

Session 1

Coaching Commitment Contract

I, _____, guarantee that I will give 100% to the coaching process. I will hold nothing back, knowing full well that the more I give, the more I will get out of this process.

Signature:

Date:

Sensory Modalities

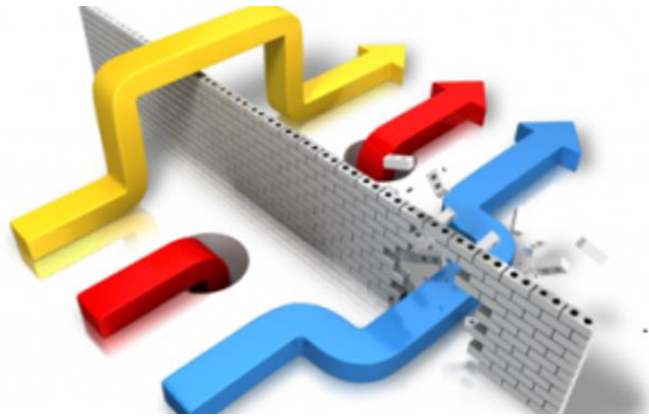
My primary sensory modality is _____. My secondary sensory modality is _____.

Personal Responsibility



If you want to be successful, you **MUST** take 100% responsibility for everything you experience in your life. This includes the level of your achievements, the results you produce, the quality of your relationships, the state of health and physical fitness, your income, your debts, your feelings – everything!

You also need to accept that the life you are currently living is the result of the choices you have made in the past. That can be painful, but it's also tremendously liberating because it means that from this point forward, you can make new and better choices, which will lead to new and better results.



For every reason why something is not possible, there are hundreds of people who have overcome those very circumstances and succeeded.



You Create Or
Allow Everything
That Happens To
You

Practically everything that happens in your life, you have either created (through your actions or inactions) or you allowed it to happen to you by your inaction or your unwillingness to do what's necessary to change it.

You see, very few things in life “just happen” to you. More than likely, you got several signals along the way that something wasn’t right and you ignored them. You may have gotten external signals or internal ones, often both.

Some examples of external signals are:

- Your husband comes home later and later each evening with excuses that he’s working and one day you find lipstick on the collar of his shirt
- Your friends warned you that the guy you want to marry is trouble
- Your car starts rattling and you ignore it and keep driving
- You notice a small lump in your breast and you ignore it

Then there are internal warning signals:

- Your gut instinct that something is wrong
- That fleeting thought that just maybe, just maybe, your friends were right
- The vivid dream that woke you up in the middle of the night

But so many of us ignore these signals because it’s scary and uncomfortable to face the truth and do something about it.

But avoidance is not the answer. You will pay the piper, one way or another.

And often, it’s much better to heed the warning signs and nip the problem in the bud than to ignore it and have to face the truth much later down the road when the problem is much bigger.

Is there some warning signal that you need to pay attention to?

But what about events outside of your control?



Things like accidents, natural disasters, the illness or death of a loved one?

While you can't always control external events, you can always control your reaction to them. And your reaction is governed by the meaning you attach to those events.

So, you see, it's not so much what happens to us, but how we react to it that matters.

You have control over 3 things in your life:

- The thoughts you think
- The images you visualize and
- The actions you take (in other words, your behavior)

So if you don't like what you're producing in your life, then you have to change one of these 3 things; your thoughts, the images running through your mind or your actions often all three.

- Change what you focus on and start focusing on what you do want, rather than what you don't want.
- Change what you daydream about.
- Instead of creating mental movies about what you don't want, start creating mental movies about your ideal outcome and what you do want.
- Change the books you read and the people you surround yourself with.
- Live on the cause side of life and the effects will take care of themselves.

Playing The Blame Game Keeps You Trapped



We've been conditioned to play the blame game, not only by our parents and the people around us, but by the media as well.

We blame our parents, spouses, the economy, the government, our boss, kids or anyone else for why we don't have the life we want.

But if you choose to play the blame game, then you need to understand that you will never be able to change your life.

Assuming 100% responsibility for your life means giving up all your excuses, all the reasons why you can't do something or why you haven't up till now, letting go of all your victim stories and all blaming of other people and circumstances....forever.



