

A woman with long, dark braids is standing on a sandy beach, wearing a tan-colored jumpsuit. She has her arms raised and is looking down with a serene expression. The background shows gentle waves of the ocean under a warm, golden light. In the bottom right corner, there is a blurred image of a palm frond.

THE BREAKTHROUGH BLUEPRINT

expansion guide

Move Beyond Self-Sabotage and
Step Boldly Into Your Dream Reality

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Welcome, love!

You're doing it—you're showing up for yourself!

And now, with this expansion guide, it's time to take the insights from the masterclass and weave them into your daily life so you can truly expand into your next-level self.

Here, we'll dive into the juicy shifts in perspective, the grounded practices, and the powerful tools to help you move past self-sabotage, align with your highest desires, and step boldly into your dream reality.

Let's dive in, babe!
You are so ready for this.

Aveyah xxx



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Hey love,

My name is Aveyah, I am a transformational facilitator and mentor, guiding passionate souls like yourself to embody their next-level selves—where joy, abundance, and fulfillment are the foundation for the life they are creating.

As a multi-passionate creative and intuitive channel, I'm deeply devoted to living a life of limitless abundance in love and pure possibility and supporting my clients and community create the very same for themselves.

After all, it's our birthright to live a life that mirrors the magnitude of our heart and dreams!

I'm wholeheartedly SO excited to welcome you into this masterclass where you're invited to up level, thrive, and step boldly into your highest expression alongside me—unlocking REAL TRANSFORMATION and creating a life of limitless potential!

Aveyah xxx



Identifying Blindspots

Self-sabotage often **hides in plain sight**. Sometimes we don't even recognize it, because it shows up with the intention to protect us from what feels unsafe or unfamiliar even though that's the direction of our biggest desires!

Use the list below to **identify how self-sabotage might be showing up in your life** right now, because we can't change what we don't acknowledge. Remember, the point is to bring loving awareness to the innocent ways in which we seek to keep ourselves safe, not to judge ourselves for engaging in these behaviors. **Bringing in even more consciousness, compassion, encouragement and fierce self-belief is the point of this exercise, you got this, Boo!**

- **Procrastination:** Putting things off because deep down, taking action feels scary
- **Perfectionism:** Waiting until things are “perfect” before moving forward—hint: they never will be!
- **Overwhelm:** Feeling like there's just too much to do, or you're so far behind so you freeze and do nothing
- **“Busy” Syndrome:** Filling your calendar with everything except the actions that move you toward your dreams and desires
- **Comparison:** Getting stuck in the “I'm not as good as they are” loop, so you talk yourself out of fully going for it
- **Fear of Failure:** Avoiding the unknown because the potential of “failing” seems too risky
- **Imposter Syndrome:** Feeling like you don't deserve success, like you're not good enough to go after what you really want and everyone else is already doing it so much better
- **Self-Doubt:** Constantly questioning your abilities and readiness, which holds you back from fully stepping into your unique shine

- **“Not Enough” Mindset:** Believing you don’t have enough resources, time, skills, wisdom or talent to make your dreams and desires happen
- **Mindless Distraction:** Distracting yourself by endlessly scrolling through social media, YouTube or binge-watching Netflix instead of taking aligned action
- **Waiting for the “Right Time” That Never Comes:** Telling yourself that it’s not the right time to go for it and continue to push things off indefinitely
- **Saying Yes When You Mean No:** Overcommitting to others, people-pleasing, self-sacrificing and leaving little energy for your own dreams and desires
- **Saying No When You Mean Yes:** Holding back on an opportunity or experience that excites you but also makes you nervous because you don’t feel worthy/ready or it feels risky, scary or uncomfortable
- **Fear Disguised as Confusion:** Telling yourself you don’t know what’s your next step so you freeze, when deep down you know what is a potent next step to take, but you’re just afraid
- **Judgment:** Harshly criticizing yourself, which keeps you looping in self-doubt and makes it so much harder to take bold action with trust and confidence
- **Overanalyzing:** Thinking way too much about every minute detail instead of trusting your intuition that’s it’s all unfolding perfectly and taking the leap
- **Playing Small:** Settling for less than the fullness of what you truly desire because it feels safer to play small than to really put yourself out there and go for it

Notes:

Reframing Self-Sabotage: It's Proof You're Growing!

Self-sabotage isn't a sign of failure; it's a sign you're on the edge of a breakthrough. Celebrate yourself! It means you're right on the brink of expanding beyond your current identity and current reality! Yay!

Reflection Time...

