



# YOUR BEST LIFE

YOUR BEST LIFE BLUEPRINT PROGRAM

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

BLUEPRINT 4  
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 superpowers

Blueprint 8: Become a master of focus & being

Blueprint 9: Ask for directions before you set out

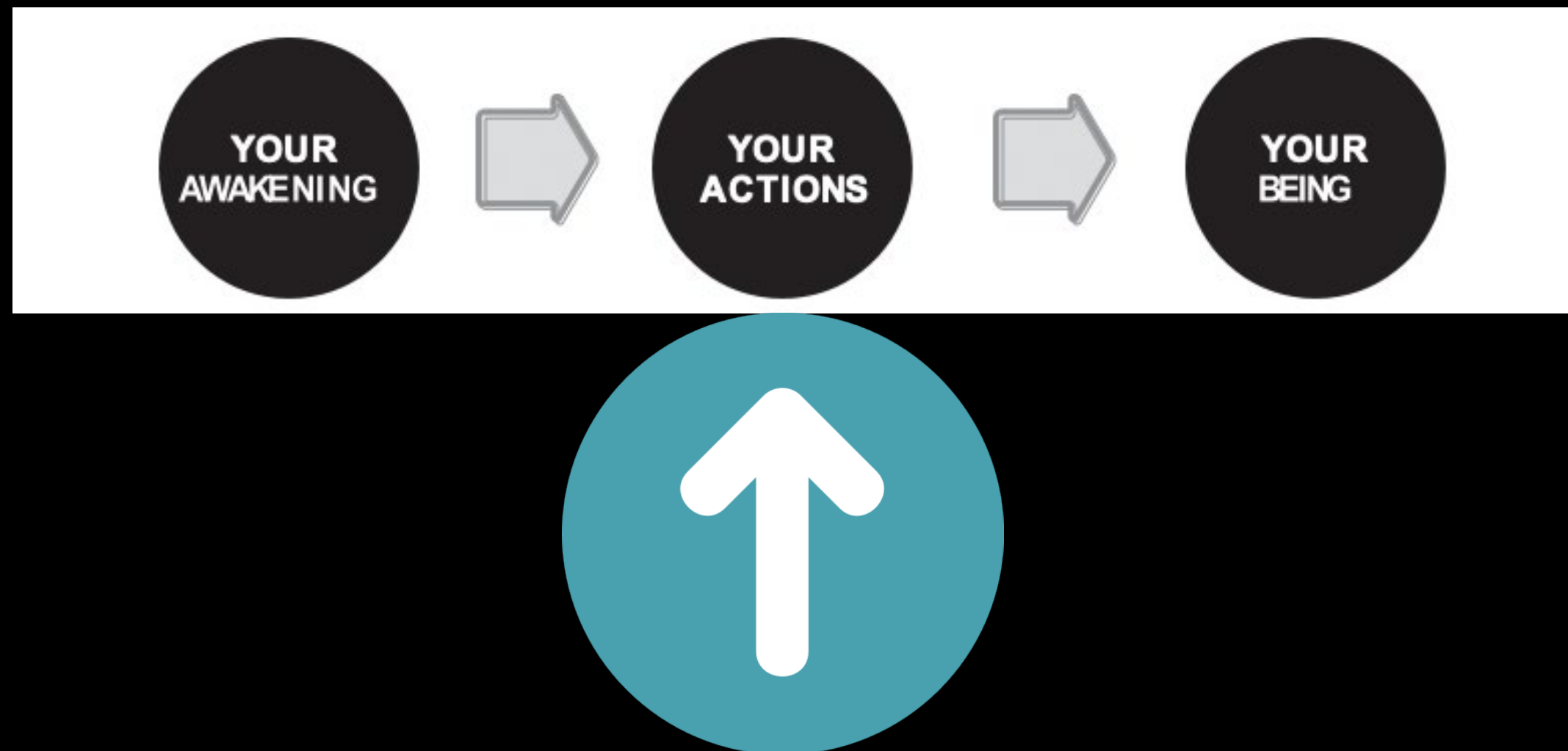
Blueprint 10: Embrace your uncertainty



BLUEPRINTBLUEPRINTBL  
UEPRINTBLUEPRINTBLUEP  
RINTBLUEPRINTBLUEPRIN  
BLUEPRINTBLUEPRINTBL  
UEPRINBTBLUEPRINTBLU  
EPRINTBLUEPRINTBLU  
BLUEPRINTBLUEPRINTBL

