



The Power of the Coaching Model & Keeping Our Promises

What is the Coaching Model?

The Coaching Model helps to get you beyond the mental chatter that is giving you reasons to stop moving toward your dreams and having what you want in life.

Learning this model for use in your business is part of developing a new skill you can use in all areas of your life. These are the steps:

We:

LOOK

-Direct attention toward

SEE

-The miracle of seeing what
was there all the time occurs

TELL THE TRUTH

-What happened in
physical reality

Period.

No thoughts

No feelings

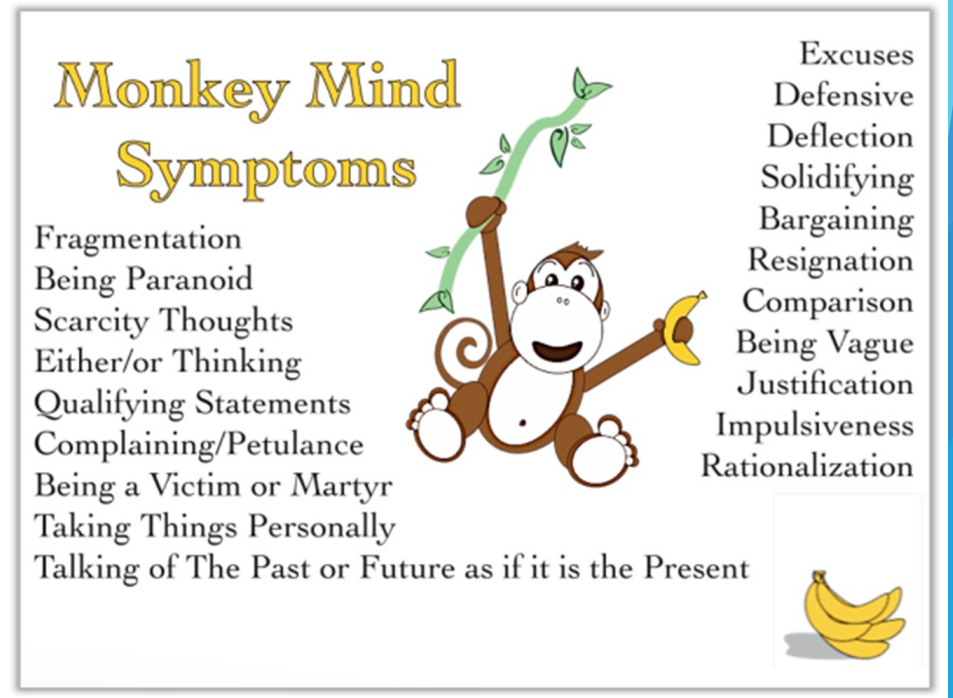
No opinions

Take Authentic Action

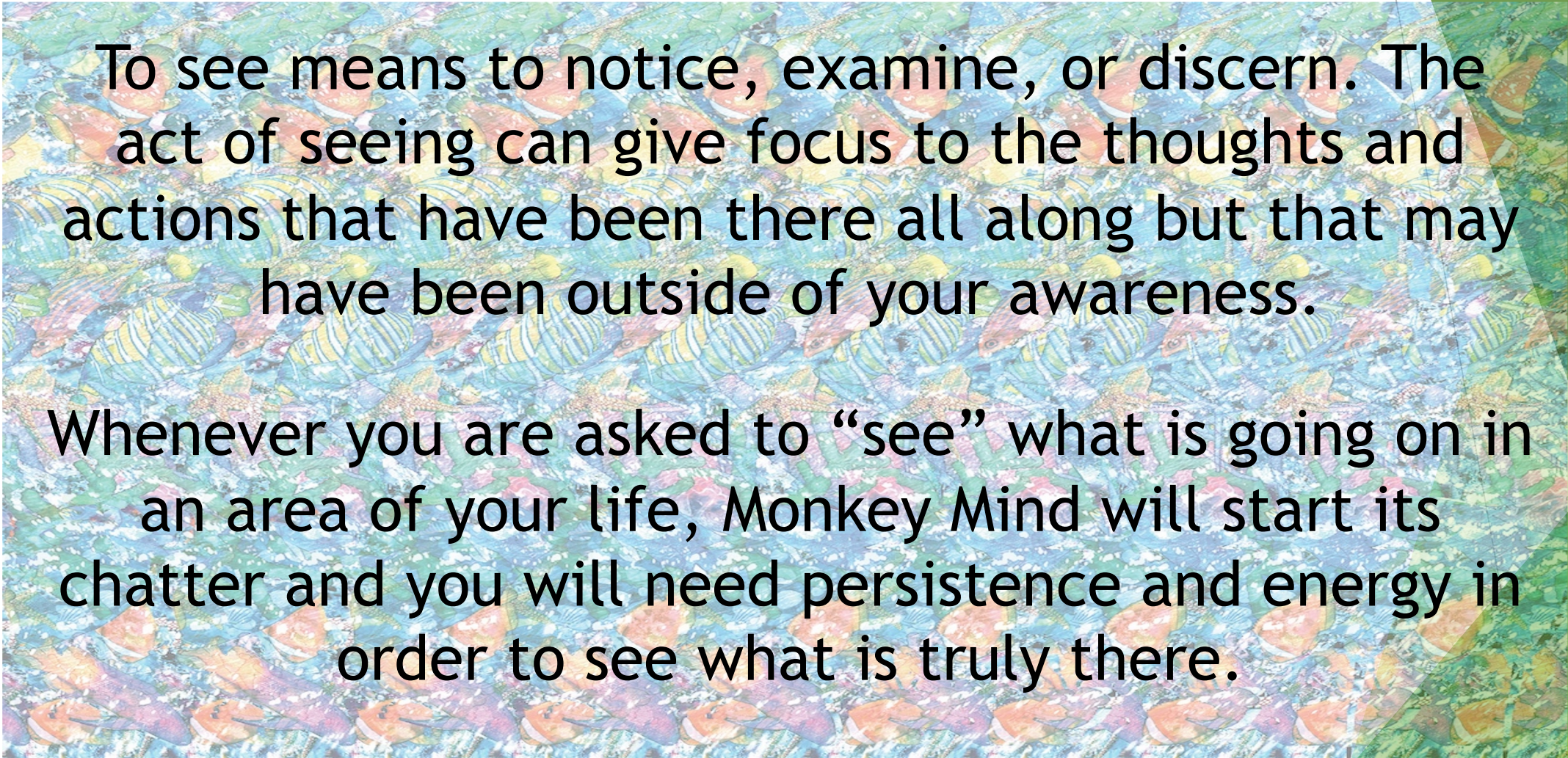
Look: Shifting your attention

When you look at something, you direct your attention toward it, focusing your energy upon it. Looking at something is simple but not always easy. It requires practice. That's because we get interference from Monkey Mind.

There are some things monkey would rather have us not see, things that make us uncomfortable or may disrupt our status quo. That's why it takes practice, and even courage, to be willing to look.



See: Be curious about what is there



To see means to notice, examine, or discern. The act of seeing can give focus to the thoughts and actions that have been there all along but that may have been outside of your awareness.

Whenever you are asked to “see” what is going on in an area of your life, Monkey Mind will start its chatter and you will need persistence and energy in order to see what is truly there.