How is self-sabotage showing up?

What recurring patterns—whether it's procrastination, comparison, judgment, etc—keep holding you back from that next-level version of yourself and your reality?

Use pages 5 and 6 to help you identify them and bring more loving awareness to the protective behaviors that come up for you when you aren't feeling safe.

Share your thoughts and reflections below:

Reflection Time...

Where are you hitting your upper limit?

Write down the areas in your life where you're feeling discomfort, where you have outgrown your current experience of yourself and of your life and are ready to experience a new version of yourself and your reality.

These are the places where you're ready to break through.

You're ready, babe.

Claim it.

It's already yours.

Rewiring Your Beliefs to Align With Your Dream Reality

Alright Boo, so to fully step into your next-level self, **your beliefs must match the frequency of your desires**. So the next step is to **identify the limiting beliefs that are no longer serving you and consciously rewrite them**.

For each limiting belief that you write down in the “Expiring Beliefs” column, write down the new, more aligned belief in the “New Beliefs” column that your next-level self already lives by and that you are committing to embodying moving forward.

EXPIRING BELIEFS

What fears are driving your self-sabotage?

Be radically honest with yourself—what beliefs are keeping you small?

(Example: "I need to work harder to make more money/ I'm afraid of what people might think/ what if it doesn't work out, etc")



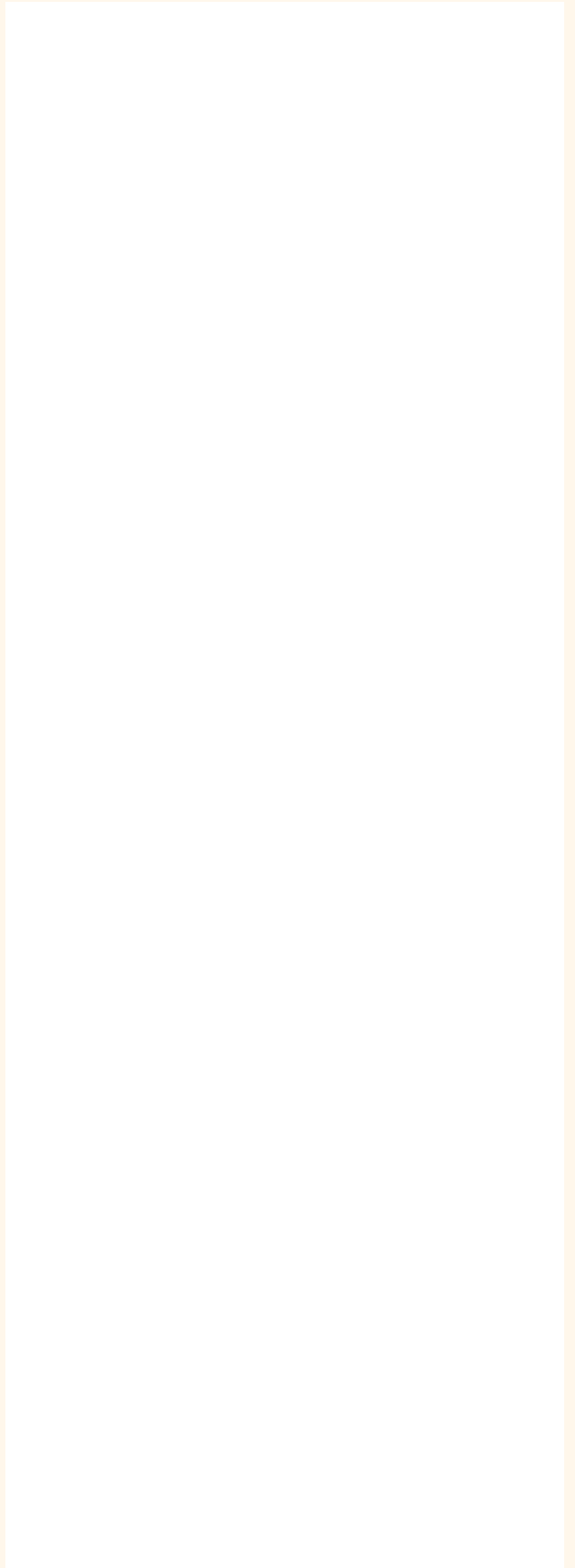
NEW BELIEFS

What does your next-level self believe about you and your life?

What truths does your expanded version live by?