# PREPARE TO DIG!

How will you create  
your LYBL Blueprint?





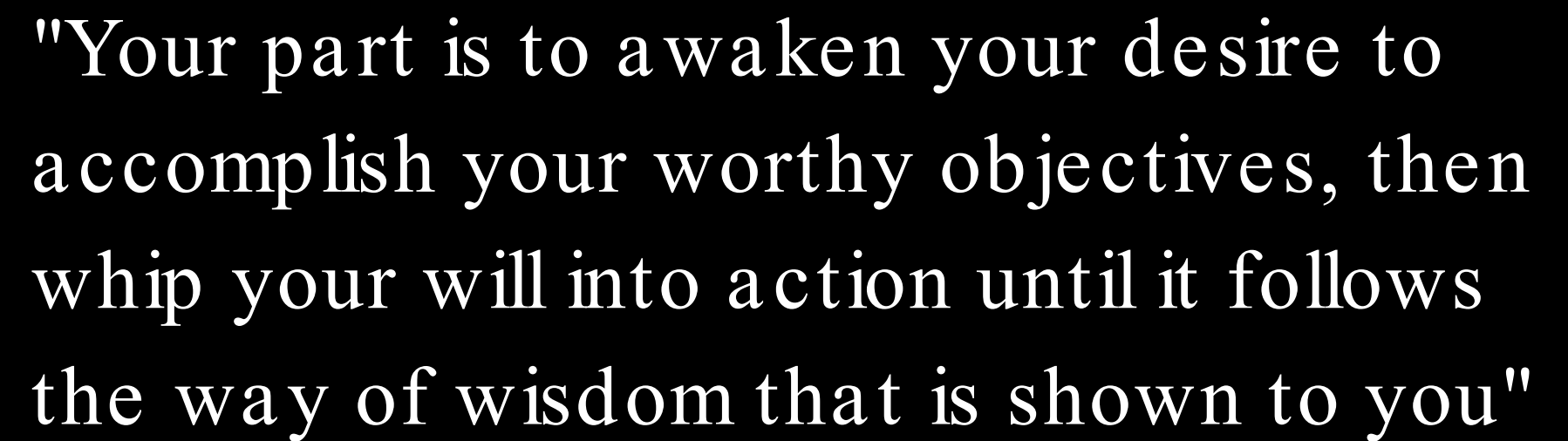


- LYBL QUESTIONS
- LYBL IN ACTION
- LYBL THROUGH WRITING
- LYBL JOURNAL
- LYBL STORIES





**LYBL**  
live your best life



# - Paramahansa Yogananda





# Last Blueprint Blueprint 3

Develop a Healthy Perspective





## Blueprint 4

Listen to your feelings & allow  
them to guide you.







# TREADMILL EXISTENCE VS WHAT MATTERS MOST!

- Forward motion
- Goal attainment
- Satisfaction in life

Get back in touch with what you truly want  
& get back to feeling again...

REMEMBER YOUR TOP 5 & REVIEW  
REGULARLY!

