

Success Coaching Series - January 15, 2007

Hello, this is Angela Adkins and this is the transcription of the first recording for the Align With Energy Success Coaching series. We're very excited to be able to do this with you this year and we have hopes that it's going to make a huge difference in everyone's life. So let's get started!

First of all, I'd like to state what our two goals are so you'll know exactly why we're doing this:

It is really our desire to help you create new habits for 2007 that will take you through your lifetime, help you with your success; things that can be applied to any goal or any life situation no matter where you are.

Another very important goal of ours is to bring about new awareness for you and us and the group about the level of balance in your life so that you can enjoy, really, life to the fullest and bring a new level of awareness to areas of your life that are out of balance or areas of your life that you'd like to spend more time in. So, that is goal number 2.

First of all, I do not want you to be overwhelmed. Some coaching that we've experienced has been a lot of information and we have found a great system to follow. We're very excited about this and we want you to know that we're doing this in baby steps. We're giving you two weeks in between each recording to be able to do the exercises, do it 100% and then be able to really "own" the information and be ready for the next session. We're going to provide downloads on our website and really simple things that you can do for homework that you can just fit right into your life. It shouldn't take a lot of extra time.

Just in case you have a friend or family member who wants to jump in mid-stream, it's fine if they do that. Each lesson really adds onto the other ones, however, a person can jump in at any time and be able to catch up without a problem.

Let's talk about the supplies you'll need for this coaching series. The most important thing for you to have is your own copy of Jack Canfield's new book which is "The Success Principles - How to Get From Where You Are To Where You Want To Be". You can probably get it for about \$20 from Amazon online or Barnes and Noble. I really encourage you to get the book. If you're really pressed for time and you commute a lot, the audio CD set is awesome too. We're going to be following along with the book and that will be primarily our main source for structure, although we will be adding a lot of different concepts and programs that we've learned from other people. If you get the book, you'll be able to follow along really well with us.

Something else I encourage you to do is to enroll in his Every Day Message Coaching Group. That's at www.thesuccessprinciples.com. Sign up for his free mentorship message and you will be able to see the correlation between what we are doing and what he is offering there, and it will help take you to a deeper level of understanding of the concepts that we're presenting. So that's another thing that you can do - and that's free.

So...first of all, a copy of the book, this is really important. You do not have to have that, but it really will help you.

A three ring binder with plenty of notebook paper and some top-loading sheet protectors (the clear ones) that you can insert sheets into and view, and, of course, a pen! So those are going to be essential for you getting organized, to have some place to put all of your papers and coaching sheets. In future coaching sessions, we're going to ask you to start tearing out pictures and phrases and visuals of items that you want to see show up in your experience. This is very important because in about two more coaching sessions, we'll go over the importance of visualization and making a dream book which is, eventually, what this is going to be for you; something that you can go to every day to do your visualization. So that's why it is important for you to have the notebook.

Okay, so before we get started, make sure you're sitting down and you're comfortable and have some paper in front of you so you can take some notes and we'll get started.

All right, one of the first concepts is taking responsibility for your life. That's 100% responsibility for your life. That's what we're going to work on - taking 100% responsibility for our lives. One of the key principles that we're going to cover is that you have to give up blaming and complaining. You know, we spend most of our time blaming things outside of us, the weather, the boss, the traffic, things that made us late, the economy, the current president, whatever it is, we tend to blame something outside of ourselves.

The second thing that you need to give up is all of the excuses and take the position that whatever you're experiencing in your life, the results that you're creating, whether it's physical, financial, relational, the quality of life you're experiencing is the result of how you are responding to the events rather than the events themselves. Let me repeat that. The quality of life that you are experiencing is a result of how you are responding to the events rather than the events themselves.

The formula that captures this is $E + R = O$. Write that down. "E" stands for Events, "R" stands for Response, equals Outcome, which is "O". What most people do, when they don't get the outcome that they want, is they blame the event. When they blame the event for not having what they want, they put all the power outside of them. There's nothing you can do about external events; what is, just is. So, what is really helpful to do, in changing your response, to get the outcome that you want, is to re-work and do another formula. So let's play with this a bit.

So if we all know that $2 + 2 = 4$, and if you don't like 4, which is the outcome, then the "2" of the event is a given - the first 2. You've got to change your response from a 2 to another number, some other response, some other expectation, some other action...so a 3, a 4 or a 5 in order to get a different result. So the basic principle is getting yourself out of blaming mode and complaining and take 100% responsibility for where you are, okay?

To take this deeper, I encourage you to read Chapter 1 of The Success Principles; it goes into more detail about that, okay?