(Example: "Making more money is always easier when I'm doing it from alignment and excitement/ what people think of me is more of a reflection of themselves than it is about me, my commitment to my dreams is more important than what people might think of me/ what if it works out better than I can imagine, etc")





Committing to Yourself

It's important to **immerse yourself in theses new beliefs and frequencies**. Simply writing them down won't be sufficient to create new neural pathways **aka a new version of yourself and your reality**.

It took a lifetime to reinforce the beliefs you currently have about yourself and your life, so it also takes intentional devotion in immersing yourself in the new ones you are now claiming.

Below, write down all the ways in which you are committing to immersing yourself in these new beliefs and frequencies until they are integrated and embodied. Include time frames to be as specific as possible.

For example: Journaling as your next level-self every morning, listening to expansive podcasts or audiobooks twice a week, joining a supportive program or container, reading aligned books, joining communities and events of amazing people on a similar path, investing in a mentor, writing your new beliefs on your mirror and affirming them out loud every morning, etc.

The beliefs of your next-level self are your literal map to expansion. The more you align your thoughts, feelings and actions with them, the faster you'll step into your new reality.

I am committing to...

Regulating Your Nervous System: Feeling Safe to Expand

Self-sabotage is your nervous system's way of protecting you from the unknown.
The key? Making your expansion feel safe.

This is why compassion for yourself is your SUPERPOWER. The more love and reassurance you give yourself, the safer your nervous system will feel to move toward your biggest desires.

Practice checking in with yourself...

When resistance/fear arises, take a moment to ask yourself...

What parts of me aren't feeling safe to expand further beyond this point? What's the fear/story/limiting belief behind them?

Breathe into those spaces and acknowledge those parts of yourself with love as you would a child who is afraid of going down "the big slide" for the first time. Offer those parts of yourself reassurance, compassion, encouragement and belief so that they feel the safety of your loving presence to move forward with greater trust.

Share your thoughts and reflections below:

Inner Dialogue Expansion

Alright love, it's time to check in...

What's your current inner dialogue like? Are you being your own bestie right now or is your inner critic sneaking in sometimes?

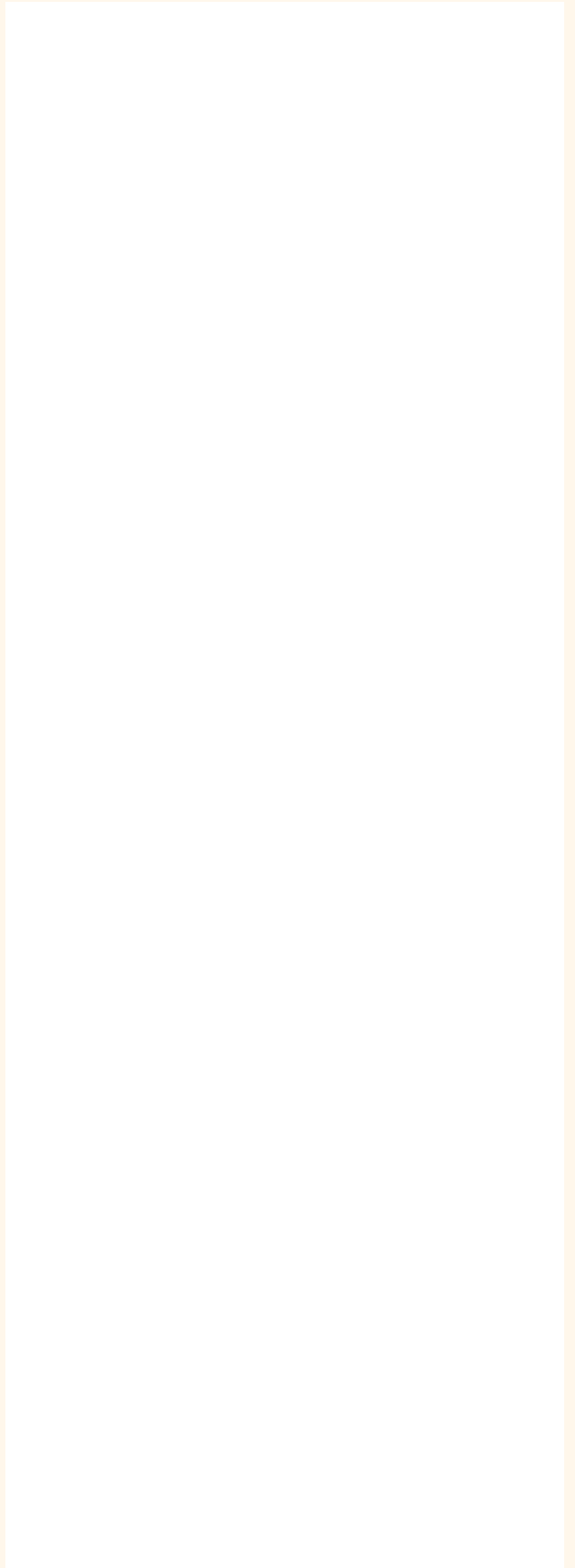
In order to truly shift into a new version of yourself and your reality, your inner dialogue (aka how you think, believe and feel about yourself and your life right now) has to match the one of the next level version of you.

