

Meeting Purpose

Coaching on the "practicing being her" framework to overcome self-limiting patterns.

Key Takeaways

"Practicing being her" framework: To overcome inertia, act from the identity of your future self now to create new evidence of capability, rather than waiting to feel ready.

Ria's insurance blocker: Ria's current PT insurance doesn't cover "circles." A new insurer requires 40+ hours of experience, creating a "chicken and egg" problem. The solution is to switch to an insurer that covers Reiki, which can encompass the event's activities.

Sheree's time-scarcity blocker: Sheree's "I don't have enough time" narrative causes hesitation. The solution is to schedule specific, high-priority tasks (taxes, podcast recording) to create evidence of efficiency and break the pattern.

Key mindset shifts: Both are practicing non-attachment to outcomes and increasing visibility. Ria's event sales (3/8) increased after public promotion, and Sheree initiated a collaboration instead of waiting for perfection.

Topics

The "Practicing Being Her" Framework

Core Principle: Overcome inertia by acting from the identity of your future self now, rather than waiting to feel ready. This creates new evidence of capability.

Visualization Exercise: A guided exercise to connect with a future self who has overcome obstacles and now operates with ease and curiosity.

Key Learnings:

Ria: "It gets to be easy. Don't overcomplicate it."

Sheree: "Change your state and get back up immediately." Lead with curiosity ("Let's find out").

Blockers & Solutions

Ria: Insurance Blocker

Problem: Current PT insurance doesn't cover "circles." A new insurer requires 40+ hours of experience, creating a "chicken and egg" problem.

Root Cause: Feeling "questioned" and "not enough" by the insurer's response.

Solution: Switch to an insurer covering Reiki, as the event's activities (e.g., using shells) can be framed under that scope. This is a practical, immediate step.

Sheree: Time-Scarcity Blocker

Problem: The "I don't have enough time" narrative causes hesitation and delays high-priority tasks.

Solution: Schedule specific, high-priority tasks to create evidence of efficiency and break the pattern.

Podcast: Record intro & first episode (Fri, 9 am).

Taxes: Complete tonight (2-hour block) to clear mental space.

Recent Wins & Mindset Shifts

Ria's Event Sales (3/8 tickets)

Breakthrough: Publicly promoting the event (in a group chat) after a peer's prompt led to a sale, proving the value of increased visibility.

Mindset Shift: Non-attachment to outcomes. No longer catastrophizing "let me know" responses.

Boundary Setting: Will send "Elemental Creed" (T&Cs) with a no-refund, transfer-only policy to manage expectations.

Sheree's Podcast & Funnel

Podcast: 5 guests lined up. Plan is to record 10 solo episodes first to build a foundation.

Funnel Mapping: Used ChatGPT to quickly map the funnel, overcoming procrastination.

Collaboration: Initiated a collaboration conversation, breaking a pattern of hesitation.

Next Steps

Ria:

Action: Switch insurance to a provider covering Reiki.

Deadline: Friday.

Time Block: 1 hour max.

Sheree:

Action: Complete taxes.

Deadline: Tonight (2-hour block).

Action: Record podcast intro & first episode.

Deadline: Friday, 9 am.

Action: Research podcast setup/upload process.

Deadline: Thursday, 4 pm.

Both:

Action: Post updates in the Telegram chat upon completion.