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## **COACH'S CORNER**

### **The Power of FOCUS**

Here are some thoughts for sharing the insights & tools for The Power of FOCUS:

1. Keep a copy handy for yourself and print/send a copy of the “bulleted points” for The Power of FOCUS – Insights and Tools to your client. Share what you know about the Power of FOCUS.
2. Share your own stories about the power of focusing in positive, productive ways and how the LOA responded in kind.
3. Have your client recall how s/he felt when s/he made a point to focus in consistently positive, productive ways while working with the “Allowing Daily Success” process – this way your client has her/his OWN evidence of the power of FOCUS in action.
4. Present the tools for the Power of FOCUS:

#### **Tool#1: WAKE WITH A FABULOUS FOCUS**

→ Play with the intention I share and add/share your ideas, then encourage your client to try it out and/or create her/his own.

#### **Tool#2: SENSATIONAL SLICES**

→ Have your client play with some of the intentions I share, add/share your own ideas, and encourage your client to create her/his own intentions

→ If your client chooses this tool, it could be cool to have her/him walk you through a “typical” day in her/his life and help her/him start crafting “Sensational Slices” intentions that are customized to her/his lifestyle and flow during your session

#### **Tool#3: THE FEEL-GOOD FOCUS LIST**

→ This is a go-to list for inspiring happy feelings

This never fails to lighten up my energy and inspire a smile before going to bed and upon waking: <https://www.youtube.com/watch?v=vHVQsajJErc>

→MUSIC can also be an extremely powerful, quick and EASY feel-good trigger, so feel free to share the music on the [www.TFBonusesUpgradesHappySurprises.com](http://www.TFBonusesUpgradesHappySurprises.com) page with your client

OR

→Encourage her/him to have her/his favorite “chill” music ready to play before sleeping (music that evokes a feeling of calm and serenity) and favorite energizing music (music that just makes your client feel light, happy and fired-up) ready to play upon waking or throughout the day anytime s/he wants a feel-good boost.

#### **Tool#4: ASK SOUL-lution-FOCUSED QUESTIONS**

→Feel free to share the list included in your materials with any of your personal changes/additions, and encourage your clients to create her/his own questions in her/his own words.

→You could even have your client do this WITH you during your session if s/he decides to use this tool.

→Post, carry and add!

*A fabulous SOUL-lution-Focused question that I've found always invite fun experiences:  
“What bonuses, upgrades and happy surprises does TODAY have in store?!”*

5. Have your client choose the FOCUS tool that feels the best to her/him now that feels easy to do on a daily basis and 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” lists, as this will be the basis for your weekly meetings.
7. Set the date of your first weekly and next monthly sessions.
8. Have your client create an intention for the next 30 days.
9. Close your session with your affirmation of awesomeness!