

Don't worry...

*Life Coaching Tips*

be happy!

**NEW OCEANS**



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**NEW OCEANS**

*Inspired Coaching Series*

# *Life Coaching Tips*

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*Inspired Coaching Series*

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# Introduction

There's coaching - and there's New Oceans Coaching!

So what's the difference anyway? And what IS a coach?

You just love helping people make the best of themselves - surely that makes you a coach? Well it's certainly a major part of what coaching is about. But on its own it isn't enough. Perhaps the change isn't long-lasting with only that.

"People always come to me for advice", you say. "And I've done a coaching course!" Great!

However, unless your training was NLP-based, like New Oceans Coaching is, it certainly WON'T have given you the attitude and spirit, or the specialist 'tools', essential to a good coach; or the Presuppositions on which our unique New Oceans Coaching is founded.



New Oceans Coaching is NOT about imposing your own 'map' of the world on someone - i.e., giving advice, however well-meant! It is, by definition, the complete coaching medium. And unlike traditional coaching, counselling, or some other therapies, it doesn't demand that they 'hurt to heal'. We start from the premise that the person in front of us has not only a problem..... but also the solution! The true coach's job is to elicit that from them. They know unconsciously where they are and where they want to go - you just have to get them back on their road and moving forward. This is what all the coaches we train do brilliantly.

Now, with this book, the Magic 7 Coaching Tips, YOU can benefit from OUR experience. You will be able to help people to:- create compelling goals; clear obstacles from their past; break through stuck thinking; develop, and put into action, plans that move them forward; to design a life that fits who they really are - and help them to be fit for, and fit into, that new life!

Our Magic 7 Coaching Tips book now puts all these at your fingertips - and more! Just turn the page.....!

## 7 Habits of Highly Successful People

If you want to be happier and more in control of your life, act as if you live these seven beliefs.

### 1. I Am The Expert On Me.

You have to listen to your inner self. You and your 'inner team', and the aspects of you that make up your unconscious, have lived together all your life - their 'specialist subject' is YOU! Once you start trusting your instincts, the answers to life's questions become clear - or even better questions emerge!

### 2. I Already Have All The Resources I Need To Succeed.

Imagine you can access all the love, confidence, kindness, the way you overcame difficult situations, and other resources you have inside - whenever you choose! People who are living the life they want have mastered this skill.

### 3. I Can Do Anything If I Break It Into Small Enough Steps.

Approaching tasks in smaller, more achievable steps, helps them become less overwhelming.

### 4. If What I'm Doing Isn't Working I'll Do Something Else.

If you want something different in your life, DO something different; step outside the comfort zone of the familiar old boundaries of your 'map' of the world. If you always do what you've always done, you'll always get what you've always got!

### 5. There Is No Failure, Only Feedback.

The only real failure is to not learn from what happens. A so-called failure is just a different result from what you'd expected. Learn from it, and it can become an even bigger success than you originally dreamed of.

### 6. I Am Creating My Future Now.

No matter how much you've struggled in the past, instead of dwelling on what happened, and holding up your energy flow, learn from, and use, those experiences to move you forward, and create the today and tomorrow you want. Let every minute of now become a new opportunity for happiness and fulfilment from now on.