In addition to letting go of blame, you also need to stop complaining. In order to complain about something or someone, you have to believe that something better is possible.

So instead of complaining, make requests instead. Tell the person concerned how you would like things to be, rather than complain about how things are right now.

And if someone can't do anything about the situation, then why complain about it in the first place?

Stop complaining for one week and watch how your life changes.

The concept of personal responsibility is one of the most difficult things to accept. It's far easier and more natural to blame other people for your own shortcomings and lack of results.

Accepting responsibility for your own life is very difficult because it requires us to endure the discomfort of knowing that we have created our current reality.

But the flipside of the coin is that with acceptance comes a tremendous amount of power and freedom.

If you're the one who created this mess, you are also the only one capable of clearing it you and then creating a new reality for yourself. This is tremendously liberating.

If you don't accept personal responsibility for your life, you give your power away to other people and other things.

So how can you change and start taking responsibility for your life today?

1. The first step is to start acting "as if" you are 100% responsible for your life.

So, if something in your life doesn't go as planned, you're going to ask yourself some tough questions.

These questions are on the *Assuming 100% Responsibility For Your Life Worksheet*, which will you find below.

Here are some of the questions you're going to ask yourself:

- *What part did I play in creating these circumstances?*
- *How am I creating or allowing this to happen?*
- *What were my belief and thought patterns that created this reality?*
- *What can I do differently next time?*
- *What am I doing that's working that I need to do more of?*
- *What am I doing that I need to do less of?*
- *What am I not doing that I need to try (to see if it works)?*

When you start asking yourself these questions, you will be amazed at how your life starts to shift and how you will embrace your God-Given power and step into your role as the co-creator of your life.

2. The second step is to start paying attention to any warning signals and take appropriate action.

3. And finally, pay attention to the feedback you're getting in your life. If things are working, great. If not, take some time to reflect and see where you are going wrong and take steps to correct that.

Assuming 100% Responsibility For Your Life Worksheet

Think of a situation in your life that you're not happy about. Write it down in the space below.

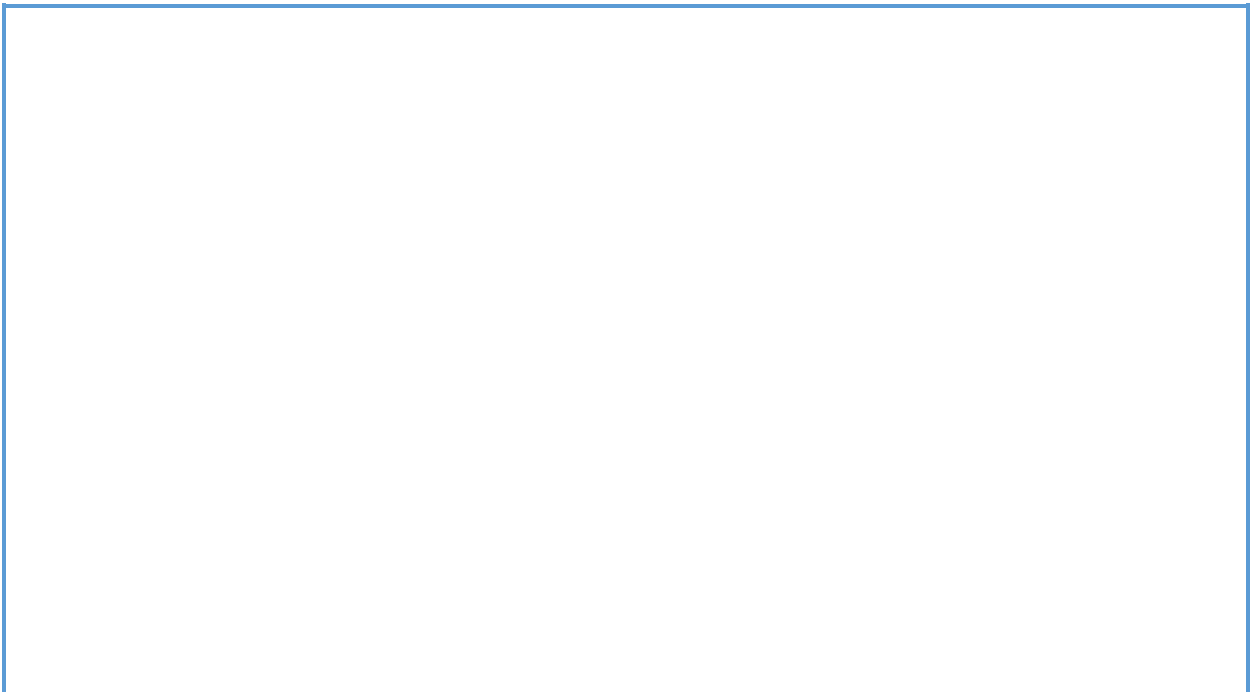
Now ask yourself the following questions about this situation:

Q1: What part did I play in creating these circumstances?

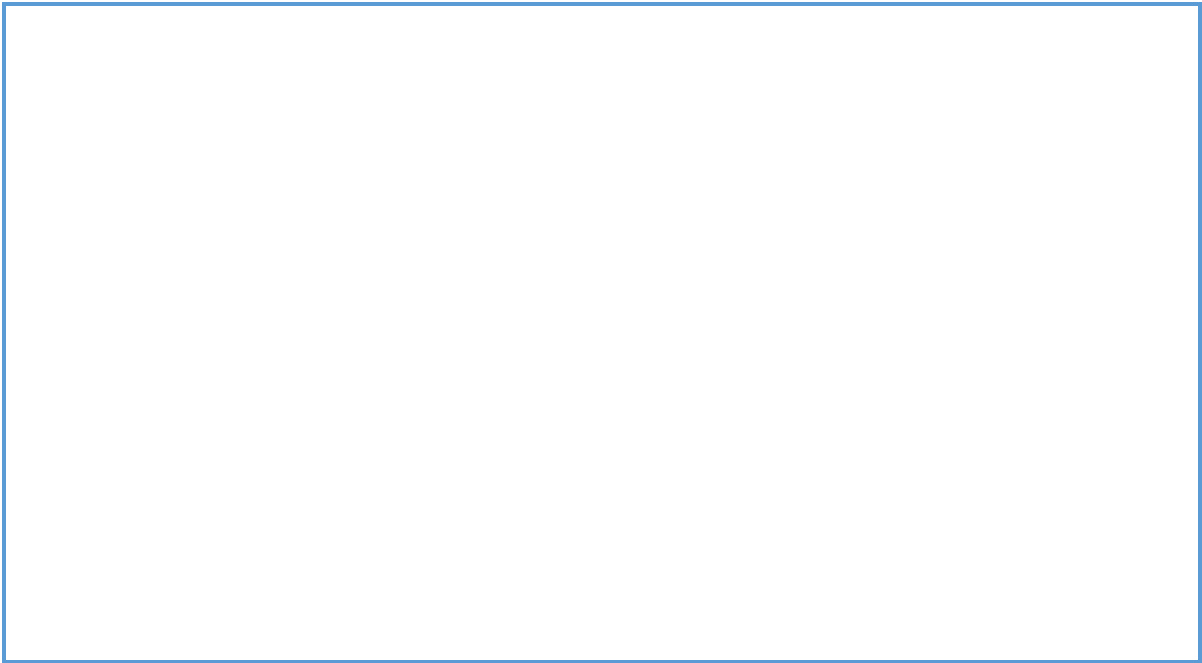
Q2: How am I creating or allowing this to happen?



