



COACH'S CORNER

The Power of TRUST

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

1. Keep a copy handy for yourself and print/send a copy of the “bulleted points” for The Power of TRUST Insights and Tools to your client. Share what you know about the Power of TRUST.
2. Share your own stories about how the power of TRUST helped you see beyond the temporary circumstances of what “is” to allow an ideal or amazing solution, change or manifestation.
3. Have your client recall her/his stories about The Power of TRUST in action.
4. Present the tools for the Power of TRUST:

Tool#1: REPLAY THE TRUST TAPES

- Have your client start this list during your session
- Review & replay upon waking and at bedtime

Tool#2: BOOST YOUR DAILY TF (Trust Factor)

- Have your client customize the “Allowing Daily Success Sheet” to include evidence that things really ARE working out for her/him

5. Have your client choose the TRUST 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 TRUST 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!