### 7. Successful People Do It Backwards!

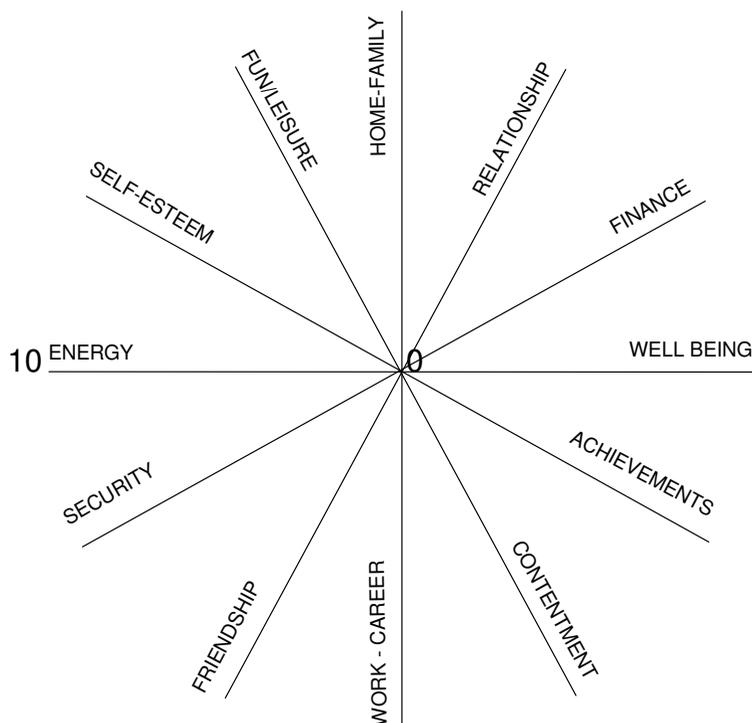
That's right! Successful achievers not only start with the end in mind - they actually go forwards in their heads to when they have their goal, their dream; they experience it with all their senses..... and then they 'look back' to see the steps they took to get there!

## 12 Wheel of Life Qualities

**Is your life in balance?** If your career is successful and your income is great, but you don't have time to enjoy it, you're probably out of balance. If your passions and activities are taking you away from your friends and family, your life is on the verge of being out of balance. If you are so busy with other things that you're ignoring your health, guess what? And if you have the house, the cars, the holiday home, but no one to enjoy it with ... get a life! Get the scales balanced!

At this point, you may be wondering how you too could achieve more balance in your life, and reap the benefits that come with it. The first step is to determine which areas of your life are out of balance.

Below is a simple exercise that can help you do this. The Wheel of Life allows you to determine whether you are focusing too much on one part of your life and so neglecting others. The wheel is divided into sections. Rank your level of satisfaction from 0-10 with each area of your life - where 10 is totally happy.