Another part of this exercise that may help - you can just write these down on a piece of paper - pose this question to yourself:

"If I were to take just 10% more responsibility for my happiness, I would

_____ (fill in the blank)."

And the next question:

"If I were to take just 10% more responsibility for my health and fitness, I would

_____ (fill in the blank)."

The next question:

"If I were to take just 10% more responsibility for the quality of my relationships,

I would _____ (fill in the blank)."

And "If I were to take just 10% more responsibility for my effectiveness at work,

I would _____ (fill in the blank)."

Okay?

Now, these will be helpful, because whatever your answers are....now think of this...if you just take 10% more responsibility, we talked about doing baby steps in the very beginning, you will see significant changes in the way you react to your life situations over the next two weeks, okay? That's a very simple exercise you can start practicing right now. And it doesn't have to be a huge, gargantuan thing; it can be something really small. Let's say you said to yourself that you wanted to take a little extra time for yourself. That could be just 10 - 15 minutes alone in the car before leaving - getting up just 10 minutes earlier in the morning to meditate; it doesn't have to be a huge chunk of time, okay?

So now, the second exercise is....remember, these are going to be written down; Patti's going to transcribe these for you so you can just print off the transcription from the website and be able to look over the questions again because I'm going to go through these a little bit quickly.

The first one, and there are eight questions that I'm going to pose to you that we're going to invite you to take a look at and increase your awareness about over the next few weeks.

1. What is an area of your life that is not working as well as you would like it to? Just one area, okay?

2. How are you creating or allowing this to happen?

3. What are you doing that is not working that you need to do less of?

4. What are you currently doing that is working that you could do more of?

5. What are you doing that if you could try it on to see if it works? Just try it on for size. What are you doing to try it on to see if it works?

6. What will you commit to doing as a result of this exercise?

7. By _____ when _____ will _____ you _____ do _____ it?
_____.

It's very crucial that you write it down and that you put a timeline on it; the day, the month, the time of day - it's very important. When you write down your goals, you elevate yourself to the top 3% of achievers in this country, okay? When you write down your goals and you put a specific time, day, a time of month when it is going to be achieved, you elevate yourself to the top 1% - that is how powerful this exercise is, okay? It adds sooooo much power to it.

8. The next thing that is going to be key for you to do is to download the form off the website that goes along with this lesson and it's called "Decide What You Want". It is divided into seven specific areas. One is financial, another is career, another is free time/family time, one is health and appearance goals, the next one is relationships, the next one is personal growth and the last one is making a difference in your community

or leaving your legacy. This is a very specific worksheet that you can print off, fill out at your leisure. Once you fill this out and you have your example that is personalized to you, it's essential that you go over this every day. This will only take a few minutes a day, okay? Keep it close to you in your notebook. I like to read mind first thing in the morning and it really sets the tone and it sets my focus for what I want it to be that day.

All right! I think that's probably as much as I want to cover in this first session. So your homework - your homework is to print off the download from the website - the Decide What You Want worksheet. Get a copy of the book or CD set, How to Get From Where You Are To Where You Want To Be" by Jack Canfield - it's called The Success Principles. Get your notebook ready for us to start putting pictures in so you'll be ready for our visual exercise. Have notebook paper, a pen, top-loading sheet protectors and something else that will be helpful for our next Success Group is 3 x 5 cards or you can even do 4 x 6 index cards - a stack of those because we'll be using that throughout the coaching process.

I'm going to leave you with one thought: The biggest gap in life is between knowing and doing. Okay? Some things in life, you know what to do; you see the gap in front of you and it's just a little step. You just step right over and you say "Oh, I've done it!" and it was no problem. Other things in your life, and often the ones that make the most difference, and they're standing in the way of your success and happiness, it is your perception that they are much bigger than they are. They may be just one little step - like stepping over a little puddle - stepping off a curb - but it looks and feels like the Grand Canyon on foot, okay? We're here to tell you that that's not always true; it is your perception that its bigger than it really is - and it's a belief system, okay? We can accomplish tasks when broken down it into smaller steps. Any large project, broken down into smaller steps, can be achieved. Its not if you can do it, its just when you can do it - that's as simple as it is. So.....the biggest gap in life is between knowing and doing. So mind the gap, okay? Shorten that gap every day; and that's what we're here to remind you.

Thank you all so much for your participation. This is going to be phenomenal; we're so excited about it. Stay in touch. Give us your feedback. I look forward to sharing Lesson 2 with you February 5th..

Have a great week! Bye-bye.