



# YOUR BEST LIFE

YOUR BEST LIFE BLUEPRINT PROGRAM

**LYBL**<sup>™</sup>  
live your best life

BLUEPRINT 3

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



# PREPARE TO DIG!

How will you create  
your LYBL Blueprint?





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



PART ONE  
YOUR  
AWAKENING

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

- Rumi





Last Blueprint  
Blueprint 2

Acknowledge your current beliefs &  
then reprogram your thinking





# Blueprint 3

Develop a Healthy Perspective



**GET OVER  
YOURSELF**



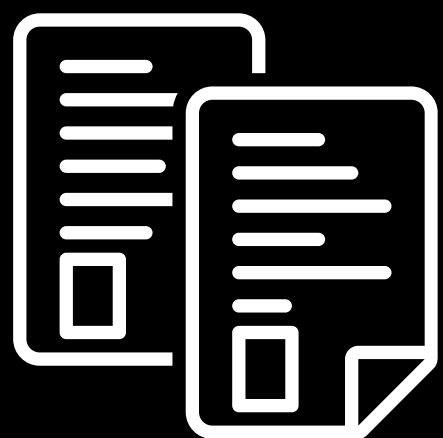
# WISDOM IS BLOCKED IN THE FACE OF FEAR!

Our fear is directly  
proportional to our  
greatness!

STOP TAKING  
THINGS  
PERSONALLY...







## 'LYBL' THROUGH WRITING

### Release taking things personally



**1** *Write* down the names of people whom you still hold grudges against or feel less than peaceful about.  
(If you don't have any, then good for you, but be sure you're being honest).

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**2** *Explore* what you took personally in each situation.  
Did an old friend neglect you?  
Did your parents upset you?  
Was your neighbor rude to you?

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**3** *If* you were to unhook yourself from the emotion and relive the relationship again what might you do differently?  
What would you say if you ran into this person now?  
What could you do to no longer care about what transpired?

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**4** *Write* down specific actions you could take to be sure these scenarios never come back to bite you again.

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# TO FIND YOURSELF MAKE IT ABOUT OTHERS?

Nothing will pull you out of your own stuff faster than  
realising your own stuff isn't so bad.





## Developing a Healthy Perspective

***I call this the self-centred challenge.***

For an entire week, I want you to strike the word "I" from your vocabulary. This is the most overused word in the English language, and you'll find it's not easy to avoid.

As you realise how much you use "I", you'll find yourself much more interested in other people.

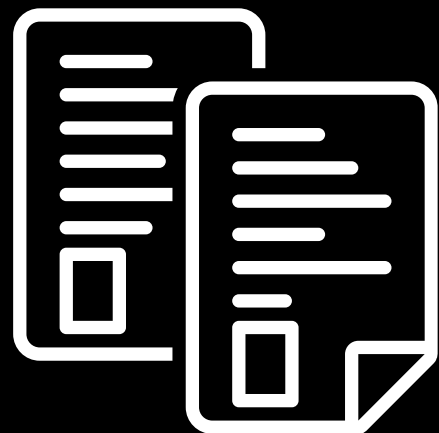
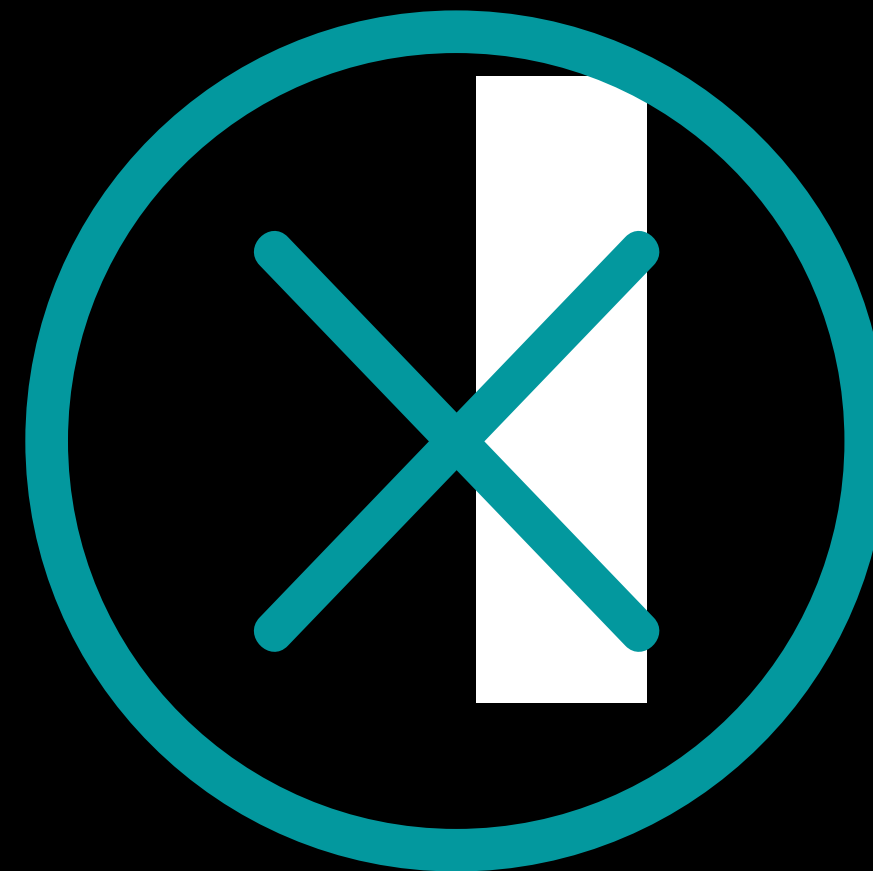
This exercise may make you feel baffled, humbled or even a little sad.

