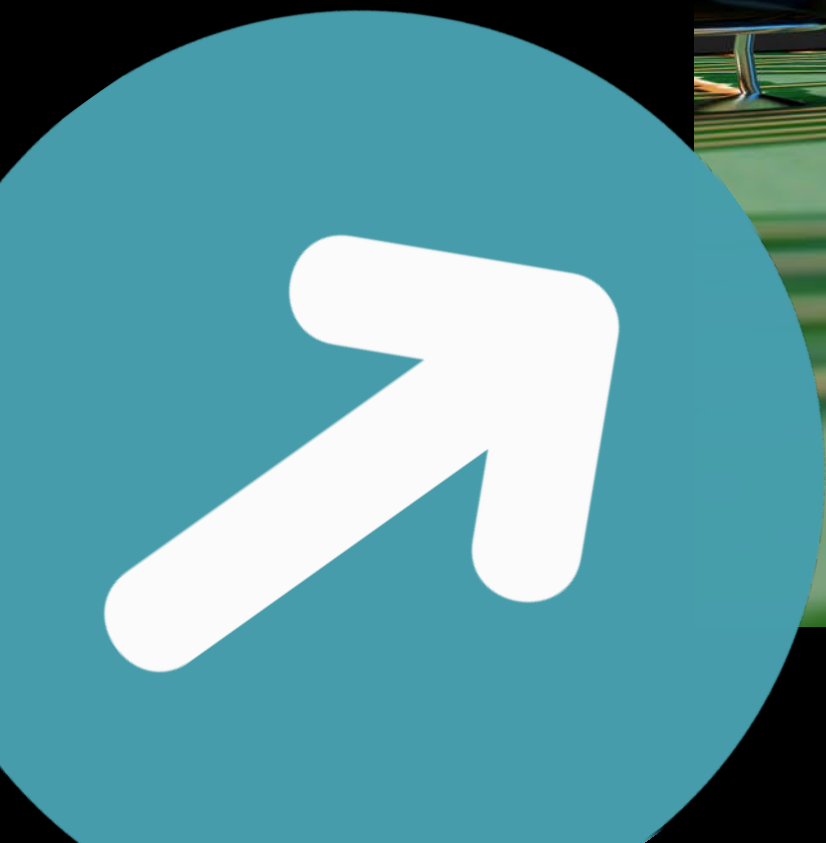
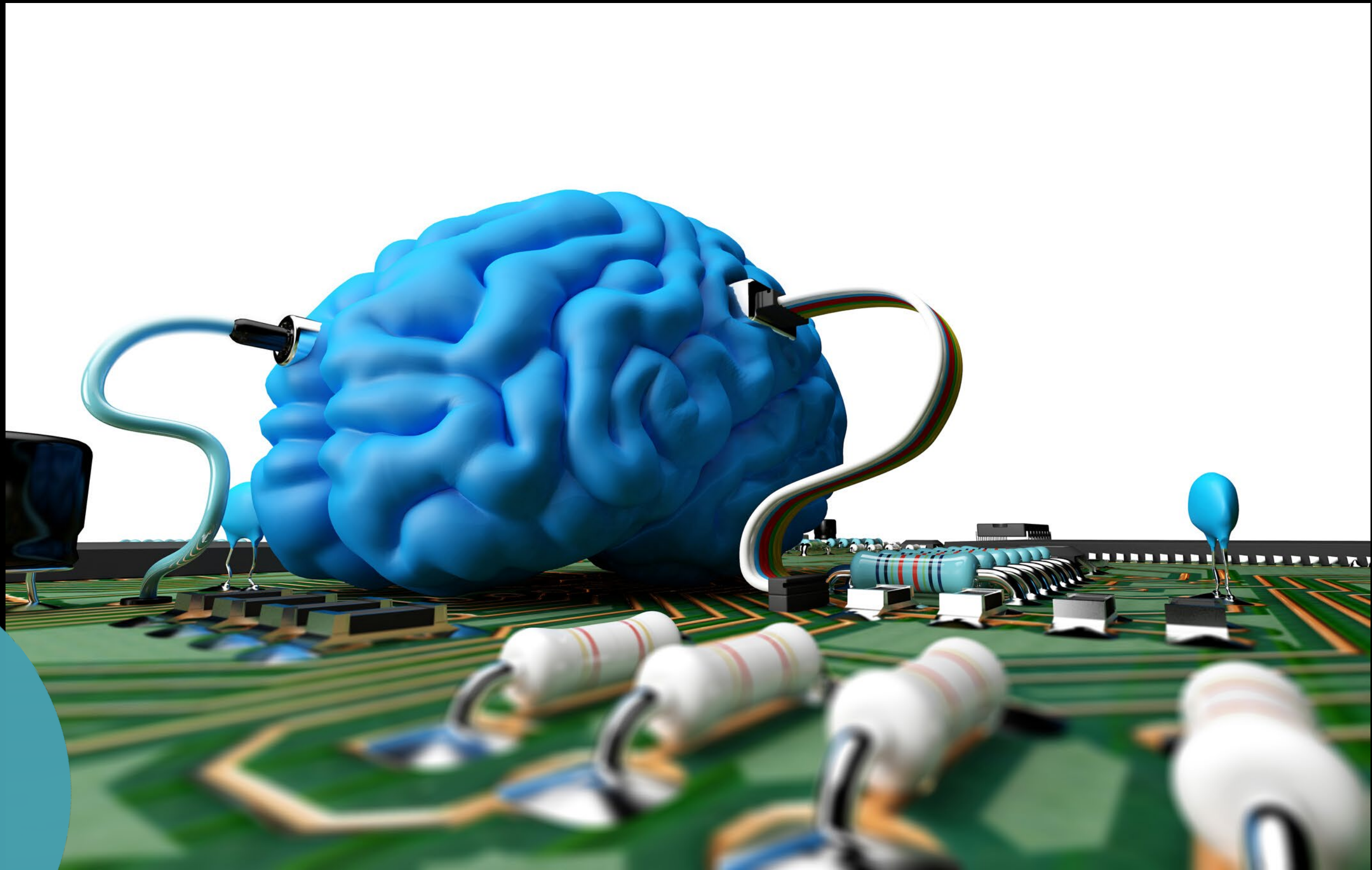