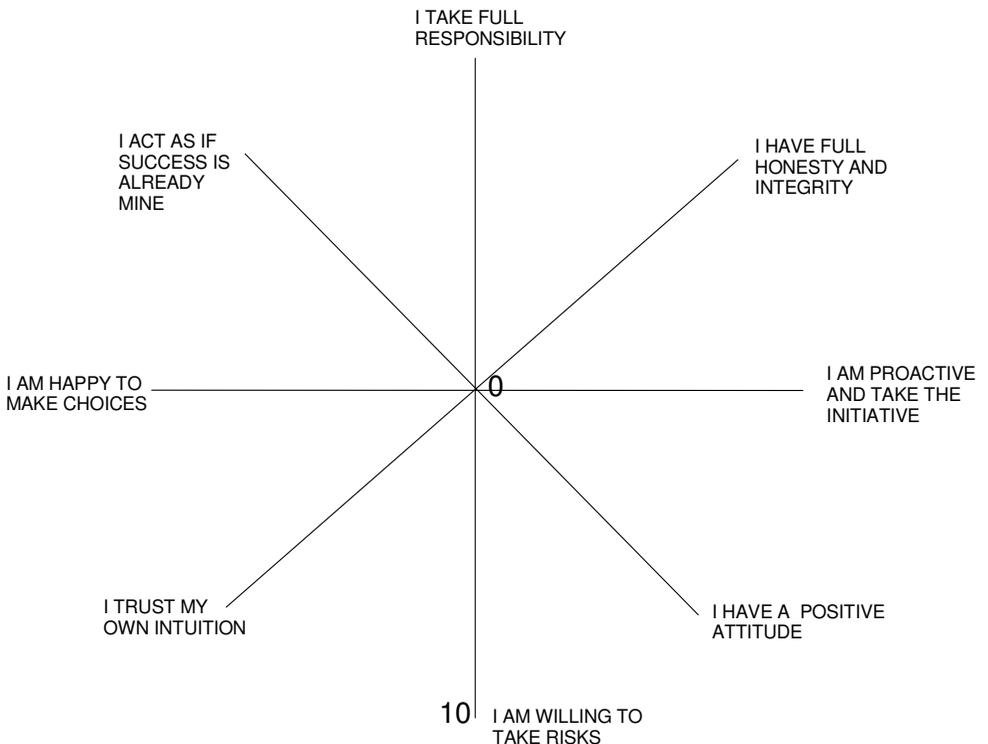


This is not so much about getting all 10s, but about getting a 'wheel' that is rounded, to make your life journey smooth instead of bumpy.

## 8 Beliefs for Success

The Belief Wheel is a way of highlighting those belief areas of your life that may need more attention. Follow the instruction to rate your level of competence in the following areas.

The centre of the wheel represents the lowest score of 0, the outside of the wheel has the highest competency rating of 10. Put a cross between 0 – 10 on the numbered lines; each one representing a key belief for success. Now connect your scores in a circular shape; or as close to a circle/wheel shape as it gets.



## 9 Questions To Discover Your Best Self

Question	Your answer
What did you love to do as a child?	
What sense did you live most through? Did you see things, make images, did you talk a lot to yourself, were you more aware of sounds, did you just feel things... Describe it	
What are your greatest achievements?	
What skills, talents, abilities, shine out in you?	
What things do you have a real passion for?	
What do you like best about yourself?	
What 3 positive adjectives would you use to describe yourself ?	
What are your fondest memories of being you? What are your fondest memories of having fun?	
What do you know to be true about you when you're at your best – absolutely? What word(s) would you use to describe you when you're at your best?	

## 4 Questions to Clarify Your Outcomes

Take a moment to think about what 7 things you really like about your life, and make a note of them under Want & Have. Now ask yourself what you have and don't want in your life. Make a list of them under Don't Want & Have. Now ask yourself the question: What do you want in your life that you don't have? Write down your list under Want & Don't Have. Finally make a list of what you don't want in your life and don't have. It's good to know!

<b>Want &amp; Have</b> 1. 2. 3. 4. 5. 6. 7. 8. 9.	<b>Don't Want &amp; Have</b> 1. 2. 3. 4. 5. 6. 7. 8. 9.
<b>Want &amp; Don't Have</b> 1. 2. 3. 4. 5. 6. 7. 8. 9.	<b>Don't Want &amp; Don't Have</b> 1. 2. 3. 4. 5. 6. 7. 8. 9.

When you have completed all four boxes take each entry in the "Don't Want and Have" box and ask yourself "What do I want instead?". When you have a positive answer put this in the box "Want and Don't Have". Then prioritise all the entries in the "Want and Don't Have" box.

## 2 Frames to Live Your LIFE

Take an issue and take a moment to reflect on the first set of questions about it in Frame A. Then move on to reflect on the set of questions in Frame B.

### FRAME A

What is my problem?  
How long have I had it?  
Where does the fault lie?  
Who is to blame?  
What is my worst experience of this problem?  
Why haven't I solved it yet?

BREAK STATE! – What you having for supper?

### FRAME B

What do I want?  
How will I know when I've got it?  
What else will improve when I get it?  
What resources (past qualities, experiences..) do I have already that can help me achieve this outcome?  
What is something similar that I have succeeded in doing?  
What is the next step?

Which Frame did you prefer? What was happening in your head (what were you seeing, hearing, feeling and saying?) as you were going through Frame A, then Frame B questions?

If you habitually focus your attention on something, you tend to get ,or keep more of it in your life. If you look for problems, you will find plenty of them. If you spend a lot of time in contemplation of your own failures, you will always have plenty to occupy your thoughts. **(Current research shoes we have some 60,000-90,000 thoughts a day).** Fixating on who is to blame for some past disaster is rarely particularly useful.

