

# Mastery Action Guide



by Aurora Winter

## 2011 Mastery Training

From Heartbreak to Happiness®

Master Certified Coach

Training Handouts

From Heartbreak to Happiness®

Coaching Recipe – Mastery Summary

by Aurora Winter

1. Happiness Quiz & Stress Scale
2. Peace Method®
3. What Makes You Feel Important?
4. Letter Of Apology And Appreciation
5. The Work Of Byron Katie, 4 Questions & Turnaround, 3 Kinds Of Business
6. Your Core Strengths... How Do You Normally Express Them, New Ways To Express Them
7. Relationship Graph
8. Relationship Review For Peace Letter
9. Your Life Mission Statement
10. 101 Things To Do Before You Die (# of years to achieve each one)
11. Your Ideal Relationship – Describe Top 12 Characteristics
  - Observe traits already here in your life
  - 12-6-3
  - Existing – what makes you feel important vs. your mate?
  - Negotiating conflicts
  - Future – who would you have to become to attract the person you described?
12. What Are You Tolerating?
  - Top 10 at work, at home. Take action & eliminate energy drains.
  - Clearing clutter: 3 piles, recorded, boxes, sage
13. Handling overwhelm: placemat process, segment intending
14. Overwhelm: I should ...(make a list). Why?
  - If I really wanted to, I could...(list)
  - So...why don't you?
  - Not good enough...when will you know you're good enough?
15. Limiting Vs. Expansive Beliefs
16. Keeping Gratitude Journal, Appreciating Yourself, GROW Sandwich
17. Identifying Your Needs, Getting Them Met. Non-Violent Communication
18. 10-10-10 ... what difference will this make in 10 days, 10 months, 10 years?
19. Non-violent communication: 4 steps to getting your needs met peacefully
20. Become More Peaceful: Under-Promise, Over-Deliver; Build A Super-Reserve
21. Using Time Effectively – 4 Quadrant. Focus On Important/Not Urgent
22. Time Management & The 80-20 Principle
23. Win – Win Or “No Deal”. Selfish Vs. Self-Full
24. Emotional Ladder – How To Work Your Way Up The Ladder & Choose Better-Feeling Thoughts
25. Gratitude – Thank A Mentor
26. Vision Board, Box Or Binder
27. Spiritual Mind Treatment
28. Daily Meditation, Mindfulness, Movement, Breathing
29. Feeling Things Fully
30. Expanding Your Awareness
31. Practice Random Acts Of Kindness – and Scheduled Habits of Kindness

30. Be Impeccable With Your Word
31. Don't Take Things Personally (Be Independent Of The Good Opinion Of Others)
32. Don't Make Assumptions
33. Take Action – Strive For Excellence, Not Perfection. Get It Done.
34. Wouldn't It Be Nice If... Turn It Over To The Manager.
35. Venting writing ... 20 minutes without lifting pen from paper or stopping, then burn it. Releasing. Invites Divine guidance and inner wisdom.
36. Worst Case – Best Case Scenario. Overcoming Fear. Taking Right Action.
  - Define the worst that could happen. What steps could you take to repair that damage?
  - What are the benefits of the more likely outcomes? What are you putting off out of fear?
  - What is it costing you – financially, emotionally, physically – to postpone action?
  - What are you waiting for?
37. The Power of Deliberate Intention
38. Build An Inventory Of Assets: Talents, Passions, People, Resources, Funds
39. Build Your Dream Team & Mastermind Team
40. You've Achieved All Your Goals, Overcome Every Challenge. Describe Your Ideal Life In 5 Years
41. The Sedona Method
42. Add your own powerful coaching exercises and questions

## Recommended Reading - Mastery

<i>Vein of Gold</i>	Feb-March
<i>Writing Down the Bones</i>	Feb-March
<i>Seven Spiritual Laws of Success</i> by Deepak Chopra	March
<i>Non-violent Communication</i> by Marshall Rosenberg	April
<i>Man's Search for Meaning</i> by Victor Frankl	April
<i>Please Understand Me II</i> by David Keirsey	May
<i>The Four Agreements</i> by Don Miguel Ruiz	May
<i>Living The Science of Mind</i> by Ernest Holmes	June
<i>Vaporize Your Anxiety</i> by Tom Stone	July
<i>The Sedona Method</i> by Hale Dwoskin	August
<i>Radical Forgiveness</i> by Colin Tipping	September
<i>Love Without Conditions</i> by Paul Ferrini	October
<i>Power vs Force</i> by David Hawkins	November
<i>Flow</i> by Mihaly Csikszentmihalyi	December
<i>The 4 hour Workweek</i> by Timothy Ferriss	Dec-January

