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## **COACH'S CORNER**

### **The Power of APPRECIATION**

#### **Here are some ideas for this session and working with the Power of APPRECIATION:**

1. Keep a copy handy for yourself and print/send a copy of the “bulleted points” for The Power of APPRECIATION Insights and Tools to your client. Share what you know about the Power of APPRECIATION.
2. Share your own stories about how focusing on APPRECIATION created feel-good momentum and fabulous manifestations for you.
3. Have your client recall her/his stories about The Power of APPRECIATION in action.
4. Present the tools for the Power of APPRECIATION:

#### **Tool#1: DAILY APPRECIATION LIST**

Challenge your client to add the lovely things that make her/his day-to-day experience wonderful along with “big picture” items. For example:

- The people, pets, “creature comforts” and day-to-day elements that inspire serenity & joy
- Your client’s gifts, talents, skills and the positive aspects of her/himself
- The “unconditional” aspects of her/his life:
  - The stars, planets, and galaxies
  - The sun continuing to come up and nurture our planet EVERY day
  - The beauty that fills their world
  - Her/his ability to focus and direct thoughts
  - Her/his ability to feel and express love
  - That Source/God/Spirit/her/his Ancestors (a.k.a. whatever is meaningful to your client), continue(s) to love and guide her/him eternally, etc.!

#### **Tool#2: SHARE THE LOVE DAILY**

- Open a “back door” to self-appreciation

→ Amp up the good & possibly change a life!

**Tool#3: THANKS IN ADVANCE**

→ If your client is really on fire and doing this feels natural/good, this simple act can really amp up her/his manifestation party!

5. Have your client choose the APPRECIATION tool that feels the best to her/him now that feels easy to do on a daily basis. Address any questions about her/his chosen tool to ensure s/he is 100% comfortable with what to do.
6. Encourage your client to continue to create her/his “Allowing Daily Success” & “Allowing Weekly Success” lists, as this will continue to be the focus of your weekly meetings. S/he can also use her/his “Daily Appreciation” lists in the same way if a more streamlined approach is preferred.
7. Give your client the choice of adding this tool to the other tools s/he’s been using or to swap out an APPRECIATION tool for something else if that feels more manageable/doable.
8. Set the date of your next monthly (and/or weekly) session.
9. Have your client create an intention for the next 30 days.
10. Close your session with your affirmation of awesomeness!