DESIGN | CREATE | LIVE

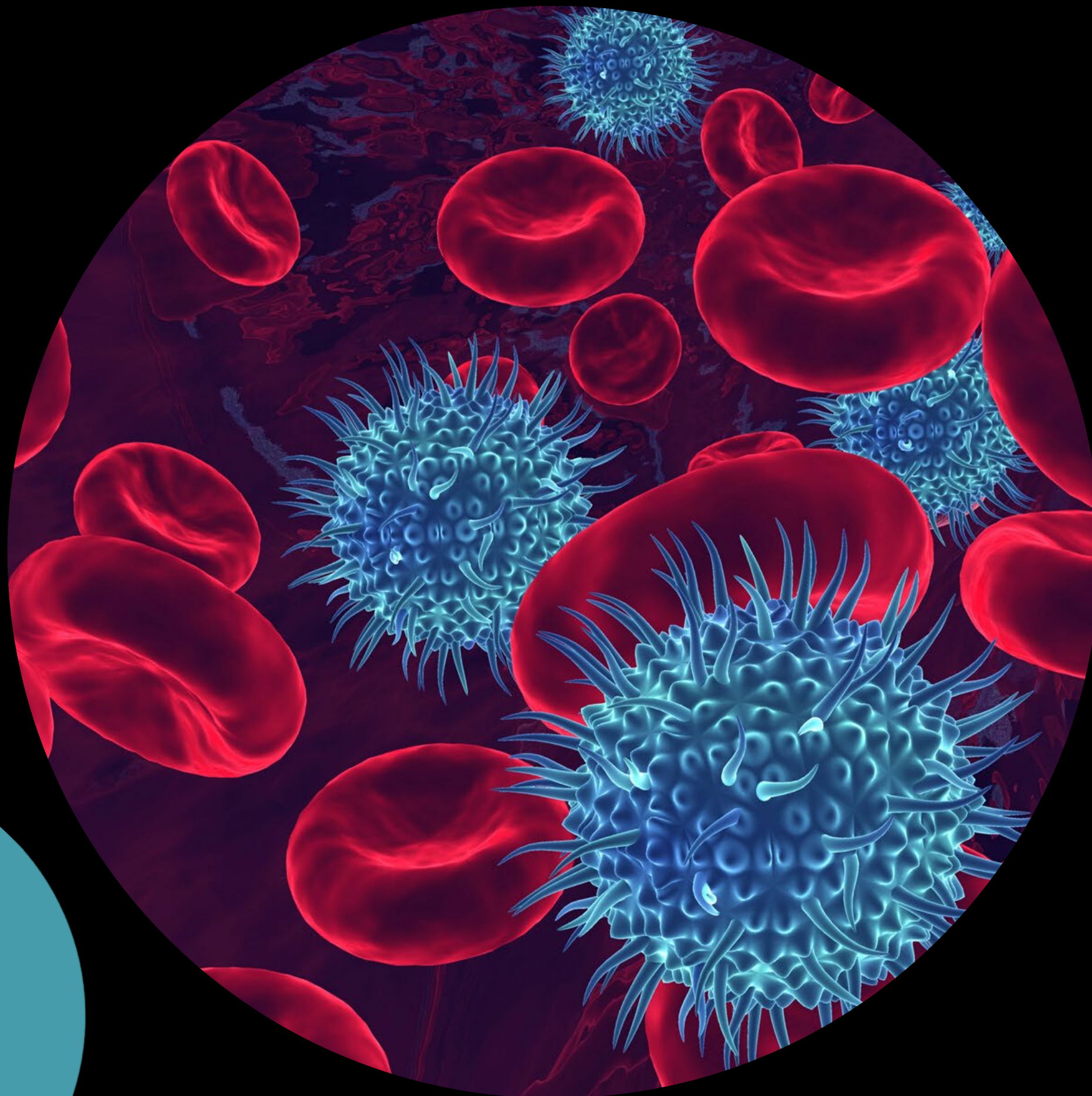




LISTEN TO  
WHAT YOU  
WANT...







THE SMALL  
THINGS ARE  
ALWAYS THE  
BIG THINGS...







## Feeling Subtleties

This activity will start you on your way to becoming more sensitive to the difference between 'want' and 'should' – the first subtlety we will explore.

### The..... Day

This activity is called 'The.....Day' because you can fill your name in the blank, and the first step is to find a day that you can keep blank, or completely open.