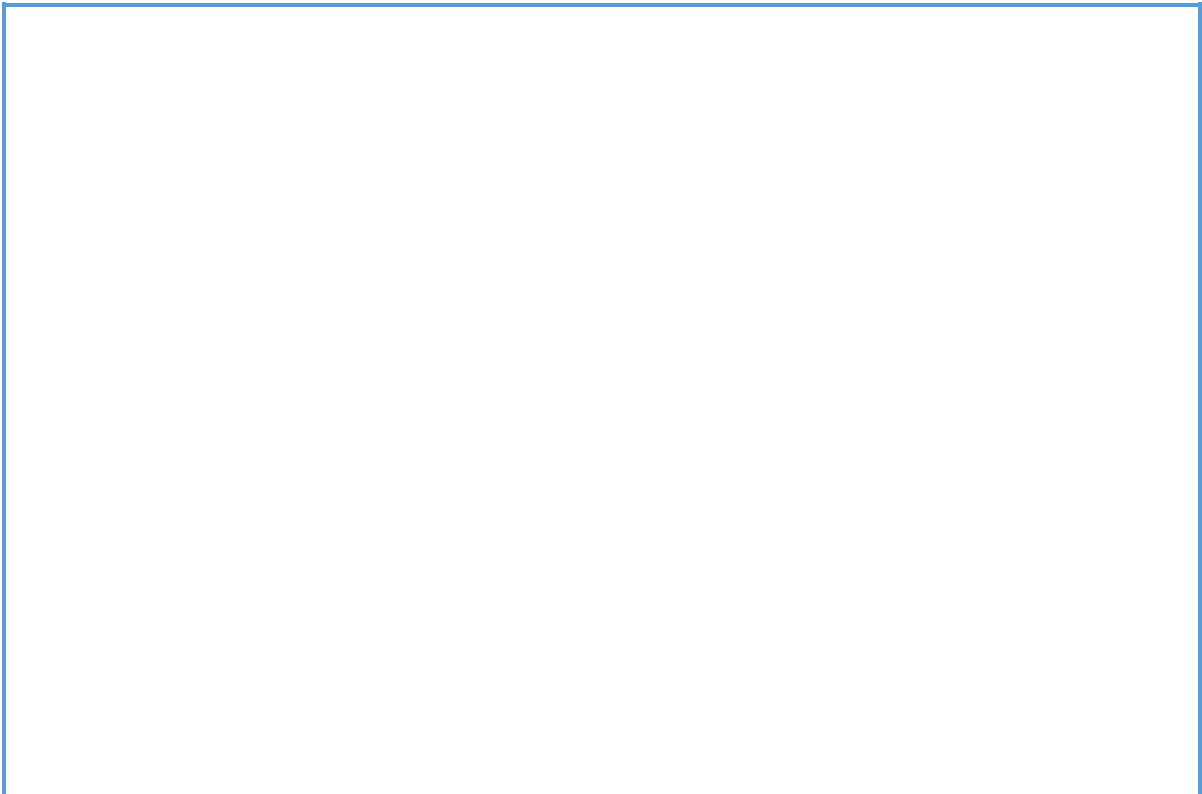
Q3: What were my belief and thought patterns that created this reality?



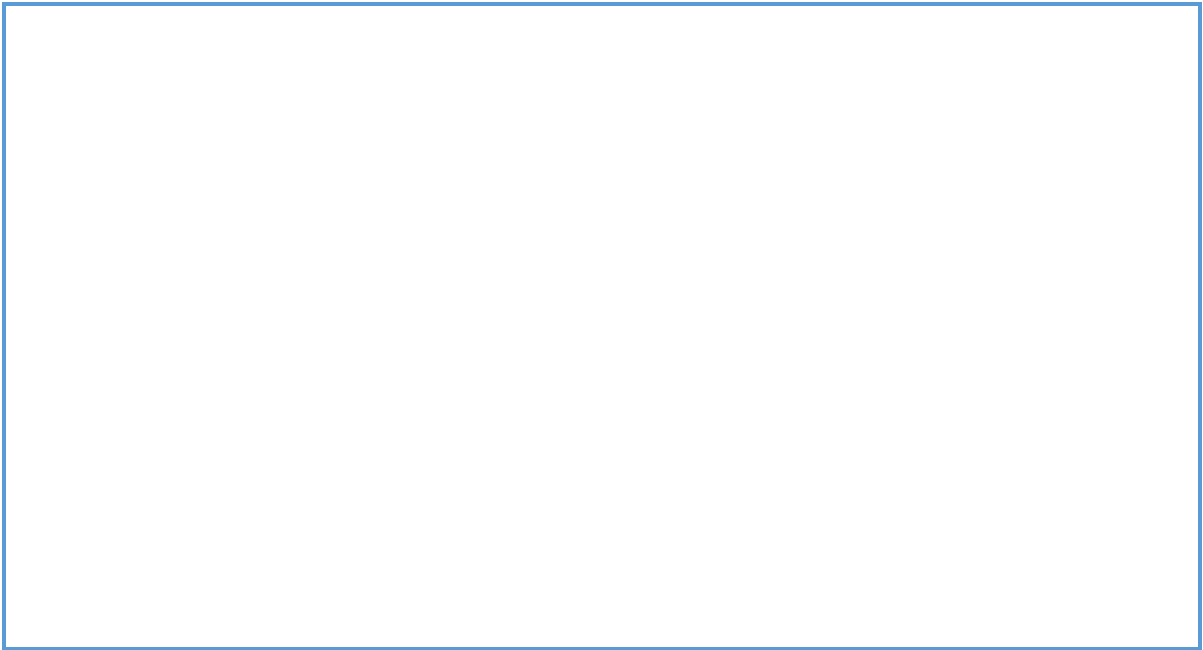
Q4: What can I do differently next time?