Shift the conversation: Write down the current streams of your inner dialogue in the "current column", and then tune into where there's expansion available in how you speak/celebrate/believe/love/encourage yourself and write them in the "expanded column".

CURRENT

EXPANDED





Taking Aligned Action: Your Next-Level Reality Awaits

Here we go, babe...

All the beautiful stretching and expanding you are doing is now supporting you in consistently taking new aligned action. **It's time! This is where all your inner transformation mirrors itself back to you in your physical reality and in your experience of yourself. Woohoo!**

What's the next aligned step you can take toward your vision and desires?

Don't judge the intuitive nudges you feel, it may feel unrelated to what you are creating/desiring, or feel "too simple", your job is simply to follow the breadcrumbs of your inner guidance system with trust and keep it moving!

What are your next bold moves? Write them down below 📌

1

2

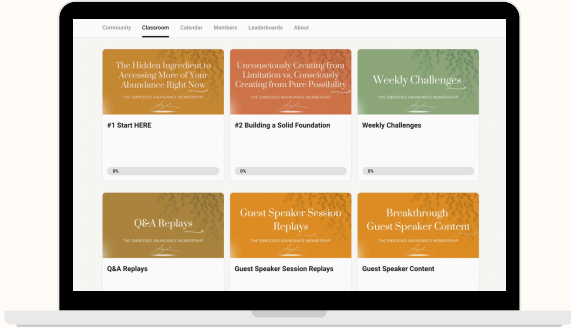
3

***Remember Progress Over Perfection:** You don't need to know all the steps, just take one, then the next one, then the next. Even small, aligned actions done consistently are what create **massive transformation**. You got this, Boo!

Ready to Soar?

I got you, babe!

If you are feeling the power of these shifts and are craving for more real time support and transformation, then my **Embodied Abundance Membership** is **your next step, babe!** This is a space to expand, up level, integrate, and step fully into a new reality.



This is where your potential AWAKENS.

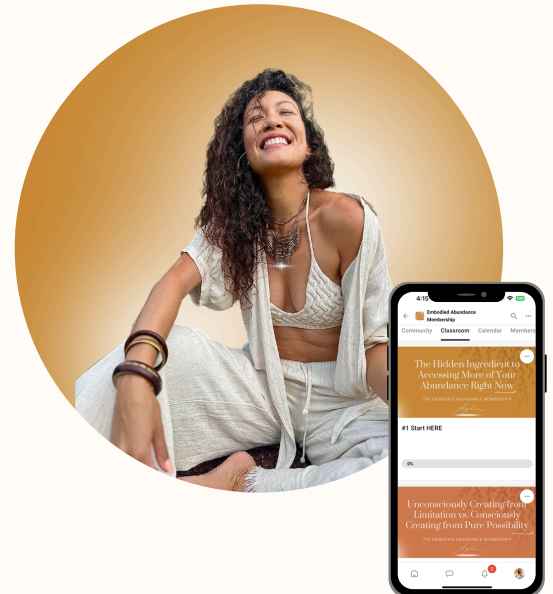
Dive into weekly challenges, community support, live Q&A calls, and access to a library of transformative resources, helping you align with even more abundance, joy, love and freedom in every area of your life.

**Ready for a life that matches the
MAGNITUDE of your heart and dreams?**



VISIT

**www.Aveyah.Love/EmbodiedAbundance to
learn more and rise bigger together!**



With you every step...

This is truly only the beginning, love.

Congrats on completing the Breakthrough Blueprint Expansion Guide! Woohoo! Keep going! This is the same framework I have used time and time again at each season of level up in my life, so I invite you to do the same. You're creating powerful change right now—from aligning your beliefs to supporting your nervous system, to backing your vision with action.

Your next-level reality?

It's not just possible, it's inevitable.

And I am here, believing in you SO fiercely, every step of the way. Keep going, angel! The magic waiting for you is more incredible than you can imagine!

With all my heart,

Aveyah xxx



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