NLP has a practical technique for thinking in terms of an **outcome frame** rather than a problem frame, which is a practical, robust tool you can use to lever yourself out of the rut of problem-centred thinking. Instead of "What's wrong?", you start from a different point by asking "What is it I really want?"

## 6 Presuppositions For Coaching

### ***THERE'S COACHING..... AND THERE'S NEW OCEANS NOW! COACHING!***

So you've decided to improve your life or career situation by working with a coach. But how do you choose which one is right for you, when the list of coaches is enormous? Perhaps the first decision to make is between different types of coaching, either traditional, or NLP - based like New Oceans .To help you to make a more informed choice, here are some points about what each offers. Obviously we are firmly of the opinion that ours is the optimum coaching available! And this is why.....



New Oceans is, by definition, the complete coaching medium. Unlike traditional coaching, counselling, and some other therapies, New Oceans coaching doesn't demand that don't have to be 'hurt to heal'. And it differs most in that it is NOT about imposing one's own 'map of the world' - i.e. giving advice, however well-intentioned. New Oceans Coaches work from the presupposition that we each already have all the resources we need, inside us; in our experiences, our memories; though our clients may also be starting with some beliefs, values, and behaviours that limit them, or have prevented them from taking action to get what they want. Traditional coaching can't address these limiting patterns. Our coaches know that when a client comes to us for coaching, we have in front of us someone with a challenge..... and the solution to it! Our job is to help them access that solution - their own resource. They know unconsciously where they are AND where they'd like to be. New Oceans coaching gets them back on the road, and helps them stay on it.

Perhaps it is easier to show the contrast between traditional, and New Oceans coaching, by looking at the presuppositions behind each.

1. **FAST:** Though some traditional coaches say they agree that the client has all the resources to make changes, they then say that coaching takes a long time! Surely that's contradictory? New Oceans coaches know that the unconscious/subconscious mind works incredibly fast; for example, a phobia was imprinted almost instantly, even though it then became a repeated pattern. And it can be changed **JUST AS FAST AS IT WAS LEARNED!**, by changing that pattern. In fact sometimes we have to slow down to keep the client congruent! New Oceans coaching is not about deciding in advance that a coaching relationship will take x months or years, but about 'pace, pace, leading' each individual according to their own unique map of the world, of themselves, of their challenge.

2. **YOU'RE NOT BROKEN:** Traditional coaching believes everyone is great to begin with and coaching moves them up a level. New Oceans coaching starts from "You're not broken you may just need more choices"..... and this applies to everyone, whatever level they're starting from!

3. **MODELLING EXCELLENCE:** A traditional coach is a partner to a client, not an expert or authority in the client's field. They are experts in coaching, not in behaviour or belief patterns. New Oceans coaches are experts not only in the coaching process and in generic and specific behaviour, belief and habit patterns, we also match each coach's expertise to the client's needs. New Oceans coaches show their clients patterns - models of excellence - which can be transferred to their own particular area of activity. Underpinning **NOW!** is the ability to model internal structures and strategies of excellent performance in all contexts, so they can be mapped across to others, or other areas of that person's life.

4. **THERAPY TOO:** Traditional coaches don't focus directly on relieving psychological pain, or treating cognitive or emotional challenges, because, they say, they are not psychotherapists; though traditional coaching can be delivered alongside psychotherapy. So traditional coaching seems to require you to engage a coach **AND** a therapist in order to succeed! Whereas New Oceans coaching can directly address psychological, cognitive, or emotional disorders.

5. **ALL THE TIME IN THEIR WORLD:** New Oceans coaching works with all time frames - past, present, and future. We show clients how to build content-free generic high performance states in the present, and to realise that the present time, and the future, **ARE NOT IRREVOCABLY INFLUENCED BY THE PAST!** Though of course in New oceans we have great techniques to help clients to resolve past issues and move forward confidently. When energy is being used to uphold old limiting beliefs, hurts, behaviours etc., it can't be used to energise now and the future. By assisting someone to take the learning from what happened (based on the presupposition that there is a positive intention behind every action). releases that energy for forward movement.

