

Do Be Have

And no, that does not say “Do behave”

The question is..... What do you want?

It is important to come to this question, not from a place of need - “I *need* this or that in order to feel complete, enough, whole, worthy, etc...” But rather, come to this question from a place of simply desiring growth, change, transformation and opportunity. Wanting more is not a bad thing. Desire is not a bad thing. The idea is to minimize suffering by not being attached to our desires. Desiring more from a place of lack is very different than desiring more as an opportunity to grow.

Everything grows, changes and transforms. Everything is moving from it’s current state of being into a changed state of being. Everything is moving from what it currently is into what it is becoming. And so are you. You don’t *need* more to be emotionally enough. You already are enough. You already are worthy. It is from this place of “enough-ness” that you can allow yourself to simply *want* more as you continue to explore, discover, grow and evolve as an ever-learning and ever-changing human being. And in many instances, more will mean less. More stillness or more peace means less drama and less angst.

So, the question is, how do you want to consciously bring your awareness to the question of what and who you are becoming? Either you are consciously choosing what you would like to manifest in your life or you’re just along for whatever ride happens to come your way. You are either purposefully living your life or life is blithely living you. You get to participate in your evolution!

Now, will it all turn out exactly as you imagine or plan? No, it won’t. Thankfully so. More often than not our “plans” turn out in ways that are quite pleasantly surprising. Most of us are living lives that we didn’t see coming. Both the challenges and the bounty are most likely not exactly what we were planning. Gifts are like that, we don’t see them coming.

But that doesn’t mean that we don’t participate in the process of our evolution. We envision and imagine possibilities. That is the fuel in the engine, it is the juice that keeps us moving forward. We aim for a destination and then see how life shows up along the way. We have to paint a bit of a roadmap to let source energy know the direction in which we want to move.

If you tell Source or Life or God or Universe that you want “whatever” comes your way then you’ll get a whole lot of “whatever.” You are the writer and life is the creative director. The two of you work together to create the movie of your life. Source needs a script that you provide and you need a highly creative director that will breathe life into the script in ways that may just blow your mind.

Like a well seasoned traveler doesn't plan every moment of their travel. They set sail for their next port of call and then stay open to possibilities. But they don't sit idle at the dock waiting for life to drag them out to sea. They make plans, they chart a course, they make commitments and they align their determination with a goal. It is a lifelong dance and you are in partnership with life.

So, how do you want to start the conversation and enter into this relationship? Where do you want to set your sights and how do you want to travel? You do your part with full heart and commitment and let life do it's part with magic and limitless potential and you will find yourself on a beautiful journey that will take you places you can only just begin to imagine.

So, let's start imagining!

Fill out the forms below after you brought yourself to a place of calm mind and quiet stillness. Take some deep breaths and allow yourself to begin imagining into your future. Create some sacred space so that you can listen deeply to your own soul.

The answers to these questions will serve you best when they come from a collaboration of your mind *and* your heart.

Allow yourself to feel into the answers. You will want to explore and be curious about what you think, what you feel and what your intuition tells you as you fill in the forms.

Remember, exploration is not commitment. You can allow yourself to explore possibilities without having to "get the answers right." Just allow yourself to be curious and to see what answers show up for you. You can always modify, add or subtract answers anytime that you want. This is a tool for exploration, not a declaration of commitment. Commitment will come later. Right now let's explore possibilities.

This does not have to be filled out all in one sitting. You can fill in answers as they come. You may find that an answer to one of these questions comes when you are doing something completely different like washing the dishes, working with a client or talking with a friend or family member.

You can print more than one of these sheets and let the answers flow in abundance and then come back and hone your answers later until you have a clear and strong resonance with what you have written.

The form fields:

What do you want to Do - For Yourself:

These are actions that you want to take in service to your own betterment and fulfillment.

Examples may be - Get healthy, buy a house, find new friends, work out, eat well, find time for relaxation and play, work with a coach, start a business, etc...

What do you want to DO - For Others

These are actions that are specifically in service to others. Of course they serve you as well, but the focus is on others.

