

YOUR

BIGGER
BETTER
BEAUTIFUL

LIFE VISION

GUIDEBOOK



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5 Steps to Creating Your Bigger Better Beautiful Life Vision

GUIDEBOOK

Whatever your personal situation this program is going to help you define your OWN life vision – Bigger, Better and more Beautiful than EVER before.

5 steps to Creating a Bigger, Better, Beautiful Life Vision for Yourself

STEP ONE

Ask Empowering Questions (these will put you on a new path)

STEP TWO

Surrender Resistance (this is very different than giving up)

STEP THREE

Stop Comparing (one of the BEST things you'll ever do!)

STEP FOUR

Take 100% Responsibility (not as scary...or as boring as it sounds)

STEP FIVE

Establish Intention & Alignment (this will bring everything into focus)

To advance your life and to get BIGGER, BETTER, BEAUTIFUL results in your life and relationships you need to learn new self-awareness tools and advanced mindsets.

The way to do this is...

STEP ONE

Ask Empowering Questions

for every question asked there is an answer provided through inner prompting, intuitive hits, nudges, signs, symbols, dreams and experiences that are in a language individual to you, your heart & your soul.

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You no longer want to ask the disempowering questions like...

Why me?
What's wrong with me?
Why is this happening to me?
Why did he or she do this to me?
What am I doing wrong?
What do you want from me?

Because these questions will be answered too.

The Empowering Questions to Ask Are:

What have I learned about myself from this experience?
What am I meant to learn?
What have I gained?
How have I changed or grown?
What is the gift in this experience?
What is the bigger lesson here?
How is this contributing to my greater purpose or the bigger picture of my life?
What is needed here?

Taking this initial step of asking empowering questions opens your mind to new thinking and is the beginning of your journey to your bigger, better, beautiful life vision.

STEP TWO

Surrender Resistance

Surrendering Resistance can happen two ways:

- (1) uncooperatively by hitting rock bottom...or...
- (2) cooperatively by deciding to practice trust

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Deciding to Practice Trust is...

- asking the questions, then surrendering any attachment to the outcome
- releasing of the burden of trying to force, control or manipulate answers and outcomes
- making the conscious choice to turn your worries, concerns, plotting or obsessing over to the Universe for resolution and answers

Deciding to Practice Trust...

- can be done through meditation and/or prayer
- involves trusting in right timing

Resistance is the opposite of trust

Deciding to practice trust is far more effective and less painful than hitting rock bottom in order to surrender resistance.

You can use your freewill to choose either path.

Eventually either route delivers you to a state where you are available to receive inspiration and the next best steps for yourself as you create your bigger, better, beautiful life vision.

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STEP THREE

Stop Comparing

We do so much damage to ourselves by comparing ourselves to others. This keeps us stuck, makes us self-conscious and fearful to act and it limits us in what we believe is possible for ourselves.

Comparing ourselves to others undermines our ability to create and experience our bigger, better, beautiful life vision because...

The Comparison is NOT Based on Fact

Comparing Yourself to Others Requires You to Look Outside Yourself

Comparison is Crazymaking

You'll Never See YOUR Bigger, Better, Beautiful Life

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STEP FOUR

Take 100% Responsibility

To create your bigger, better, beautiful life vision you have to know with absolute certainty you are worthy of it, deserving of it, capable of it and to do that you need to be 100% responsible for it.

And you WANT to be 100% responsible for it because when you DO create a life YOU love that LOVES YOU BACK - you want to know YOU did it, YOU created it, YOU made your life BIGGER, BETTER & more BEAUTIFUL!

Taking 100% Responsibility Requires the Release of Victim Mind

There is a difference between BEING a victim and LIVING in Victim Mind. You are **NOT** responsible for the act or incidence that made you a victim. But you are and have 100% responsibility for healing from that experience.

The release of Victim Mind is taking back your power from the situation to declare "I HAVE been a victim, but I AM NOT a victim."

Living in Victim Mind is being stuck in the story that "He/She/They/It/Someone/Something outside myself has the power to limit me or make my life smaller or less than I want."

We can be stuck in the story of Victim Mind because we haven't healed it.

Taking 100% responsibility for our lives means we proactively get the support and care necessary to access the healing we need.

We can also get stuck in Victim Mind out of habit; the habit of being a victim or playing the victim role rather than recognizing once the victimization is over and the healing tended to, we have the CHOICE to stop being a victim.

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Key Indicators There is Healing to Attend to:

- You continually replay the incident in your head
- You talk about the incident again and again, rehashing it over and over
- You've never spoken to anyone about the incident
- The thought of the incident triggers intense emotional reaction such as rage, anger, shame, guilt, humiliation, depression, grief, sorrow, sadness, disconnect or numbness

It's essential that we attend to our own healing.

