



COACH'S CORNER

The Power of OWNERSHIP

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

1. Keep a copy handy for yourself and print/send a copy of the “bulleted points” for The Power of OWNERSHIP Insights and Tools to your client. Share what you know about the Power of OWNERSHIP.
2. Share your own stories about the good results you’ve experienced by using your visionary skills and daring to dream of what could be.
3. Have your client recall her/his stories about The Power of OWNERSHIP in action.
4. Present the tools for the Power of OWNERSHIP:

Tool#1: INTENTION ON FIRE

Once your client has created her/his intention, here are a few ways s/he can feed the fire of her/his desire:

- Keep It Lit!
- Incorporate the power of OWNERSHIP to the “Allowing Daily Success Sheet”
- Encourage your client to “feed her/his baby” DAILY
- If needed, have your client take a symbolic action to let it go for REAL

Tool#2: THE WHOLE PIE

→Have your client dedicate 1 day to creating the whole enchilada – You can start this process during your session and/or, just have your client do this at home (or in a super-cool, feel-good place that inspires flow)

OR

→Have your client focus on one “big picture subject” per week for 4 weeks, for example:

Week 1: “My Body, Mind and Spirit”

Week 2: "My Career & Style of Allowing Abundance"

Week 3: "My Relationships"

Week 4: "My Home and Life Experiences"

→ Each week have your client make it her/his mission to note/observe/collect ideas, images, etc. that are related to what s/he wants to experience on that subject, then at the end of that week, make a master list, get a cool container/folder/notebook to put things in or create a vision board on that subject

THEN

→ DO daily "Whole Pie" tastings!

AND/OR

→ Have your client repurpose the "Allowing Daily Success Sheet" to list any and every thing that s/he witnesses and experiences daily that feels related to her/his whole pie OR her/his focused "Intention on Fire" that rose to the top of the list

AND/OR

→ Encourage your client to "feed her/his baby" DAILY

AND/OR

→ Do a daily treasure hunt!

BONUS TOOL: WAKE UP AS YOUR TRUE (BEST) SELF

→ First, watch this freakin' amazing film to prime the pump: "I Feel Pretty" (starring Amy Schumer)

→ Next, make a list/recording/etc. of what it could feel like to express fully as YOUR True/Core, confident, beautiful, intelligent, successful SELF & give this aspect of you a name.

→ THE moment you awaken, say "Good Morning _____!" (if it feels right) you can also add, "Thank you for helping me see & experience life through your eyes today!"

→ Catch yourself in the act: Each time you feel and act in a way that aligns with your True Self, acknowledge her/him in some way.

→ Say "Goodnight" to your True Self: "Goodnight and thank you for your ever-increasing presence in this day and EVERY day!"

5. Have your client choose the OWNERSHIP tool (including the bonus 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 OWNERSHIP 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!