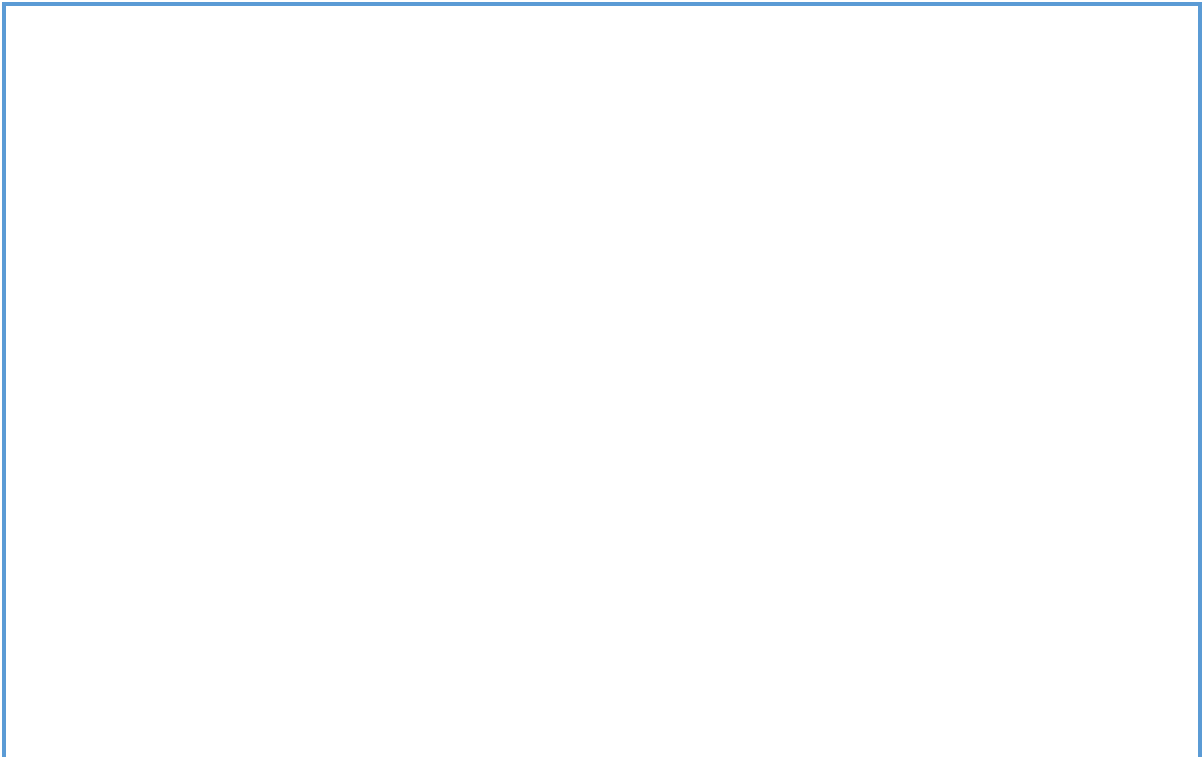
Q5: What am I doing that's working that I need to do more of?



Q6: What am I doing that I need to do less of?



Q7: What am I not doing that I need to try (to see if it works)?



Q8: In hindsight what warning signs did I ignore?



Assignment Session 1:

1. Start paying attention to how both you and others assume (or fail to assume) responsibility.
2. Stop complaining for one whole week. Write down the changes you notice.
3. Start acting “as if” you are 100% responsible for all areas of your life.