6. GIVE EMOTIONAL FREEDOM: Traditional coaching assumes that clients are capable of expressing and handling their emotions. New Oceans coaches know that people don't necessarily start out able to do this, and we have wonderful 'tools' to help them, give them emotional freedom.

As you can see, the New Oceans model of coaching is far more versatile and potent - literally! Because it assumes that people who come to us for coaching have great 'potent - ial'. Yes, they have current limiting behaviours, beliefs, habits, but the New Oceans coach knows that these were developed as strategies for survival, but are now past their 'use-by' date! And if you're ready, we have the tools to help you make lasting changes now.

To sum up:- coaching is about working with people who are stuck. But very few people are stuck in a simple way, like being super-glued to the floor! They would be relatively easy to UN-stick..... a solvent would solve that! The New Oceans New Oceans coaching approach is that some people are stuck like being in quicksand - the more they repeat the same movements, the further down they're sucked. They know they've got a problem, but can't help themselves move successfully unless a coach provides a 'rope', a lifeline to let them pull themselves out. We don't necessarily need to know how they got there in the first place..... they could go under while we explored that! The imperative is to get them out and on to firm ground again. After that we can unpack the pattern of how they got stuck in the quicksand, and change it.

There are other people - the 'hamsters!' - who are stuck but think they're okay, because "After all, I'm moving fast and travelling all the time!" But when we reframe that image, they see they're actually running round on a wheel. Thinking they're getting somewhere, it's only when they finally realise they've just passed the same pile of dirty straw for the 50th time that it dawns on them that they're literally 'stuck fast', running but going nowhere. For them too we don't have to know why or how they first got on the wheel. We need to help them stop it and get off, change the pattern, then get going on a real road ahead. Being stuck means, in some sense, not going anywhere because they believe themselves to be lost, having forgotten they have their own maps available. The New Oceans coach prompts them to rediscover these, and their other innate resources, helps them learn how to set a destination in front of them, rather than just wanting to get away from what's behind them.

So if, as you and your life evolve, you realise that you have challenges, doubts, that are holding you back, some limiting old beliefs that stop you from growing, habits and behaviours you want to improve; if you want to be in control of your emotions; if you want to take back ownership of yourself and your life, New Oceans coaching can help you, whereas traditional coaching avoids these issues because it just doesn't have the tools to deal with them.

# 7 Applications Areas For Life Coaching

## Personal

- Reducing stress
- Sleeping better
- Sticking to an exercise program
- Losing weight
- Getting more organized
- Being more responsible
- Moving house
- Learning a new skill
- Managing time
- Begin meditating
- Developing a life plan
- Getting a makeover
- Facing a medical challenge
- Stopping procrastination
- Taking better care of yourself
- Improving self-esteem
- Being more patient
- Starting on a spiritual path
- Dealing with grief , loss of loved one
- Breaking a bad habit
- Enjoying life more
- Reducing alcohol/nicotine
- Being more mature
- Being more outgoing

## Singles

- Find Mr./Ms. Right
- Socialize more
- Choosing the right mate
- Planning a wedding
- Ending a bad relationship
- Feel more loved
- Improve your relationship

## Couples

- Improve your relationship
- Deal with a troubling issue
- Work toward a specific goal
- Plan your retirement

## Families and Parenting

- Being a better parent
- Improve your relationship.
- Dealing with elderly parents
- Planning a wedding
- Get closer to your family
- Feel more loved
- Meeting your needs
- Handling a family feud

## Students

- Improve grades
- Choose a college
- Improve study habits
- Deal with peer pressure
- Reduce stress
- Be better at taking exams



## Career

- Get a better job
- Get a second job
- Go back to school/college
- Stop being a workaholic
- Start your own business
- Make more money
- Increase sales
- Deal with harassment
- Find a new career/profession
- Find a new job
- Reduce job stress
- Get a raise or promotion
- Identify your purpose

## Money

- Stop overspending
- Begin saving
- Face a money problem
- Plan for retirement
- Pay off college loan
- Manage your investments
- Earn more money
- Save for college
- Get a second job
- Stop gambling

## 9 Habits of Successful Career Changes

Choosing a job or changing a career can be a major life transition - one that requires careful thought, planning, and work. If you are exploring new career options, you will need to ask yourself several questions:

- What do I want?
- How will I know when I've got it?
- What resources do I have already that can help me achieve this outcome?
- How will I achieve my outcome?

