



Coaching Outcome Statement

Outcome 1: Open and playful when approaching new people

Trigger/context: people I don't know

Present state:

Feeling uneasy. Avoiding people I don't know.

I see a big grey mass of people on my right side and up, and no faces on the left side. Beliefs: They are uninteresting, they'll judge me, which makes me feel guilty because I am doing something wrong. They are right, I am wrong. I'm not going to interest them. I am less valuable than others, I'm lower than them. They're not waiting for what I am going to say, they are in a world where I am not and I am not allowed to enter (because I am less valuable).

Desired state:

Sense of safety, open and playful. Having fun with getting refusals. Beliefs that hold this in place would be "I belong to groups", which means I can bring them something and they can bring me

something, which would open me up for interesting rapport with others.

Sense of safety is now turned on a sense of uncertainty , which is less on the scale of risk

Playfulness is still an issue for me .

Steps and stages:

1. Work on vulnerability and to not know (and still be valuable).
Being on the same foot (not superior, not less than)

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Now I can stay humble and be “lower status “ , before I was fighting the idea ,that created a strong sensation of anger .(humility is a strong value to me .

2. Different relationship with refusal

I can now have refuses (? correct word) with a neutral state ,and go to something / someone else

3. Explore feeling less valuable with refusal

KPI's:

1. I m feeling attracted by unknown groups, or unknown person (sense of attraction in my body , of being pulled from my back at the level of kidneys. (When will you feel this specifically?). I m feeling this when I m with the intention to meet people either for networking and magic street hypnotism. (I need make a decision to do that ...)

2. Inside my mind I have an attractive picture of a group unknown picture , in that picture , people are smiling to me, have opened attitude, they are the same size as I am , their feet are on the ground, they move slowly. I can feel the group energy in my body.

3. When I m with a group or an unknown person when I see (not feel) they do not want me , I smile and wish them a good day , evening .. When I do that I m feeling good because I know that I ve reached one outcome to meet new people ,and introduce myself as a coach and that It s important to me .

I enjoy all the process from approach to quit.

I have now changed about vulnerability with dealing with uncertainty (which used to be insecurity)

I now accept easily that people do not want talk to me , or do not want the matter without anger and any kind of resentment.

Outcome 2: Taking care of self

Present state:

Example of email that said a different time than we agreed on. I feel a signal of “yes” in my chest, but ignore that and think “I took the

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wrong not". I put the engagement to others before myself. I avoid feeling guilty by not standing up for myself and putting the other first. This leads to energy draining because of negative emotions that arise from not taking care of myself.

Desired state:

Trust in my own memory, being myself – unified and balanced.
Feeling the signal in my chest, trusting in my memory and making my own opinion based on facts.

Supporting beliefs: "My memory is ok with reality." I'm making that decision. Taking responsibility for myself, and letting others take responsibility for themselves.

Steps and stages:

1. Create unified/balanced state
2. Mind-to-muscle responsibility for self
3. Trust in signal in chest
4. Reframing the guilt- **it was not about guilt**
5. Changing relationship with negative emotions, I now deal much better with old beliefs (with the let s say it s true , what does it bring good to you)
6. **I ve discovered one pattern I had about opposing two things that are not opposite**

KPI's:

1. I m feeling myself moving to check the information . (How specifically do you feel that?), **I m realizing I m watching the support of information (note , computer ...)**
2. **I now make the difference between order and expression of procedure , so I can now give me " orders" , my pattern was as these are orders (from myself or from other) I react as a teen rebel ...)**

Though I still have problems with self discipline

3. I compare what I wish / want / need to what the other person wants , and check if I can change what I planned .then I make

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a decision. I notice the confirmation sensation in my chest.
(And what makes this decision energy enhancing – that's my vocabulary – and is ecological for you?) It will save some energy I'm now spending on negative emotions.

It makes me realise it does not give me energy to follow on what I'm deciding .

4. Whatever I do , I'm feeling ok with the decision , I check with responsible for sensation / and responsibility to .
5. (question I'm wondering if It would be better to have visual signal)
6. Whatever I decide , I'm keeping on .(do not spend energy on negative sensations. (What if you discover that the decision wasn't right for you?). **just now depending on situation I can either rewind or keep on stubbornly ... there s something to dig . I realize rewind and keep on stubbornly are not opposite ... I also reframed beliefs as “ real “**

In what situations will this be most challenging for you? We need to test there.

The most challenging will be with figures that I perceived are higher status than I'm ... (I'm realizing I'm mismatching those people as if they were my parents)

Outcome 3: Self-motivation

Present state:

When alone in office, having plans done for the day, I lean back in chair and go into a thoughtful dreaming state. This is comfortable and relaxing, I am lost in time. This is my way to conserve energy but I realize that not doing my tasks is actually costing energy. Doing nothing feels right, it is happiness. It puts myself in security.

Thinking of doing the plan: “If I do it, I will not have energy.”

Concentrating will be tiring. I'm probably going to be bored at one moment. It will not be fun. This is a duty.

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Desired state:

Excited about plan, signal to start from the inside out. And having free moments to go in myself and just let my mind go, then having that signal to get back to the plan. I'll stay stuck to the job until it is done, and ask for more and more to do. It is energy enhancing.

Steps and stages:

1. Empowering thoughts about self (for security) and about doing.
2. Creating the state of excitement
3. Signal to start from inside
4. Internal reference
5. From reflective to active

KPI's:

1. I can enter in a state of calm excitement cleanly about things I want do (usually todo list)...(it s probably a yummy taste)
2. I have a special taste in my mouth (I do not know how to call it
3. I m standing straight on my chair
4. I m having peripheral vision
5. I m feeling that I have enough time to do things (not less , not more) [How do you feel/see or hear this?](#)

I m feeling time as a space in front of me so there s space around 80 cm in front of me.

I see time as a line 60 cm from me now is 30 cm on my left

Enough time means means the next thing to do is at the level of my right arm.

Slow time is low level vibration; no time is high pitched sound.

I now deal with procedures and details , realizing I was already dealing with these in many cases .

I ve discovered a meta state “ thinking about doing “ and not doing.

6. I accept that I can have some short downtimes ([What will let you know that you accept this?](#)) **as long what I m thinking**

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about contributes to the goal I m following at that moment

- 7. I enjoy the boring details – I realize I m doing details and that they re important to what I m doing. (How will you know that you are enjoying them)

Still issues with discipline maintaining the process

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