We fear looking at our wounds will weaken us, but the EXACT opposite is true.

Unattended to emotional and mental wounds will, over time, wreak havoc in our quality of life and relationships.

However when we take 100% responsibility for our healing we take back 100% of our power to live the bigger, better, beautiful life we are meant to and have the capability to live.

The 5 Signs You Are Stuck in the Habit of Victim Mind are:

- You Complain
- You Worry
- Your Life Has Become Stagnant
- Joy is missing
- You Feel Like You're Going Through the Motions of Your Life

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Victim Mind is Released Three Ways:

The first is AWARENESS:

When we become aware that we are stuck in VM and aware of how it is limiting our ability to love and live a bigger, better, beautiful life, we see we have choice.

We can't UNknow what we know.

We can pretend we don't know it – but this is denial and it hurts like hell!

It hurts, because we are betraying ourselves.

The awareness of this pain of Victim Mind lets us know we have a choice.

The second way Victim Mind is released is by...

TAKING RESPONSIBILITY FOR THE PART YOU PLAYED

This is NEVER about blaming or shaming ourselves.

This is about seeing WHERE we gave our power AWAY so that we learn from it and can make the CONSCIOUS, empowered decision NOT to do that again.

Owning the Part We Played Supports Us in Two Ways:

1

It supports us in taking back our power from situations where we thought we were powerless.

2

It supports us in releasing any guilt or hidden shame because by owning it we bring it out into the light where we can acknowledge that "I was 10%, 20%, 40, 60 maybe even 100% responsible for this experience and the part I played was..."

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We can't go back and change the situation or the past but we can use it to empower us.

When we choose to take 100% responsibility for our healing and the role we played we release and free ourselves of Victim Mind.

The third way Victim Mind is released is by...CONSCIOUS CHOICE

This is the CONSCIOUS CHOICE you make when you are just done with struggle and suffering. When you're sick of talking about it, rehashing, re-living, focusing and commiserating about your powerlessness.

You are just simply no longer willing to be a victim.

This happens when you recognize the situation is over and you have the power to stop it from defining you and impacting and determining your quality of life.

That YOU not the Victim Mind is in charge.

And that YOU are CONSCIOUSLY choosing to live a joy and love focused life where you are taking 100% responsibility for creating the bigger, better, beautiful life you desire and are meant to live.

There's a saying that "Pain pushes us until vision pulls us."

And this is the case with Victim Mind. The pain of it pushes us to ask empowering questions, surrender resistance, stop the crazymaking of comparison and take 100% responsibility by attending to our own healing and own the part we played to arrive at the place where we can see MORE is possible and available to us.

Where we begin to get glimpses of a vision for ourselves that pulls us forward into our dreams, desires and our vision who we want to be in our bigger, better, beautiful lives.

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And so we arrive at...

STEP FIVE

Establish Intention & Alignment

The formation of the vision of your bigger, better, beautiful life is created through INTENTION & ALIGNMENT...intention to open to new possibility and alignment with that vision.

Intention to Open to New Possibility

To begin to conceive a bigger, better, beautiful life vision for your life you need to think differently than you have previously, you need to expand your thinking to open to new possibility.

To expand and stretch your thinking start with these prompts:

What if everything I've experienced has been lifting me to greater awareness, strength, clarity, conviction and my ability to live a bigger, better, beautiful life?
What do I want it to be?

What if everything before this was preparation delivering me to this moment where I am ready to allow my bigger, better, beautiful life? How do I want it to look? How do I want it to feel?

What if I really am supported by the universe? What is possible with that kind of support?

What if everything really is happening for my greater good? Who do I want to be and what do I want to do with my life?

What if God really is on my side - what can we co-create?

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Everything that exists, everything that comes into being began with a thought.
It was conceived in the mind first and then created.

To create your bigger, better, beautiful life vision allow yourself to think bigger, better and more beautiful than you have EVER allowed yourself previously.

This is how it will come into being!

Release limitations & barricades.

As you're envisioning your bigger, better, beautiful life vision if the voice in your head interrupts to say "That's not possible." Counter and override it with...*"What if it is?"*

Alignment with Your Vision

Alignment with your bigger, better, beautiful life vision is created through action.

How you behave.

The word behave is BE + Have. You must first BE to Have.

You must BEcome the feeling of your bigger, better, beautiful life vision and you must BELieve in its inevitability - BELieve it's on its way.

You behave...to BE Have...by making your life vision part of your life by

- writing it down
- affirming it to yourself
- talking about it with trustworthy, supportive and positive people
- celebrating it in your mind
- making collages, art...and yes...
- vision boards

...to generate and connect with the emotion of BEing + Having your bigger, better, beautiful life.