For this exciting journey you may want to consider the following winning habits of successful career changers.

1. **Decide right now** that you deserve to have any job or career which you are willing to work toward. It may require additional education, learning, experience, and patience, but you can reach it.
2. **Create a vivid experience** of what it will be like to be in that job or career. What will you be seeing, hearing, feeling, smelling, and tasting? Who will you be working with? Where will you be working and living? What will you have as a result of having this career? What will you have accomplished in one year? Five years? Ten years?
3. **Develop a strategy** - a step-by-step plan to move you toward the job of your dreams and desires.

*What short-term goals will get you there?* Focus 30 minutes of effort every day to turning the dream into reality. Start from the experience of what you want and work backward to identify each step. If you aren't sure what you want in a career, give yourself permission to explore a number of alternatives.

*What do you already know that you want in a job or career – eg. To enjoy your work, to live in a certain area, to earn a certain amount of money?* Take stock of your current situation.

*What is important to you about what you do now? What would you rather be doing? What were your dreams and ambitions earlier in life and as a child? How could you bring these into play?* Use your existing network of friends and contacts to help you define and explore your job choices. Get involved with professional associations in your area. Get training or work in another career to expand your horizons. There are many doorways to jobs, and some will



need to be created. If you can identify the need for a job, you can customise a doorway for yourself.

4. **Know yourself:** Get to know the skills you have, your personal qualities. Knowing what they are will help you to assess your career options. Explore personality profiling tools such as Myers-Briggs Type Indicator. Explore how you make sense of the world - the way you think, the way you learn, your beliefs, your values - using tools such as Neuro-Linguistic Programming.
5. **Desire & Passion:** Develop an intense desire to achieve your career goals. Add the emotion of passion to your dreams.
6. **Recognise your own uniqueness** as an individual and a professional. Develop an identity that is independent of your current job: instead of " I am a computer programmer for the pharmaceutical company, say "I do computer programming." You have the right to create the success and happiness you desire. Let no one tell you what you can or cannot do as a career. As you begin To move toward what you want, friends and family will question your motives, dreams, intelligence, and chance of success. Ignore them. You can learn anything you need to know to succeed if you are willing to be clear, continually improve, and sustain your Improvements.
7. **Take back ownership of your life:** Instead of marching to someone else's tune, take back control. You own you, and you are your responsibility. Don't blame the world for things ... It's YOUR Life, you own how you live it.
8. **Commit yourself to lifelong learning and self development:** Learn how to enjoy learning. Are you a more visual, auditory, or physical learner? What kinds of books, tapes, videos and seminars do you find the most engaging and why?
9. **The purpose of life is a life of purpose:** Become purposeful about taking charge of your professional life. Develop a clear intent to have what you want.

## 9 Skills for Good Communications



People who are skilled at influencing others usually do some or all of the following:

1. **STATE:** Get themselves and others in the best possible emotional and mental state.
2. **BELIEFS:** Believe that they can get their point of view across in a way that invites the attention of those around them.
3. **INTERNAL DIALOGUE:** Talk to themselves in an encouraging and positive internal voice. Tell themselves what they CAN do not what they can't. The mind doesn't understand the negative.
4. **PACE:** Match subtly the other person's body language in a respectful way.
5. **ACUITY:** Be aware of the kind of words that the other person is using in his or her conversation.
6. **PACE:** Use the same kind of words in response.
7. **ACUITY:** Read the signals that tell them they have achieved rapport.
8. **VALUES:** Identify what is important to the other person in the way that he or she makes decisions.
9. **LEAD:** Recognise when they have a strong enough connection with the other person to take a lead in the conversation in a way that he or she will accept – and follow.