CONTRAST & CHOICE IS
EVERYWHERE

Seek it out!









LIMITING & EXPANDING BELIEFS	
<i>Limiting Beliefs</i>	<i>Expanding Beliefs</i>
All men/women are bad	There are good men/women out there
Money causes trouble	Money can enable me to achieve what I want
I can't trust anyone	I can trust myself to choose whom to trust
People my age don't do that	I can do that
I have to suffer to be thin	I can be physically fit
Everything is so hard	Life can be easy
I am not good enough	I am right where I need to be



BE SURE TO REALITY CHECK!

Do you feel excited by it or does it leave you feeling flat?



Carry your LYBL BLUEPRINT journal around with you for a day.

Draw a line down the middle of the page so that your page has 2 columns. At the top of the first column on the left hand side write down the heading 'Limiting Beliefs' and on the top of the second column on the right hand side, 'Expanding Beliefs'.

As you go about your daily activities, keep your LYBL BLUEPRINT journal nearby and record any thoughts that you hold 'true' about yourself, someone else, a situation or life in general.

If it is a thought that stops you, limits you or undermines you, write it down in the 'Limiting Beliefs' column. If it is a belief that supports who you are and what you are trying to accomplish in life, then put it under 'Expanding Beliefs'.

At the end of the 24-hour period, tally how many of each kind of belief or thought you had. Did you have more limiting beliefs than expanding beliefs?

If you did, that's okay for now, as coming up in this section there is a coaching exercise designed to help you turn the ratio around.

Did you have more expanding beliefs than limiting beliefs? Great stuff! Take action and keep collecting evidence to support your mission.