## Bonus Reading Suggestions – Mastery

- *A Grief Observed* by C. S. Lewis
- *Essential Coaching Tools* by Coach U Inc.
- *Flow* by Mihaly Csikszentmihalyi
- *Getting Things Done* by David Allen
- *Tuesdays with Morrie* by Mitch Albom
- *Man's Search for Meaning* by Victor Frankl
- *The Path* by Laurie Beth Jones
- *Living The Science of Mind* by Ernest Holmes
- *Love is the Killer App* by Tim Sanders
- *Codependent No More* by Melodie Beattie
- *The Tipping Point* by Malcolm Gladwell
- *The Success Principles* by Jack Canfield
- *The Obsolete Employee* by Michael Russer
- *How To Become A Rainmaker* by Jeffrey J. Fox
- *Selling The Invisible* by Harry Beckwith
- *Motivational Marketing* by Robert Imbriale
- *NO BS Time Management for Entrepreneurs* by Dan Kennedy
- *The Science of Influence* by Kevin Hogan
- *Influence: The Psychology of Persuasion* by Robert Cialdini
- *How to Make a Whole Lot More Than \$1,000,000* by Dr. Jeffrey Lant
- *No BS Wealth Attraction for Entrepreneurs* by Dan Kennedy
- *The Greatest Salesman in the World* by Og Mandino

# What is Mastery?

*archived audio – February 17, 2010*

Malcolm Gladwell reports in his book "Outliers" that it takes 10,000 hours of practice to achieve Mastery. Mastery is not an end result, but an ongoing process. Master coaches are authentic, caring, evolving human beings who have an ongoing practice of choosing peace.

Here's my definition of Mastery, and my vision for each of you this year. A Master coach:

- Co-creates a harmonious, inspiring community at the Grief Coach Academy (GCA) where people devastated by loss can heal and grow and find meaning in transcending their own personal loss in inspired service to others
- Co-creates a learning environment that brings out the best in people and creates excellent **From Heartbreak To Happiness®** (FHTH) coaches
- Is capable of leading/co-leading a small group via phone coaching, and has experience doing so leading the Masterminds
- Is a shining example of loss transcended: authentic, open, transparent, real ... AND continually and genuinely choosing the discipline of seeing everything as a gift, and having an ongoing habit and practice of doing the inner work required to authentically achieve that perspective. Accepting of self and others, forgiving, embracing the present moment.
- Selects a Mastery project that stretches you...and completes it this year
- Selects a community contribution project and contributes to something greater than yourself (could be GCA, could be elsewhere).
- Shows up at all events and phone seminars and fully participates, for yourself and also as a way of contributing to others. Knows that your presence and contribution makes a difference.
- Chooses daily habits and a way of being and growing that supports your inner peace and growing consciousness/enlightenment so that you can give the gift of peace to others through the overflow from your own sweet well of inner peace.
- Takes a mentoring/leadership role inspiring and guiding 1st year students.
- Identifies 1st year students who have the potential for Mastery and encourages them to join us.

- Is able to present an interesting and informative 3-minute talk
- Has mastered the 9 core FHTH coaching skills (minimum 5 hours of practice of each skill, maximum 9 hours coaching with each client.)
- Listens to the Happiness 101 audios and uses it as a template/resource to create your own teleseminar series or workshop on your own non-grief topic, such as parenting, releasing phobias, losing weight, having fun, etc. (That could be your Mastery project. Or you could write your book, or select another project.)
- Listens to all the online interviews with authors, coaches and experts
- Participates in all the teleclasses or listens to them all online if unable to attend live.
- Reads all the recommended books
- Is proactive in achieving the above goals and your own vision of what Mastery means to you, takes responsibility for creating your own results

I trust sharing my vision of Mastery is helpful, and that it inspires you to YOUR greatness! I see us achieving great things together this year ... both individually and collectively.