# 7 Steps to Supreme Communication

## **1. OUTCOMES: Know what you really want.**

Be clear about what you want, not just in words, but with body, voice, mind, and spirit.

## **2. OUTCOMES: Find out what the other person really wants.**

Go beyond their surface words. The New Oceans process of gathering information from other people also offers the opportunity to explore, and become clear about, what they really want.

## **3. ACUITY: Sharpen Your Sensory Awareness**

Have sufficient sensory acuity to tell whether you are moving towards or away from your outcome.

## **4. FLEXIBILITY: Develop Behavioural Flexibility**

Have sufficient flexibility of behaviour to vary your behaviour until you get the response that you want. If you always do what you've always done, you'll always get what you've always got!

## **5. STATE: Put yourself - and your client - in a state of optimum resourcefulness to sell – and helping your customer to be in the best emotional state to buy**

This means being physically and mentally alert and optimally congruent. (Anchoring)

## **6. RAPPORT: Be a Master of the Rapport Skills**

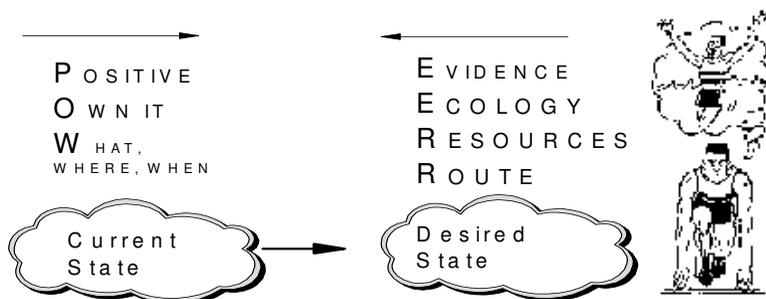
Use NLP Rapport skills (PACE) and influence and persuasion skills (LEAD) to help both of you get what you really want.

## **7. HAVE CONGRUENCE**

Be congruent. Be true, to yourself and others. Make sure your body and voice match your words, or you won't appear trustworthy.



## 7 Steps To Creating Compelling Goals



***"People who achieve success do it BACKWARDS!"***

### ***1. POSITIVE: What do you want?***

Make sure your outcome is positive - expressed as moving towards some desired outcome. If it is just moving away from something undesirable, ask yourself; What do you want instead? What larger outcome is this part of?

### ***2. OWN IT: What do YOU have to do?***

For an outcome to be realistic, YOU need to be able to act directly to achieve it ,and take responsibility for the outcome. What can you do directly to achieve your outcome? If your outcome is dependent on others, what do YOU need to do to make them positively want to help you achieve your outcome?

### ***3. WHAT SPECIFICALLY: What, where, when and with whom do you want this?***

Make the outcome as specific as you can. Choose the places and situations you want your outcome, and the people involved and when you want it.

## **NOW JUST IMAGINE YOU HAVE ACHIEVED YOUR GOAL**

### ***4. EVIDENCE: How do YOU know you have achieved this?***

Unless you are clear about your evidence, you will never know if you have achieved your outcome. The evidence will be through your five senses. What exactly do you see, hear and feel now you have achieved your outcome? What do other people see, hear and feel now you have achieved your outcome? How do you appear differently to others?

## **5. ECOLOGY: What are the consequences of achieving this?**

When you achieve your outcome there will be consequences for yourself and others in many areas of your life. There may be new opportunities and challenges. You may need to make new choices. Think of what else could happen as a result of achieving your outcome.

Who else was affected and how do they feel? Other people are bound to be affected as you achieve your outcome.

What are the consequences for others? How does the outcome appear from their point of view?

What, if anything, did you have to give up by getting this? (You are probably doing things currently that will prevent or hinder your progress towards this outcome). What did you have to give up by getting your outcome? Think not only of possessions, but also of relationships and behaviours.

