



# BE • DO • HAVE

## (Instructions for Completing the Be-Do-Have Form)

### **Purpose of the Be-Do-Have Exercise:**

Inside each of us, we know what our destiny and purpose is in life, as well as what are the right decisions that we need to make to:

1. Become who we truly want to be,
2. To do the things that we truly want to do that will bring peace, love, joy, fulfillment, and purpose in our lives and
3. What we truly want to have that brings us elegance and beauty, comfort and helps us function efficiently so we save time, money and energy.

Therefore this is an exercise that gets to the core of who we want to be, what we want to do and have in all eight areas of our life. It also helps us bring balance to each of these eight areas because if equal attention is not given to balance all eight areas, then we will never find peace, joy, fulfillment, or any other thing we want to be, do or have to truly feel “whole” and “complete.” We will find that when we lack balance in all eight, we will succeed in some areas, and fail in others because we neglected to give the others equal attention.

### **How To Set Up Your Forms:**

At the bottom of this page is a shorten version or sample of the Be-Do-Have Form.

1. For each of the eight areas of your life, from Spiritual to Career, you will print at least three sheets of this form front to back (totaling 24 sheets).
2. Then on each sheet, circle one of the eight areas and either Be, Do or Have. Ex: On first sheet, circle “Spiritual” and “Be”; on the second sheet, circle “Spiritual” and “Do”, and on the third circle “Spiritual” and “Have.” Do the same for the other seven areas.
3. If you fill up the front and back of the first sheet, then print another front-to-back and circling “Spiritual” and “Be” on that second sheet and then the space provided in the Heading, write the page number each sheet for all sheets that you have more than one.

### **How To Begin Writing:**

Begin all writing exercises by answering this question, “If I had all the time, money, resources and energy in the world, with no obligations to anyone but myself, I would love to \_\_\_\_\_. In the two blanks, put the words you circled on each sheet/page. For examples...On the first sheet, you would write, “I would love to spiritually be \_\_\_\_\_,” on the second sheet, “I would love to spiritually have \_\_\_\_\_,” and on the third sheet, “I would love to spiritually do\_\_\_\_\_,” Do the same for each form from Spiritual to Career.

To perform this exercise is to do some automatic writing where you do not think or edit what you write, just let it flow from your mind to the paper, as thoughts come to you in answer to the question



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above. When you are finished writing, you should be exhausted, so take a break and then come back at a later time to read what you wrote and edit it if necessary. Edit without marking over the original writing because some original writing that is not clear in the present time; may make sense years later. You can come back to review your writing the same day or days later.

If you are having a difficult time starting the flow of words from you mind, just start writing whatever is in your mind, like “I am having a difficult time getting the flow of words started, this is a silly exercise, I am bored, etc., then change your words to asking questions, like “what do I need to think to get the flow of words to come so I can write what I truly want to be (do or have) spiritually. Asking questions stimulates your mind to answer those questions. Whatever you do, just keeps writing whatever is in your mind. Think of your mind like a pool of water that is muddy on top, but clear in the middle and rich with substance on bottom, as soon you will get pass the muck at the top, you will get to the clear flow and from that flow up comes the riches from the bottom. Also, keep in mind that when the flow begins, it may last for a while or for a short time. In other words, sometimes the riches below come flow upward to your conscious mind in spurts, so after a good flow of writing, you may find that you are challenged again to get the flow back. To get the flow going again, begin with your original questions, “If I had all the time, money, etc.” and ask other questions, such as, “What do I need to do now to get the flow going again, etc.”

Stay with this writing exercise until you feel exhausted, otherwise, you are stopping too soon and stopping prematurely prevents you from activating the riches flow of writing.

Also, as you are writing, remember to highlight, circle or asterisk all words and/or sentences that produce a “Tear” to making you cry or feel like you want to cry OR produces an enthusiastic “Ah-Hah” or “That’s It” from you. These are signs that you have just surfaced information that is at the core of your destiny and purpose for being born into this life on Earth. This is the Mother Lode of Riches.

## SHORT VERSION OR SAMPLE OF THE BE-DO-HAVE FORM

**SPIRITUAL • MENTAL • EMOTIONAL • PHYSICAL • SOCIAL • FAMILY • FINANCIAL • CAREER**

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