SHARING: Your vision for Mastery for yourself & for GCA this year  
CO-CREATING that intention and energy field

Specific requirements to become a Master certified FHTH coach:

- Present at least one 3 minute presentation during a Mastery call. This could be your own content or a book review.
- Have your own version of a Spiritual Mind Treatment mastered and memorized, so you are always ready to start a coaching call that way. Share your Spiritual Mind Treatment during one of our Mastery calls
- Complete CD interview project with Aurora (or 2)
- Complete Mastery project of your choice (your book, creating your own teleseminar series, creating your keynote speech, creating a workshop etc)
- Complete 50 hours in a mentoring, leadership, coaching, or volunteer project at GCA (for example, Maureen took on the project of getting everyone's bios online at GCA as her community contribution project). You could use leading Masterminds and reaching out to support and coach your Mastermind students as this project. Most 1<sup>st</sup>

year students would benefit from additional coaching, and Mastery students need more practice to become truly masterful coaches, so it is a win-win for you to offer to do additional coaching with other GCA students. Or you could be inspired to add value to our community in a different way, such as helping at events. Or you could request to complete these 50 hours at hospice or another worthwhile organization.

- Have your life mission statement written and memorized so you can share it at any time
- Record and submit 3 20 minute “laser” coaching calls for Aurora to review (or do demo laser coaching on our group calls to demonstrate your ability)
- Complete requirements for having your own paying coaching clients for a minimum of 25 hours
- Be Masterful and proficient coaching with all core 9 FHTH coaching steps, including the Peace Method®
- Be Masterful at some of the additional coaching techniques that are taught (see Mastery summary list).

# Discovering Your Own Vein of Gold

Class #1 – February 9, 2011

*Note: audio not recorded*

In this module, we are going to tap into your own vein of gold by inviting your creativity to be fully expressed. Connecting more deeply with your own inner wisdom, creativity and thoughts is profoundly transformative. It unleashes your creativity, and you can then choose to express it in a myriad of ways.

In order to tap into your own deep inner wisdom, creativity, passion, playfulness, insight we are going to use two tools:

1. Morning pages
2. Artist dates

## MORNING PAGES

I invite you to have a new morning ritual of writing. Every morning, ideally at the same time and in the same place, write your morning pages for 10 minutes. Set a timer. This is “free flow” writing – keep your pen moving, don’t stop to think, edit, or revise. Just write without stopping for 10 minutes, whatever comes to mind. This is for your eyes only. It is not intended for publication or for any purpose except to tap you into your own vein of gold.

This daily ritual will simultaneously create a deep connection to your own inner wisdom, it is a way of hearing yourself – expressing and venting the disappointments and releasing them, so they don’t “dam up the flow” of the river of your creativity and your life. Finding the wisdom and insight in the grief, the disappointments, creatively choosing the life you will create now, starting with the fertile possibilities in this moment. It is also a way to savor and celebrate the triumphs and joys, and gain even more joy. Writer’s block is dislodged through the ritual of daily morning pages.

By connecting more deeply with your own vein of gold, you can “fuel” to propel your life to a higher level. You gain clarity. You gain wisdom. You gain intimacy with your life-long soul mate...your own wonderful self.

Buy a smooth-flowing, fast-writing pen. Get a spiral-bound notebook that opens fully to write your morning pages. I recommend a big notebook, so your thoughts aren’t cramped by small pages. Or get whatever kind of notebook appeals to your inner child.

Re-read your morning pages each month and circle those entries that stand out to you. You likely will discover some gems that you can incorporate into your three minute talk, or into an article, web site, or your book. Write without this purpose. But then harvest the diamonds! ☺

## ARTIST DATES

Every week, take yourself on an Artist's Date. It might be a trip to the local art gallery or museum. It might be a trip to the local art shop to buy \$5 of fingerpaints and glitter for the kid in you.

Enjoy planning the date as much as taking yourself on the date. Don't break your dates with yourself.

Please read: *Vein of Gold* and *Writing Down the Bones*.

# Creating a Sense of Safety

Class #2 – March 9, 2011

## **VOLUNTEERS**

Spiritual Mind Treatment

Closing prayer/poem/inspirational thought

## **HOMEWORK**

Daily morning pages (10 min/day)

Daily creative affirmation (before or after your daily morning pages)

1 “venting” writing session (20 min)

Weekly artist date

Weekly (or daily) check in with Mastery partner

Complete creativity contract – sign, and have it witnessed

Select a Mastery peer coach partner and commit to weekly support (at minimum)

(Please let Babette know as you pair up, or let her know if you need a partner)

Discover your “blurts” and dissolve them with kindness

Write your own creative affirmations

## **CREATING A SENSE OF SAFETY**

As we recover and reclaim our creativity, we recover and reclaim our happiness, joy, and life purpose. Connecting to your creativity means connecting to your source of wisdom, inspiration, and allowing your gifts to flow through you. Writer’s block can show up as all kinds of blocks in life as we deny ourselves. Releasing writer’s block will also powerfully release any blocks you have in your life.