Such feelings aren't permanent.

They're just the result of your ego's shrinking and feeling very sorry for itself.

Having a healthy ego is not a bad thing, but we could all stand to gain a little perspective in our place in the world.

This perspective invites the ease and satisfaction I've been promising.







DON'T GO AS  
FAR THAT YOU  
LOSE  
YOURSELF...





Create  
Space





# LAUGHTER REALLY IS THE BEST MEDICINE

It can allow you to look at something in a whole new way!





## Connect back to your source of Personal Power

### ***It's time for action!***

I challenge you in the next week to increase the power you have by taking it back from where it does not belong.

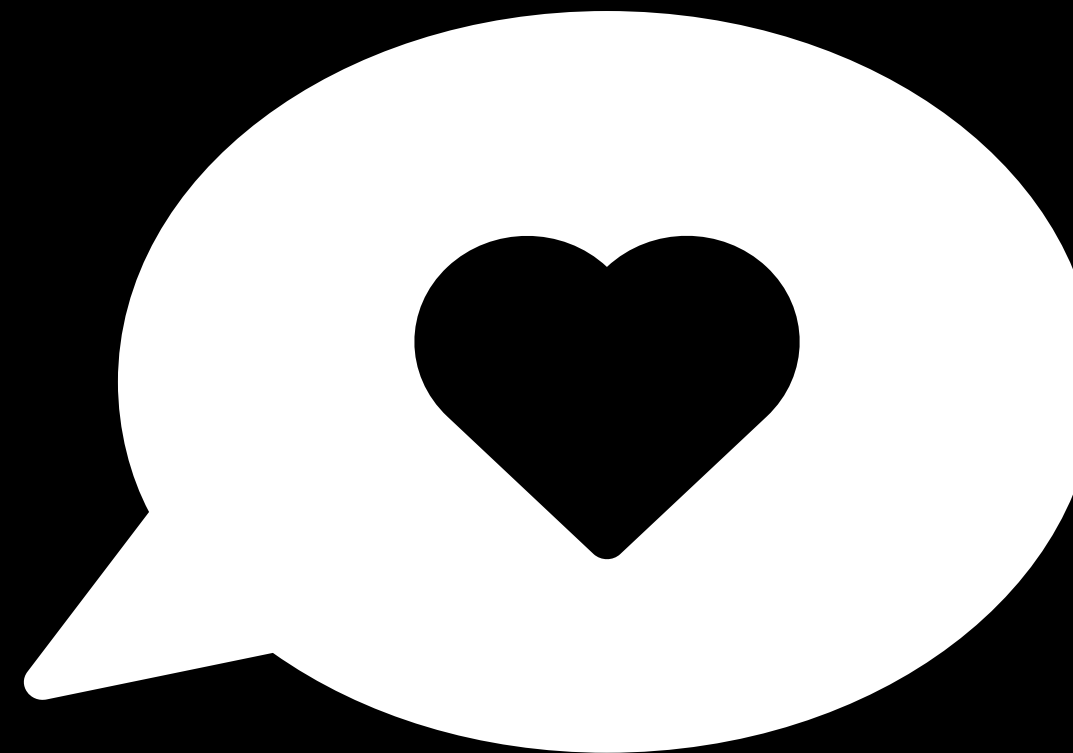
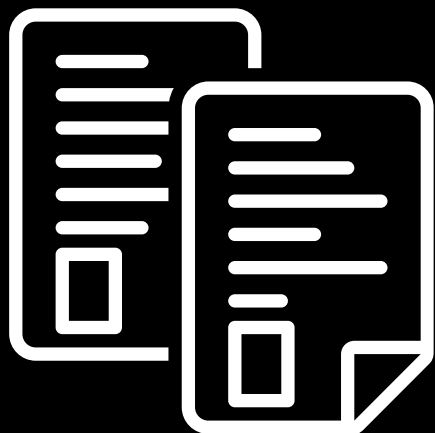
**Examine the recent past**, looking for situations in which you have compromised yourself.

