



COACH'S CORNER

The Power of HARMONY

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

1. Keep a copy handy for yourself and print/send a copy of the “bulleted points” for The Power of HARMONY Insights and Tools to your client. Share what you know about the Power of HARMONY.
2. Share your own stories about how the power of HARMONY helped you shift your vibe, lighten up and allow your flow.
3. Have your client recall her/his stories about The Power of HARMONY in action.
4. Present the tools for the Power of HARMONY:

Tool#1: FIND POINTS OF HARMONY

→Approach this from a feel-good place or do it later!

→Once the list is created, have your client read and FEEL these aspects daily – especially before meeting with a person or heading to work/etc. - and/or add to the list as inspired

→Share the intentions I suggest or have your client create her/his own

→Recap the positive aspects more than the negative and have your client include these positive aspects on her/his “Allowing Daily Success Sheet.”

Tool#2: HARMONIOUS BELIEF UPGRADE

→You can have your client create her/his new belief during your session or do it at home later

→Once the new belief has been identified, the focus of the next 30 days will be about evidence collection

→Have your client include this evidence on her/his “Allowing Daily Success Sheet.”

5. Have your client choose the HARMONY 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 a HARMONY 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!