One of our most important needs as creative beings is support. Unfortunately, this can be hard to come by in the real world which is often filled of “wet blankets” who discourage us.

Fortunately, coaching and the support of this community and this process can fill that need we all have for support in order to flourish.

Your creative self is like a candle flame – it needs to be sheltered from wind, and protected from rain, “wet blankets” and all forms of criticism. Or you might say your creative self is like a 4-year-old. If you encourage it to play in the sandbox and don’t disparage or knock down the sandcastles it builds, your inner child will soon be building large, intricate, beautiful sandcastles with shrieks of delight and with ruddy cheeks beaming with pride of accomplishment and creativity.

But, that is later. For the next two weeks, our focus is on creating a sense of safety.

Your artist is a child. Find and protect that child. As you learn to let yourself be creative again, it is like learning to walk. First, your artist needs to crawl, then take uncertain baby steps. Stumbles and tumbles are part of the process, and don't mean failure. They mean you are on the right path. Judging your early artist efforts is abusive. Don't expect masterpieces. Go gently and slowly. Be patient and encouraging with yourself.

Don't show your work to other people, unless you have an agreement for safety and support, such as with the other Master coaches in training.

Over the next two weeks, do not criticize your writing, or anyone else's. The only feedback needed is "thank you for sharing". No re-writing, no spell checking, no editing. This is all about flow...and if your river has been blocked in some way, it is about tapping in to release the log jam and getting your creativity flowing again freely.

### **I WAS ALWAYS MEANT TO BE**

If you knew you could not fail, what would you do?

Without thinking, complete this sentence:

I was always meant to be:\_\_\_\_\_

Examples:

I was always meant to be a writer

I was always meant to be a TV news anchor

I was always meant to be a coach

I was always meant to be a sculptor

### **DECLARE IT AS SO**

Take the above and turn it into a declaration.

Examples:

I am a successful, prolific writer

I am a successful, trusted TV news anchor

I am a Masterful coach who makes a significant difference

I am a brilliant, inspired sculptor and my work is always in demand

Say it aloud

Write it down 10x.

## **NOTICE YOUR “BLURTS” -- AND WRITE THEM DOWN**

Example:

I am a successful, prolific writer

*Yeah, right. I can't be a successful, prolific writer because:*

- *I'm too old*
- *I don't have enough good ideas*
- *It will upset my husband*
- *I will never be successful*
- *I can't spell*
- *I only have one good book in me*
- *Writers never make money*
- *I will die broke and alone*

Great! Now you have uncovered some of the logs jamming up the flow of your creativity.

For each negative belief, create an expansive belief and affirmative statement. Use the Peace Method or the work of Byron Katie to release these painful thoughts. With your Mastery partner, get extra coaching to work through the “stickier” ones.

Example:

*I CAN be a successful, prolific writer because:*

- *I'm never too old to be creative*
- *I have an abundance of good ideas*
- *It may upset other people – that's their business. My business is to live the life I choose and live it to the fullest.*
- *I have never not been successful*
- *Who cares about spelling when there are spell-checkers and editors?*
- *I have many good books in me, so I'm eager to start writing now!*
- *Lots of writers make tons of money. What about Harry Potter?!*
- *I will live my life to its fullest and be content to be creatively self-expressed*

## **WRITE YOUR OWN CREATIVE AFFIRMATIONS**

Here are a list of creative affirmations. Write your own or use any or all of these.

### **CREATIVE AFFIRMATIONS**

- My creativity heals myself and heals others
- I am a channel for Divine creativity to flow through me.
- There is a Divine plan for my work to do good in the world.
- I am willing to be an instrument and allow God to create through me.
- My creativity always leads to truth and to love.
- As I express my creativity, I discover and reclaim and heal my true self
- My authentic self-expression is my biggest gift to give the world
- I am willing to patiently nurture my inner artist
- My dreams and goals are from God, and through the grace of God they can be realized
- I am willing to have fun exploring and expressing my creative talents without expectation

# CREATIVITY CONTRACT

Give yourself the gift of committing to this process of tapping into your own vein of gold. Please complete the following contract and sign it. Amend it if you like. Celebrate your commitment to this journey by treating yourself to a nice pen, a lovely notebook, or some other treat – such as hiring a babysitter a week in advance for your next Artist's Date.