Take a whole day and leave it free, with no plans or obligations at all.

On this day, no-one is to need you or demand anything of you (not even your dog), nor can you demand anything of yourself.

Setting aside an entire day to do this may seem like a huge request. I know it is if you have kids. If doing this is impossible for you, you can experience a similar effect by giving yourself just a few hours of completely blank time.

Starting right at the beginning of the period you've set aside, I want you to constantly ask yourself, "What do I want?"

If the answer is that you want pancakes for breakfast, have them. If you want to dance around the house to loud music, terrific. If you want to play golf or curl up with a good book, do it.

Whatever it is, as long as it won't hurt you or someone else, indulge! Remember, we are all about ecology!

As you physically give yourself to whatever you've told yourself you wanted, I'd like you to notice what you feel. (My clients often report feeling the joyful kind of wanting in their heart, their solar plexus area, or their stomach, or a tingling in their fingers or all over their body).

There is no right answer, so just get to know your sensations for yourself.

You probably know what 'should' feels like.

You're anxious, bothered, perhaps confused?

Some people feel it in their head, or in their solar plexus, or in the chest and neck. It doesn't matter where it registers, as long as you are now aware of the different physical sensations of 'should' and 'want'.

Use your 'LYBL' Blueprint Journal to record your observations on your... day

As you increase your awareness through this exercise, you won't have to think so hard about it, you'll just make quicker decisions because you are sensitive to how 'want' and 'should' feel.







# GOOD VS BAD GUILT

There is always two sides of the coin...

Which way does your coin tend to flip?



GUILT.

is it

*good  
or bad?*

*What will  
you  
REGRET?*

is  
this  
a

*want  
or a  
should?*





# IS THAT YOUR INSPIRATION OR YOUR EGO SPEAKING?

Inspiration comes from within & ego depends on others  
to feel at ease & satisfied.





INSPIRATION WILL  
ALWAYS FEEL  
FREE...



PASSION LED US HERE







KNOW WHEN YOU  
ARE BEING  
SEDUCED...







# IS IT JUST A PHASE YOU ARE GOING THROUGH?

It's important to learn the difference between  
infatuation & certainty









A WISDOM -BASED DECISION  
WILL NEVER BE DICTATED  
TO BY FEAR..

- Are you worth it?
- Will you give it to yourself?
- Will you do what you know is right for you?





## 'LYBL' THROUGH WRITING

### Acknowledging Your Subtleties



Spend time writing down how you have felt the difference between 'good' and 'bad' guilt, inspiration and ego, passion and adrenaline, opportunity and seduction, and certainty and inspiration.

You already wrote about the difference between 'want' and 'should' earlier in this journal.

Give specific reference to people, places and details that will remind you of times when you have felt these subtleties.

Record any lessons you may have learned, and how you will recognise these feelings in the future.

When you pay more attention to how you feel in situations instead of relying on linear, logical judgment, you will have quicker access to the answers that will make a difference in attaining what you want.





BEING IN THE  
ZONE...



# ELEMENTS OF YOUR 4TH BLUEPRINT

1

## LYBL ACTIONS

Are you hearing your feelings?

2

## LYBL ACTIONS

Feeling Subtleties

3

## LYBL THROUGH WRITING

Acknowledging Your Subtleties



# YOUR BEST LIFE BLUEPRINT

Mastering your physical world by 'doing' - that is, putting your wisdom into action - is the key to unlocking the magic of your best life. You need to get beyond your thoughts & let your feelings tell you what to do.

