



COACH'S CORNER

The Power of HUMOR

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

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 HUMOR.

2. Share your own stories about how the power of HUMOR helped you shift your vibe, lighten up and allow your flow.

3. Have your client recall her/his stories about The Power of HUMOR in action.

4. Present the tools for the Power of HUMOR:

Tool#1: WAKE UP LAUGHING

→ Cue the Comedy!

→ Keep it Light

Tool#2: GET YOUR HUMOR RDA

→ Mission: Laughter!

→ Have your client add a fun angle to the “Allowing Daily Success Sheet” by including things that inspired the power of HUMOR

Tool#3: USE A LITTLE RIDICULOUS MAGIC

→ Daily reply

5. Have your client choose the HUMOR 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 HUMOR 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!