I, \_\_\_\_\_ am choosing to connect more deeply with my own inner wisdom, creativity, and passion. I understand that this may at times be intense as I discover and release things that have been holding me back or sabotaging my creativity, passion, or success. To fully support myself through any rough patches, I now commit myself to this process for a minimum of the three months, or until \_\_\_\_\_.

I commit to daily morning pages, weekly artist date, and to showing up for the teleseminars and doing the assigned homework. I understand that my commitment will help me get the most value from this experience and this course.

I, \_\_\_\_\_ also understand that this course will raise issues and emotions for me to process. Therefore, I commit myself to excellent self-care, including mediation, sufficient sleep, good diet, movement and exercise and extra nurturing and pampering for the duration of this course.

I also commit to support sessions with another Mastery student \_\_\_\_\_ times per week as further excellent self-care, and to gain maximum benefit from this process. My partner is \_\_\_\_\_.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Witness Signature & Print name

\_\_\_\_\_  
Date

**Complete and fax to: 310-496-2690, or email to [Babette@GriefCoachAcademy.com](mailto:Babette@GriefCoachAcademy.com)**

*Note: Support and check in sessions can take as little as 15 minutes, and should not take more than 30 minutes. Choose a regular schedule, such as 8 am every Monday, Weds and Friday.  
Recommended structure: 15 minute checkin sessions 5 days a week: 3 min spiritual mind treatment, 5 minutes timed writing, 5 minutes sharing your writing, end with 2 minutes creative affirmations. You can alternate who shares, if you like, and then have 5 minutes to laser coach using the Peace Method®.*

## VENTING WRITING

Powerful releasing exercise. 20 minutes without lifting pen from paper or stopping. Use a timer. Write "For the highest good of all concerned" at the top. Under that protection, give yourself permission to be as pissy, snarly, angry, etc as possible. Don't edit, censor, spell-check, stop to reflect or compose. No restraint. Then burn paper. (Frees you knowing you will burn it, also is a releasing ceremony. Sage and a releasing prayer, or turning it over to God may be added to the burning step if desired.) This is a process of release and discovery. Rather than resisting the feelings/thoughts, invites them in, hears the "monkey mind". What you resist, persists. This is a process of non-resistance. Invites insight, Divine guidance and inner wisdom.

If you have an upset client, this is great homework for them to do.

Focus on an upsetting relationship with one specific person, alive or dead. Focus your venting writing on each of the following feeling for about 5 minutes each. The point is to get it all out! Don't hold back!

Start with: grief/sorrow/hurt

*I am so sad that....*

*You really hurt my feelings when...*

*I was so hurt and disappointed when...*

Then anger

*I am so angry that...*

*How dare you hurt my feelings by....*

*It makes me absolutely furious that you...*

Then pride, determination, and willingness

In other words, shift from blaming and complaining to taking responsibility for your life and your feelings and situation. Connect with your pride, resilience, competence, determination, your willingness to do whatever it takes.

*I am going to become a writer no matter what you think*

*I am capable and competent and I will build a great life, with you or without you.*

*I am willing to talk, but I will not give up my dreams for your approval...*

Then finally gratitude and appreciation

*I appreciated it when you...*

*I'm grateful for ...*

*It really made me happy when...*

# *Seven Spiritual Laws of Success*

by Deepak Chopra - Summary

## **1. The Law of Pure Potentiality**

We are pure potentiality, infinite creativity. We are a part of the Divine – infinite.

Action steps:

1. Take time each day to be silent, to just be. Meditate
2. Connect with nature
3. Practice non-judgment “Today, I shall judge nothing that occurs”

## **2. The Law of Giving**

The flow of life operates through giving and receiving. Give that which you seek.

Action steps:

1. Give everyone a gift – a flower, a compliment, a prayer of blessing
2. Receive the gifts life offers – sunshine, oxygen, from nature, from people
3. Keep wealth circulating by giving and receiving the caring, affection, appreciation, and love

## **3. The Law of “Karma” or Cause and Effect**

What we sow is what we reap. Choose actions that bring happiness & success to ourselves and others, and you will receive happiness and success in return.