Think about the positive by-product of your PRESENT behaviour. (What do you get out of what you do now?) Consider how you might keep these benefits and incorporate them into the changes you are proposing.

Ask yourself: "What will happen if I do achieve the outcome? What will happen if I do not achieve the outcome? What won't happen if I achieve the outcome? What won't happen if I don't achieve the outcome?"

## **6. RESOURCES: What resources helped you achieve this?**

You have many resources that you draw ed on, both external and more important inner resources. What inner resources and personal qualities helped? Think of your personal qualities, skills and abilities, and previous positive experiences that helped you achieve this outcome. What others did you develop that helped you? What time and effort were required to achieve this? Who did you know that helped you? What role models did you have? What else did you need?

## **7. ROUTE: What was your route plan?**

HOW did you achieve this outcome? What was your route plan. What were the key action you took.

## 7 Goal Poweerring Steps

POSITIVE	<b>What do you want?</b>	- <i>expressed as moving towards some desired outcome. Think of what you want rather than what you don't want. If away-from, ask "What do you want instead?"</i>
OWN IT	<b>What do YOU have to do?</b>	<i>Think of your own part in the outcome so that it is within your control.</i>
WHAT SPECIFICALLY	<b>What, where, when and with whom do you want this?</b>	<i>Think of your outcome as specifically as you can. Imagine it as though you see, hear and feel it now.</i>
<i>MOVE!!!</i>	<i>ACT AS IF you already have achieved it</i>	<b><i>FUTURE PACE</i></b>
EVIDENCE	<b>How do you know you have achieved this?</b>	<i>Think what sensory based evidence that lets you know you've got what you want. What do you see, hear, feel inside and out now you have achieved it?</i>
ECOLOGY	<b>What are the consequences of achieving this?</b>	<i>What have you gained, benefited? What have you perhaps lost? How does your outcome dovetail with other peoples'?</i>
RESOURCES	<b>What resource(s) helped you achieve this?</b>	<i>What resources, past experiences, in particular inner resources helped you?</i>
ROUTE	<b>How did you achieve this? What was the route you took?</b>	<i>What was first step you took? And the next?.....</i>

# 9 Questions to Discover What Moves You

When you conduct yourself in a manner that is congruent with your highest values, then you will know internal harmony and peace. Defy your values, and you wage war with yourself. Your values are those attributes and qualities of existence which you deem good, desirable and worthwhile.

Values what energises us, motivates us, are those things that we move towards or away from. They either attract us or repel us. They are what we are willing to invest time, energy and resources to achieve or avoid. Values are largely unconscious, and at the deepest level they drive a person's true purpose as a human being. Values govern ALL human behaviour. First, they provide the push or the kinesthetic drive as prior motivation for our actions. Second, they serve as after the fact evaluation criteria, or judgement about our actions. Values are the way we judge good and bad, right and wrong, appropriateness and inappropriateness. All people operate by values, but not all people are aware of their values.

**STEPS:** List three things you value in each category.

<b>Self</b>	What three things do you value about yourself?
<b>Life</b>	What three things do you want most, or are happiest about, in your life?
<b>Family</b>	What three things are most important to you about your family?
<b>Parent</b>	What three things are most important to you about being a parent?

<b>Friendship</b>	What three things do you value most in friendships?
<b>Intimate Relationships</b>	What three things do you most want in a partner/spouse?
<b>Work/Career</b>	What three things are most important in your desired career, or in your work?
<b>Recreation/Hobbies</b>	What three things are important to you regarding recreational activities?
<b>Spirituality</b>	What three things are most important to you spirituality?

1. Look over your list. Did some values turn up in more than one category? Did you name some values you were not previously aware of? Are there some values you are not honouring?
2. For each value you listed, answer the questions, “How do I know whether or not I satisfy that value? How do I know whether or not my life honours and expresses that value?”

By answering these question you will define your “evidence procedure” for each value. If you want to know peace of mind and body, then identify your values and live your life in accordance with them.