



COACH'S CORNER

The Power of BEAUTY

Here are some ideas for this session and working with the Power of BEAUTY

1. Keep a copy handy for yourself and print/send a copy of the “bulleted points” for The Power of BEAUTY Insights and Tools to your client. Share what you know about the Power of BEAUTY.
2. Share your own stories about how focusing on beautiful things, ideas, and experiences helped raise your vibration – especially instances where you were so immersed in a beautiful moment and then something super-cool manifested when you least expected it!
3. Have your client recall stories that relate to observing/experiencing/creating beauty and how good that felt.
4. Present the tools for the Power of BEAUTY:

Tool#1: WAKE UP BEAUTIFUL

→Check THIS out this link:

<https://blogs.psychcentral.com/relationships/2013/07/the-benefits-of-smiling-on-your-health-wellbeing-and-relationships/>

OR do your own Google/web browser of choice search with the words, “smiling and well-being.”

Tool#2: DAILY BEAUTY LIST

→Bring the power of BEAUTY into the “Allowing Daily Success Sheet” & process

→This list can also be extremely helpful for someone who is regaining balance after a very strong contrasting experience.

Tool#3: CREATE SOMETHING BEAUTIFUL

→The journey and the destination of this act can and will feed beautiful feelings

→This process can be ESPECIALLY helpful for creatives

5. Have your client choose the BEAUTY 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.
7. Give your client the choice of adding this tool to the other tools they’ve been using or swap out a BEAUTY 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!