Action steps:

1. Witness the choices you make in each moment
2. When you make a choice, ask: “What are the consequences of this choice?” “Will this choice bring happiness to me and those affected by this choice?”
3. Ask your heart for guidance and be guided by its message of comfort or discomfort, allowing you to make spontaneously correct choices

## **4. The Law of Least Effort**

Nature’s intelligence operates with effortless ease ... with carefreeness, harmony, and love. Do the same and create success and good fortune with effortless ease.

Action steps:

1. Acceptance. I know that this moment is as it should be.
2. Responsibility. I choose the best response to the situation as it is now, without blaming myself or others.
3. Defenselessness. I release the need to defend my point of view. I choose to remain open to all points of view.

## **5. The Law of Intention and Desire**

When we introduce an intention in the fertile ground of pure potentiality, we put the infinite organizing power of the Universe to work for us.

Action Steps:

1. I will make a list of all my desires
2. I will release my desires and trust the cosmic plan
3. I will remind myself to be in the present moment. I will refuse to allow obstacles to consume or dissipate my consciousness.

## **6. The Law of Detachment**

In our willingness to step into the unknown, the field of all possibilities, we surrender ourselves to the creative mind that orchestrates the dance of the universe.

Action Steps:

1. I will commit myself to detachment. I will allow myself and those around me to be as they are. I will not rigidly impose my idea of how things should be. I will not force solutions on problems, thereby creating new problems.
2. In my willingness to accept uncertainty, solutions will spontaneously emerge out of the confusion.
3. I will remain open to an infinity of choices, and experience the fun and magic of life.

## **7. The Law of “Dharma” or Purpose in Life**

Everyone has a purpose in life ... a unique gift or special talent to give to others. When we blend this unique talent with service to others, we become fulfilled and prosperous.

Action Steps:

1. I will lovingly nurture the god or goddess in embryo that lies deep in my soul.
2. I will make a list of my unique talents, and all the things I love to do while expressing my unique talents.
3. I will ask myself daily, “How can I help?” and I will serve with love.

# Creating a Sense of Play

Class #3 – April 5, 2011

## **VOLUNTEERS**

Spiritual Mind Treatment

Closing prayer/poem/inspirational thought

## **HOMEWORK**

Daily morning pages (10 min/day)

Daily creative affirmation (before or after your daily morning pages)

Weekly artist date

Weekly (or daily) check in with Mastery partner

Walk mindfully with peace in every step and give thanks with every breath.

Brainstorm 5 alternative playful fantasy lives.

Select 1 action each week to give yourself a gift from each fantasy life.

## **MORNING PAGES**

Check in.

*Some writers confuse authenticity, which they ought always to aim at, with originality, which they should never bother about. - W. H. Auden*

## **ARTIST DATE**

Check in.

Are you standing yourself up? Or planning dates and then taking yourself on them?

## **WALKING**

Walk daily, mindfully, prayerfully, with peace in every step and give thanks with every breath.

Look at the world with new eyes. Name things. You get to keep everything you truly see and behold. Notice everything.

*When they are in nature, people sense intuitively that the other kingdoms are living in harmony with universal law. In such an environment, it's easier for the heart to open, to become softer and live in tune with the earth. – Wabun*

## **FANTASY LIVES**

Remember when you were nine and everything seemed possible? Reconnect with that enthusiasm. Without giving it much thought, List 5 fantasy lives you'd like to have. Example: cowgirl, Harry Potter, vet, ballerina, librarian. Or: astronaut, President, opera singer, gymnast, chef. Or: princess, Tinkerbell, movie star, conductor.

List them here:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

Choose one of the above lives. Write for 5-10 minutes as if you are having that life. Write about what thrills you the most. Don't limit your imagination to the obvious. Be playful! Be inventive!

Example:

*What I enjoy most about being Tinkerbell is the ability to fly. I love my fairy dust and being able to do miraculous things with my magic. Why, just the other day...*

*You might think being a librarian would be a dull life. But it's simply not true. I love books, the magical places they can transport you to, the impressive vastness of the library. Most of all, I love the secret life of a librarian. "Librarian by day, super hero by night" that's the librarian's secret code. Never heard of that? That's why it is a secret! Why do you think librarians are always "shhhhhing" in the library? We know how to keep a secret! Last week I had the most amazing super hero adventure...*

## **BRINGING PLAY INTO TODAY**

What is one thing you can do to invite the memory of your secret fantasy life into today? List at least 1 thing per fantasy life.