Examples may be - Spend more time with my kids, listen more attentively to my partner, create balance in my life, put my kid through college, support my parents, end hunger, clean up the environment, educate leaders, help others heal, etc...

Intrinsic and Extrinsic

Intrinsic: Inward focused. That which occurs within us. Often more emotion based.

Extrinsic: Outward focused. Roles we play. How we appear to others from what they can witness from the outside. Things that happen outside of us.

What and who do you want to BE?

Intrinsic examples may be - happy, peaceful, confident, strong, authentic, courageous, loving, etc...

Extrinsic examples may be - a leader, a leader in my field of expertise, a motivational speaker, a teacher, wealthy, etc...

What do you want to HAVE? (There may be some overlap with BE. That's ok!)

Intrinsic examples may be - confidence, clear vision, focus, dedication, commitment, peace of mind, etc...

Extrinsic examples may be - healthy relationships, stable income, abundance, a strong family, loyal friends, a house at the beach and a house in the mountains, etc...

What are the Gifts that you bring?

Intrinsic examples may be - care, kindness, compassion, energy, joyfulness, calm, passion, ability to see big picture, enthusiasm, team player, work ethic, integrity, etc...

Extrinsic examples may be - specialized studies and skills, access to resources, community leader, organized, degrees, years of practice, etc...

What & how do you want to FEEL? This is the most important one!!

When we are manifesting our lives we tend to focus on the "things" and the physical attributes of what we want. But that is a narrow perspective from which to work. The universe has a far greater imagination than we typically do. The idea here is to be very clear about

how you want to “FEEL” and then let Life, God, Spirit or Source take care of the details that will create the conditions to support how you want to feel.

Yes, you also help guide the details, but don't be limited by them or get too rigid around them. The universe is nothing but energy. You want to be clear about the energetic signature of how you want the life you are creating to *feel* and then let the universe match that resonant feeling. Universal Source knows almost nothing about details, it just knows energy.

In fact, if you were to *only* focus on how you want to feel and then completely surrender and let Life take care of how to manifest that feeling, you would be ok. But when you actively participate in clarifying the details *in addition* to being very clear about the resonant feeling you want, then you're unstoppable.

And here's the really fun part: As soon as you identify how you want to feel and you allow yourself to identify that feeling in your body - you will immediately begin to feel that way. It may be small at first. It may be explosive right from the beginning. But once you begin to identify and manifest that feeling state within you, you will find that Source begins to match that resonant feeling all around you.

The world around us is nothing more and nothing less than a reflection of that which we allow ourselves to feel and BE within.

Examples of how you may want to feel in response to this life you are creating may be - alive, vibrant, expansive, confident, in the flow, strong, connected, wildly expressive, free, abundant, present, empowered, etc... Focus on the feeling, not as a cognitive exercise, but as a felt state of being. Let this be a daily practice. Start your day with your awareness on how you want to feel and then watch how life creates the conditions to match that feeling state.

Do this more than once!

This entire process is a powerful exercise to bring yourself to every few months. As you learn and grow and as life presents opportunities that you had not yet imagined, you will find that you want to tweak the map, hone your plan and re-engage your desired feeling state.

I'm here for you!

If you would like to work with me and receive personalized and targeted support and guidance while you make the absolute most out of your current journey of growth and transformation, I'm here to support you.

We aren't meant to figure this all out on our own. Everyone who is at the top of their game calls in the support of coaches, guides teachers and mentors.

Our work together will focus on building the solid foundations that balance, strengthen and integrate mind, body and spirit for joyful and powerful living. From this solid foundation any challenge can be faced and any success can be realized.

Whether this is a time for you of new beginnings or you're taking yourself and your business to the next level of excellence or you're on a path of optimizing all areas of your life - contact me and we'll get you where you want to go together.

DO - For Yourself	BE - Intrinsic	HAVE - Intrinsic

DO - For Others	BE - Extrinsic	HAVE - Extrinsic

My Gifts - Intrinsic	My Gifts - Extrinsic

How Do I Want to Feel? (Most Important!)