These actions put you in the state of BEing – that is FEELING your bigger, better, beautiful life VISION – connects you vibrationally to your bigger, better, beautiful LIFE, drawing the experiences and people of your vision to YOU.

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= LAW OF ATTRACTION = MANIFESTING = CO-CREATING = CO-DESIGNING

Because life is not happening TO us

– that is Victim Consciousness –

Life is happening FROM us

We are co-designing/co-creating our lives through...

- ❑ our BELiefs
- ❑ how we BEhave; our actions, choices and decisions
- ❑ what we're willing to BEcome

You cannot have what you're not willing to BEcome vibrationally.

When you BELieve and BEhave you BEcome the vibration of your bigger, better, beautiful life vision and by Universal Law – the energy connects.

This is co-design.

If you do NOT BELieve it is possible, it will NOT come to you. If you BELieve it is possible, but you do NOT BELieve you deserve it, it will come to you but you will lose it.



When you have the Belief “I don’t deserve...to be loved...to be successful...to have money...to be healthy” the Universe matches that vibration and you DON’T have it. Also this belief influences you to BEhave in ways that sabotage, reject, deny or diminish your vision.

And you may not even be aware that you have this Belief – except that the results in your life – the repeating patterns – indicate there is a faulty belief at play.

WHAT YOU BELIEVE YOU RECEIVE

The Universe is always delivering – doing its part of the co-design by following the Universal Law of like energy attracts like energy.

You must be willing to align your BELiefs, thoughts, emotions, vibration and BEhaviour to do YOUR part of the co-designing of your bigger, better beautiful life.

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You must BE willing to BELieve, BEhave and BEcome your bigger, better, beautiful life vision to HAVE it.

There is an energy and a frequency to everything. And when you allow yourself to BEcome the frequency of what you desire – by BELieving in its inevitability and you're deserving of it and by BEhaving - by envisioning it, FEELING the emotion of having and experiencing it in your body – you are vibrationally aligned with it, tune/attuned to it, connected to it by Universal Law and drawing it to YOU, into your three dimensional reality from the field of pure potentiality, the field of all there is.

YOU RECEIVE WHAT YOU RADIATE

You must BE – radiate the frequency of your bigger, better, beautiful life – to HAVE it.

As an **energetic** BEing of an **energetic** Universe governed by **energetic** Universal Law – what you radiate through what you choose to BELieve, BEhave and BEcome – you will Have.

BElieving + BEhaving = BEcome

The PRACTICE of BELieving and BEhaving determines what we BEcome.

...because what we PRACTICE is what we BEcome...

When we **practice** BELieving in our bigger, better, beautiful life, we BE and LIVE in our bigger, better, beautiful life.

When we **practice** BEhaving our bigger, better, beautiful life, we BE and HAVE our bigger, better, beautiful life.

As human beings we have evolved beyond defining ourselves and our lives by our 5 senses perception of a situation

– what we can see, hear, taste, touch and smell –

to being able to THINK ABOUT what we are THINKING ABOUT the situation.

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Rather than REACTING to a situation we are now able to THINK about HOW we WANT to THINK ABOUT the situation.

We have evolved from a
REACTIVE
way of living to a
CREATIVE
(same letters, very different results)
INTENTIONAL way of living

By thinking about HOW we want to think about the situations of our lives we get to CHOOSE what we WANT to BELIEVE, HOW we want to BEHAVE and WHO we want to BE – creating and determining our own vibration to INTENTIONALLY stay in the frequency and vibration of our bigger, better, beautiful life vision.

This is how we intentionally align with, connect to and co-design our bigger, better, beautiful life.

The PRACTICE of THINKING about HOW we WANT to THINK
- independent of our 5 senses reality –
to determine for OURSELVES what we WANT to BELIEVE, BEHAVE and BECOME is
HOW our Bigger, Better, Beautiful life **VISION** becomes our **LIFE**.

If You Want Different
You Have to Do Different

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Doing different means taking what you've learned here in this program and implementing it – putting it into practice.

Because we **BE**come what we **PRACTICE**.

Feel like you need support implementing this?

Want guidance putting these

5 Steps to Creating Your Bigger, Better, Beautiful Life Vision

into **PRACTICE** to create your own turning point
to **DOING** different so you can **HAVE** different

Join my

4 Week Bigger, Better, Beautiful Life Design Online Class

where we take what we've covered here and we build on it.

In the 4 Week Bigger, Better, Beautiful Life Design Class

There...

- ❑ are accompanying tools & strategies that take each step & personalize it to YOUR life
- ❑ is personal guidance for HOW to implement these steps and put them into practice in YOUR life to create the Bigger, Better, Beautiful life results YOU want
- ❑ is support for addressing any Victim Consciousness causing loss of personal power, hindering growth, possibility, self-trust and confidence

You will get...

