

Session 6: Run Sheet

Group:

To avoid failure, habits need to change.

1) Ask the group: how do we reprogram old ways/habits that no longer serve us?

- Discuss in general how they would go about implementing a possible change.
- Discuss what changes do they think they need – Connect to Future Self
- Discuss one great success they have had in life:
 - What was their success recipe?
 - What did they do well?
 - Why did it work?
 - How much effort did they put in?
 - What was the ripple effect of this “win” in their lives and those around them (family, work, sport...)

2) Explain what a Saboteur or Secret self is.

3) Homework for before 1:1 coaching:

- What is one small thing that you need to change that will have a great ripple effect?
- Do they have a saboteur or secret self that is sabotaging their Future Self?

1:1

1) Explain/Discuss what a saboteur or Secret self is

2) Set your clients up for success:

- Show your clients the “Saying Goodbye quotes To think about”
- Which quotes is their favourite or speaks the loudest to them or excites them the most?
- Get curious and unpack a little to help your client get connected and get excited – this gives them great energy to handle the saying goodbye exercise.

3) Saying Goodbye Exercise:

Remember small changes have huge lasting impact and ripple effect.

- What is the one thing they have decided they need to change?
- Why?
- What do they think the ripple effect will be if they continue with the old way?
- What do they think the ripple effect will be if they implement the change?

- Complete the saying goodbye exercise:
 - Get a name or topic
 - What are they replacing it with?
 - What will that look like?
 - Connect to Personal Core Values: Top 5 and Top 20. (Anchor the new habit or plan.)
 - Connect to their passion statement.
 - What are the actions they need to take to make it happen?
 - Get clear actions, goals or todo's
 - Keep it simple and easy
 - If your client is a visual person, get them to make a picture (or a quote poster) to put in a prominent place as a reminder of their new focus. This helps to keep it top of mind. It could even be a credit card size piece of paper in their wallet to remind them not to buy chocolate....

4) Keep in mind:

- Limiting beliefs
- Managing expectations
- Negatives versus positives
- DiSC – what needs to be flexed or do they have a strength that will serve well, if so, remind them that they have it or they can learn to flex it like training a muscle.
- Connect to Future Self, SWOT....