Record in your LYBL Journal what these situations were, and be specific about what happened and who was involved. If you were disappointed by a friend who did not keep a promise, for example, and you were afraid to ask about it, write:

*"Mark said he would visit this weekend and then did not turn up or phone to say he wasn't coming. I didn't call him about it, although it's the second time he's done something like this."*

In every situation you've written about, think about what you can do to reverse the loss of power.

Your perspective will be changed as you see your power increase and as you realise that the key to moving your life forward in a positive way has roots in this kind of self love.

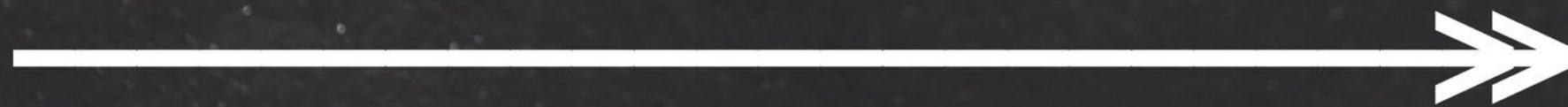




**A LOT CAN BE SAID ABOUT  
GRATITUDE**

Being grateful is the key to accomplishing the future!

**START EACH DAY  
WITH A  
GRATEFUL HEART**



## 'LYBL THROUGH WRITING'

### What are you Grateful for?



Taking stock of what you can be grateful for on a daily basis becomes an important way to make this way of developing and gaining a healthy perspective a habit.

Try it now by writing down ten things you can be grateful for today.

These could be your health, your family, the roof over your head, your job, your money, your new car, your neighbor, your friends and so on.

It could also be more circumstance oriented – such as a particularly good conversation with a co-worker, or a chance meeting with a long-lost friend, or the fact that a woman on the supermarket queue gave you her place so you could check out sooner.

Now go back to the complaints about your life that you listed in Section 1.

Look at them with your new set of eyes and try to find something to be grateful for about the items that are problems now.

What have you learned from having these problems – how are they stretching you and forcing you to grow?

As annoying as they may be, examining them through the lens of gratitude may uncover the hidden positives about them.

As a third part to this writing, write down how your perspective has shifted because of this activity.

What might you do differently?

Is there any action you would like to take now because of it?

Write down the changes you will make.





MAINTAINING THE RIGHT  
PERSPECTIVE IS A LIFELONG  
INVESTMENT



# ELEMENTS OF YOUR 3RD BLUEPRINT

1

## LYBL THROUGH WRITING

Releasing taking things personally

2

## LYBL ACTIONS

Self centred challenge

3

## LYBL ACTIONS

Lighten up & laugh + connect back  
to your source of personal power

4

## LYBL THROUGH WRITING

What are you grateful for?

# YOUR BEST LIFE BLUEPRINT

Gaining & developing a healthy perspective is the 3rd & final strategy of 'Your Awakening' stage. A healthy perspective on your life will assist put you on track to where you are meant to be.

- Avoid taking things personally
- Let go of old grudges
- Assist other people
- Say "I" less
- Look for humour
- Create space
- Choose to love
- Reclaim your power by loving yourself
- Focus on what you have to be grateful for instead of what you don't have

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, with the text "LET'S START ON YOUR LIFE'S MOST IMPORTANT JOURNEY TO LIVE YOUR BEST LIFE" and "BY MICHELE JONES". The LYBL logo is also present. The group is a private group with 7 members. Navigation tabs include About, Discussion, Featured, Topics, Members, Events, and Media. A search bar and a dropdown menu are visible at the bottom right.

LET'S START ON YOUR LIFE'S MOST IMPORTANT JOURNEY TO  
**LIVE YOUR BEST LIFE**  
BY MICHELE JONES

**LYBL**  
live your best life

**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*

**LYBL**  
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