- ❑ to **Ask the Empowering Questions** shared here plus others to create REAL shifts in your thinking that take you beyond what you previously imagined possible for yourself & your life
- ❑ real support putting **Surrendering Resistance** and Choosing to Trust into practice to bring greater ease and satisfying results to your life and relationships

- ❑ tools and techniques to **Stop Comparing** yourself to others to free yourself of its undermining and debilitating effects in your relationship with your Self, others and your life

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You will...

- ❑ learn practical strategies for **Taking 100% Responsibility** to stop going through the motions of life and instead experience real freedom, choice and joy
- ❑ put into practice the skill of **Establishing Intention and Alignment** to co-design your desired life and relationship results
- ❑ uncover any unconscious BELIEFS sabotaging your ability to create your Bigger, Better, Beautiful life
- ❑ get new, innovative and effective Life Design Tools to apply to each area of your life to ensure EVERY area of your life is enriched and supporting your Bigger, Better, Beautiful Life Vision
- ❑ DESIGN YOUR Bigger, Better, Beautiful Life Vision - a life vision that nurtures you and supports your dreams and desires...and you'll IMPLEMENT IT!

This 4 Week Inclusive Online Class is For You If You...

- ❑ want more out of YOUR life
- ❑ are at a crossroad or ready for change but you don't know WHAT change or HOW to create the change you want
- ❑ feel frustrated and that somethings gotta give and you're ready for that turning point to happen
- ❑ feel it would take a miracle to make things better
- ❑ have been through difficult or challenging experiences and you're ready to get your confidence and life back
- ❑ are tired of going through the motions and feeling like "This is all there is?"

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This 4 Week Online Class Will Benefit You If...

- it's been so long since you EVEN considered what you might want, that you're not quite sure what even DOES make you happy
- you're life isn't what you want it to be

If you...

- tend to limit your own joy because of beliefs it's selfish or self-centered, egotistical or unfair to others
- are tired of fear dictating your choices and limiting your life
- don't want your future to be a repeat of your past

If You Have...

- trouble making yourself and your needs a priority
- experienced guilt, shame or criticism for your dreams or desires

If You Have Been...

- so focused on the happiness and success of others that it never occurred to you or didn't feel like a practical or acceptable option to think about your own happiness, dreams, needs or desires
- through significant change and you're facing the unknown and you want support, guidance and strategies to navigate it and to NOT have to walk this unknown territory alone or unequipped

This 4 Week Inclusive Online Class is For You If You Are Ready to...

- clear away confusion and create real clarity and conviction of what your heart truly wants and what you need to be sure you're getting what you came to this life to get
- discover what NOURISHES YOU and how to allow, ask and make space for it in your life and relationships
- counter the "Shoulds" that are limiting your joy, passion, creativity, well-being and self-expression
- discover parts of yourself you've forgotten and free parts of yourself that have been waiting for their turn and their time

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- ❑ BE a woman who draws to herself what she desires – *relationships, love, experiences, opportunities, things* - because you no longer believe 'it's wrong' for YOU to RECEIVE what YOU desire
- ❑ BE intentional about HOW you're living your life and relationships to get the MOST out of life and love
- ❑ live a life where you get to be THE MOST YOURSELF
- ❑ create your own *signature* BIGGER, BETTER, BEAUTIFUL life

You will Receive:

- ❑ Your own Personal Printable Work & Design Book
- ❑ 4 Weekly Web Classes to share your progress, ask questions and get support
- ❑ 4 weeks of new tools & strategies for designing your Bigger, better, Beautiful life

As a Result of The BBB Life Design Online Class You will:

- ❑ Discover what YOUR Bigger, Better, Beautiful life MEANS to YOU
- ❑ Learn how to take each of the 5 Steps to Creating Your Bigger, Better, Beautiful Life Vision and put them into practice in YOUR life to create the results you desire
- ❑ Get the guidance, encouragement and accountability to make real and significant uplifting change
- ❑ Experience more comfort, fun, joy, satisfaction and fulfillment in your life and relationships
- ❑ KNOW within YOURSELF that everything BIGGER, BETTER and more BEAUTIFUL you desire is meant for you

...You Will Design A Life YOU Love that Loves YOU Back

To get the details and BE part of the

4 Week Bigger, Better, Beautiful Life Design Online Class

[CLICK HERE](#) or open my website to jodiscottcoaching.com/life-design

*Remember to Check Your Email for Your BONUS DOWNLOADABLE TOOLS & STRATEGIES and to JOIN the FREE COACHING CALL on July 13th at 6 pm PT

I look forward to having you there!

From my heart to yours, thank you for being part of this webinar.

xo Jodi