Tell the Truth: What did or did not happen in physical reality



"Just the facts, ma'am."

Truth means the accurate facts or reality of a situation.

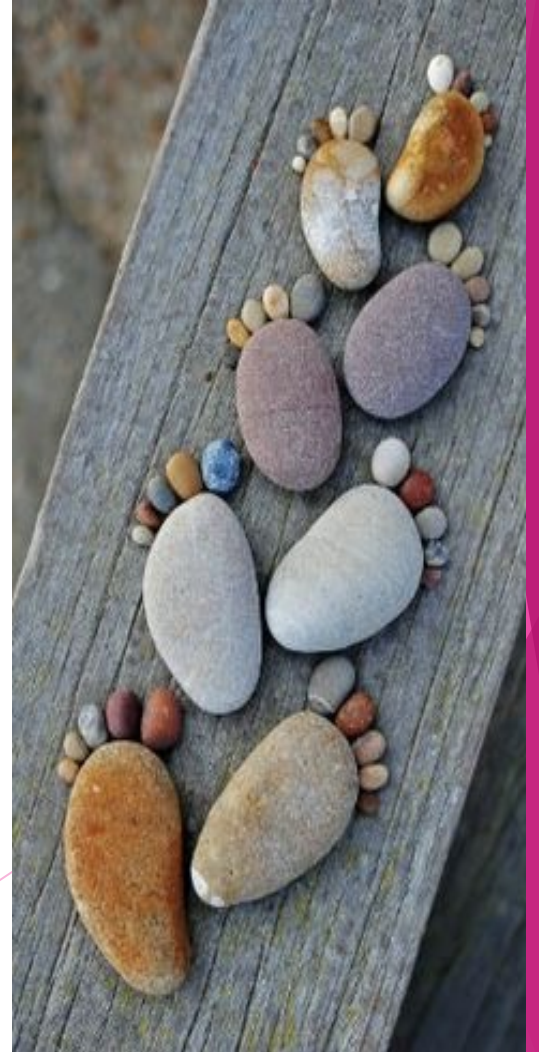
The truth is what actually happened, or didn't happen, in physical reality.

The truth is measurable and objective and without thoughts, feelings, judgments, or emotions getting in the way.

Take Authentic Action: A meaningful next step

Authentic action moves you forward; it is purposeful action that moves you toward realizing your goals and dreams. Authentic action is simple and obvious.

Why is this important?



Keeping Our Promises

A promise is your word that you will take action in physical reality.

That creates a tension, the expectation of something yet to be done.

It's like a rubber band being stretched... a tension is created.

When you put your word out before you, you create a gap that can only be closed when you do what you said you would do. The rubber band is back to normal. Stretching and letting it release is like exercise.

Stretching and not releasing creates stress. Notice that when we produce a gap we are pulled forward to close it by the tension created.

Looking, seeing, and telling the truth helps us to keep our promises because the actions we promise to take are authentic - they are meaningful and based on what is true.

**Sound familiar?
Looking,
seeing,
telling the
truth, and
taking
authentic
action is the
roadmap to
success.**



**“Success is doing what you said you
would do, consistently, with clarity,
focus, ease and grace.”**
– Maria Nemeth