Examples:

Tinkerbell: a Tinkerbell coffee cup, glitter, playful clothes or makeup

Librarian: Bookends, leather-bound used book, something related to the adventure

Cowgirl: go horseback riding, get cowboy boots

### **MAKE BELIEVE**

Remember when you were a kid and you would pretend to be all kinds of other people? A doctor, a grocer, a teacher, a clown, a cowboy, an astronaut?

For fun, go out into the world and pretend to be one of your fantasy lives. Dress and speak that way. Be an actor fully in the role. Try it on!

Have a session with your peer coach and be in character for the whole time. Have fun with it. Stay 100% in character.

Notice -- your identity is much more malleable than you think. Who do you want to be?

### **ARTIST DATE**

What Artist Date can you design this week to bring a sense of play into today? Fulfill a sense of "anything's possible" and enjoy your secret fantasy life in some big or small way during your Artist Date.

### **REVIEW YOUR MORNING PAGES**

Review your morning pages, looking for that vein of gold. Looking for patterns that may bring you wisdom and insight. Looking for a line here or there that may spark a poem, a 3 minute talk, an article, a section in your book.

# Reconnecting to the Divine

Class #4 – May 4, 2011

## **VOLUNTEERS**

Spiritual Mind Treatment

Closing prayer/poem/inspirational thought

## **HOMEWORK**

Daily morning pages (10 min/day)

Daily creative affirmation (before or after your daily morning pages)

Weekly artist date

Weekly (or daily) check in with Mastery partner

Walk mindfully with peace in every step and give thanks. Weekly walk (at minimum).

## **MORNING PAGES**

Check in.

## **ARTIST DATE**

Check in.

## **WALKING**

Check in.

## **RECONNECTING TO THE DIVINE**

Write a letter to God. Share your fears, your heartache, your concerns. Whatever is on your heart, share it with God. Write for 5-10 minutes. Flow writing. This is a private letter between you and God, so share openly and honestly.

Take a deep breath and get centered in peace. Now, let God's response to you flow through you. Flow writing.

## **DEEPENING YOUR PRACTISE**

We have laid the foundation for you to become a very deep space of peace. From the overflow of your own abundant serenity, you can hold an amazing space for your coaching clients. Let's take it even deeper.

Add to the new habits that have been created a daily study of something that inspires you. Not merely reading an inspiring passage to get your day off to a good start (although that is good). I am inviting you to choose a book to study each morning as part of your ritual. It might be the Bible, the Torah, the Tao de Ching (I like Stephen Mitchell's version), or Seven Spiritual Laws of

Success by Deepak Chopra. Choose a book that speaks to you. I invite you to choose to not simply enjoy, but to master the material.

For example, right now I am studying A Course in Miracles as part of my daily routine. Reading it is interesting. Studying it takes it to a whole new level.

Example:

**Lesson 48: A Course in Miracles (ACIM)**

**There is nothing to fear.**

The idea for today simply states a fact.... The presence of fear is a sure sign that you are trusting in your own strength.

**Lesson 52: A Course in Miracles (ACIM)**

**I am upset because I see what is not there.**

Reality is never frightening. It is impossible that it could upset me. Reality brings only perfect peace. When I am upset, it is always because I have replaced reality with illusions I made up. The illusions are upsetting because I have given them reality, and thus regard reality as an illusion. Nothing in God's creation is affected in any way by this confusion of mine. I am always upset by nothing.

(This resonates with the "Acceptance" part of the Peace Method, and I made a note to add it to my new book.)

**Lesson 101**

**God's will for me is perfect happiness.**

**YOUR 3-MINUTE TALK**

3 biggest things I learned from (the problem that you're the answer to)

1 – with story, statistic or quote to "flesh out" your point

2 – with story, statistic or quote to "flesh out" your point

3 – with story, statistic or quote to "flesh out" your point

Then sum it up with a call to action

Review your flow writing for ideas. You can have more than 1 x 3 minute talk. Ideally, you have something valuable to say in 30 seconds, 1 minute, 3 minutes, or 1 hour. Each 3 minute talk is like a building block. It can stand alone, or you can expand it into a larger presentation.

You tell people what you're going to tell them. You tell them. You tell them that you told them. That builds trust and holds attention.

### **YOUR SIGNATURE STORY**

Review your life. What's the problem you're the answer to as a coach? How can you turn that into a compelling signature story? Can you make it short and snappy? Try the "dip" technique.

Bring your raw material and work on the above to our June event, so you can make great strides on it during our Mastery Mastermind event.