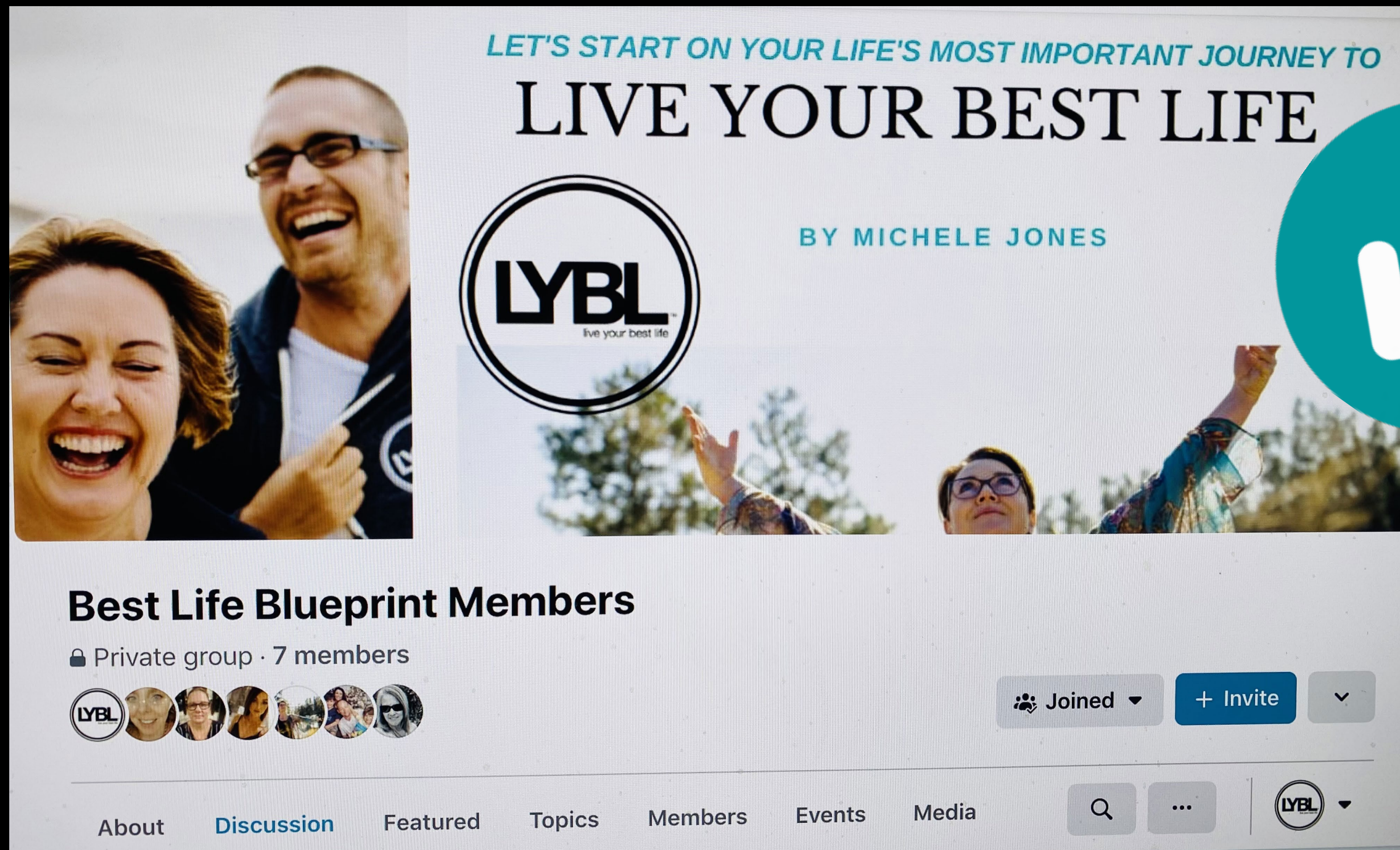
- Continually take care of & eliminate what keeps you too busy to feel
- Keep your focus on how your priorities are reflected in your life
- Feel the difference between 'want' & 'should'
- Pay attention to subtleties in emotion: the distinction between your wisdom & your coping mechanisms (inspiration vs ego, passion vs adrenaline etc.)
- Feel being 'in the zone' & use it to know when your actions are wisdom based

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





# COME & JOIN THE CONVERSATION





# 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.**



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**  
live your best life