You should now have a clear picture of the quality of your beliefs and the riverbeds that are your brain's natural path. If you're not happy with what you've found, you'll have all the tools you need to change the tides by the end of this section.



'LYBL THROUGH WRITING'



Creating Expanding Beliefs

Go back to your list of limiting beliefs and expanding beliefs in your LYBL Blueprint journal. Which of your limiting beliefs were the most damaging and limiting?

Transfer those onto a new section of your 'LYBL through Writing' in your LYBL Journal over the page.

If you have several beliefs, do this exercise with each one written separately.

For each limiting belief, write down all the evidence you can think of that belief that is true.

(When Danni (as used as an example from my 'Live Your Best Life™' book did this exercise, her belief was that she was not worth people's kindness. As evidence, she wrote down: "People are not kind to me", "I am not getting through to people I want to be hired by", and "I am not getting along well with some of my closest friends".)

Next, for each limiting belief, write down what the secondary gain is or what is the price you pay to hold onto that belief. For example, Danni's secondary gain was feeling sad, isolated and down on her luck.

Now that you understand the basis of your limiting belief better, let's explore the expanding belief that may be lying dormant and hidden, simply waiting for you to tap into it or activate it.

Write down a result or outcome you would like for your life right now.

For example, Danni chose feeling valued.

Then write down what evidence you would need to see to know that outcome had come to pass. Danni, of course wanted to land a job, but to attain her desired outcome of feeling valued, she also needed to see people treating her with respect.

Finally, ask yourself what belief you think would need to birth for the action necessary to collect/look for the evidence mentioned above. Danni's expanding belief, if you recall from earlier, was that people are well meaning and she was worth their positive attention. This belief allowed her to interact with people from a position of strength.

Look over what you just wrote.

Does it make you feel excited and challenged?

Is it within the bounds of your current life circumstances?

If so, then, yes, this is your new expanding belief.

Now that you've had time to reflect on this coaching exercise, you may want to tweak your expanding belief to be sure that it is one that fits and that you can work with until you've reached the outcome you want.



"I AM NOT
GOOD
ENOUGH"



WHAT GOT YOU TO HERE,
WON'T GET YOU TO THERE!

You've got to scratch your own record!



ELEMENTS OF YOUR BLUEPRINT

1

LYBL QUESTIONS

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

2

LYBL ACTIONS

Carry your LYBL Blueprint journal around with you for a day - limiting vs expanding

3

LYBL THROUGH WRITING

For each limiting belief, write down all the evidence you can think of that belief that is true.

4

LYBL CAUTION

The 'king' of all limiting beliefs!

YOUR BEST LIFE BLUEPRINT

Getting to where we are meant to be involves acknowledging our current beliefs, then claiming our new sense of power by reprogramming our thinking to produce new thoughts.

- Notice your well travelled riverbeds & how deeply grooved they are
- Identify your riverbeds as limiting beliefs
- Change your limiting beliefs to expanding beliefs
- Collect evidence to support your new expanding beliefs
- Keep reprogramming & training your brain until you don't have to any more because you will be taking positive action

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





COME & JOIN THE CONVERSATION



Facebook group page for "Best Life Blueprint Members". The cover image features a man and a woman laughing on the left, and a woman with her arms raised on the right. The text on the cover reads: "LET'S START ON YOUR LIFE'S MOST IMPORTANT JOURNEY TO LIVE YOUR BEST LIFE" in large black letters, with "BY MICHELE JONES" in smaller teal letters below it. The LYBL logo (Live Your Best Life) is also present.

Best Life Blueprint Members
Private group · 7 members

Joined + Invite

About Discussion Featured Topics Members Events Media

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. **Laugh until your face or belly hurts....snort laughter raises your energetic vibration.** 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 *Own a dog* If you love it, do it often. **CARE AWESOMELY ?** Find your own balance. BELIEVE. Move regularly – exercise & stretch.

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.**

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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