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## **COACH'S CORNER**

### **The Power of EXPRESSION**

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

1. Keep a copy handy for yourself and print/send a copy of the “bulleted points” for The Power of EXPRESSION Insights and Tools to your client. Share what you know about the Power of EXPRESSION.
2. Share your own stories about how you’ve used the power of EXPRESSION in powerful, positive ways.
3. Have your client recall her/his stories about The Power of EXPRESSION in action.
4. Present the tools for the Power of EXPRESSION:

#### **Tool#1: EXPRESS MORE FROM YOUR CORE**

→Create Daily Check Points and Perspective Upgrades

When “always”/”never”/etc. comes up, ask these questions:

*Is this really true 100% of the time?*

If “no,” then upgrade the statement (try one of the affirmations I suggest in Tool#3: TELL A FEEL-GOOD STORY)

In the case of a “yes” or “no” response, then answer this question:

*Is this something I want to continue to experience, be or own?*

If yes, then keep doing it!! If no, answer this question:

*What would I prefer instead?*

→Challenge your client to refrain from ranting/etc. on social media/text/e-mail:

Instead, post something uplifting and positive every day or even start a positive-focused Blog

- Encourage your client to really MILK the good that shows up and tell more of THOSE stories when gathered with friends and family
- Challenge your client to spread kindness in some way every day
- Encourage your client to include and acknowledge her/his positive expression time on her/his “Allowing Daily Success” sheets.

### **Tool#2: ER AND CHILL AS NEEDED**

- All emotions have value
- Try “ER journaling” to get things off her/his chest
- If venting becomes extreme in your time together encourage your client consult her/his “experts”
- Really encourage the “AND CHILL” part of the equation

Have your client revisit the tools in “The Power of PRESENCE, BEAUTY or NATURE and/or make a list of “Nice Things to Do For Myself” and do at least one of these EVERY day without exception

### **Tool#3: TELL A FEEL-GOOD STORY**

- Have your client choose one of the affirmations I share in the program or have her/him craft her/his own
- Encourage your client to read and FEEL her/his affirmation daily and follow the process for “Intention on Fire” in “The Power of OWNERSHIP”
- Encourage your client to actually write a script/story about living and realizing her/his dreams
- For creatives, have her/him write a feel-good song/piece of music, or draw, paint, sculpt, or build something that embodies her/his vision of how s/he wants to feel and live and work on this daily and/or focus on this creation on a daily basis

5. Have your client choose the EXPRESSION 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 s/he's been using or to swap out an EXPRESSION 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!