

Super Simple Self-Coaching

a Coaching Hour Class

led by Shannon Wilkinson, life coach for social entrepreneurs

A philosophy of coaching

Generally speaking, you go through your days either doing things automatically or making purposeful choices.

With the things you do automatically, there are those that you want to be doing ("good habits") and the things you wished you weren't doing ("bad habits").

With the choices, you're making choices based on current knowledge and criteria, or based on outdated or irrelevant info (what you learned long ago) often more at a survival or instinctual level.

These situations are great places to use a coaching process to make a change. If, for example you aren't doing something you'd like to be doing, or if the choices you're making don't make sense to you, if they contradict what you believe that you want.

There are lots of place to use coaching. There doesn't have to be a big problem. You don't have to wait for things to fall apart, or get really bad. You

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can use coaching when you'd like things to be a little easier, to go a little more smoothly.

Feelings are another place for coaching

Even when it seems like you don't have a lot control over circumstances in your life, at a minimum, you have control over how you feel. (Even when it doesn't seem like you do.)

There are always things that you can do when you notice how you are feeling, or recognize there are certain situations where you tend to have unwanted feelings.

This process is a great way to begin to change your behavior and your habits. Because, when you're feeling strong and resourceful, the possibilities open up.

Take a moment right now to imagine any situation that seems difficult to you – a situation where you feel anxious or angry or another strong feeling. Notice how the possibilities narrow when you're imagining a situation in which you feel bad.

Now imagine feeling strong, confident and resourceful, and consider how many possibilities are available to you now.

The Self-Coaching Process (starts at 8:30 on the recording)

Step 1. Ask yourself, "What's the situation?"

Distill it down to one sentence, such as I want to do ____ but instead I do _____. Take the story out of the situation to more easily describe it in one sentence.

Step 2. Why is this important to me?

What's the positive intention or purpose? What is the deep nugget of importance for you? Look for something that you want rather (a towards motivation) rather than what you don't want (an away-from motivation).

Step 3. When does this happen?

Look for the specific moment that it happens. You may need to back yourself up, or move slowly forward as you're imagining the situation, to discover the point at which you go from being okay, to feeling bad.

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Step 4. How would you rather be feeling?

What emotions would you rather be having? What qualities would be useful?
How would you rather be responding? What thoughts would feel supportive?

Step 5. Imagine having those feelings/thoughts/qualities/responses.

Feel all of those things, then put yourself in that specific situation. Practice, or rehearse having those qualities, etc. while being in the situation that was feeling difficult. (Remember, your mind doesn't do a very good job of distinguishing between fully imagining something and actually experiencing it!)

(Listen to an example at 15:15)

Listen to callers be guided through the process

First Caller (starts at 20:15)

Darcy has books to mail to a friend and isn't doing it. (She notices that this happens repeatedly.)

Keys: Make sure you understand the real problem (the caller realizes that it's a different problem than she thought, which is useful because she has more control over it).

Be sure to focus on one specific situation, even when there are many different scenarios.

Second Caller (starts at 38:00)

Liz is finding it difficult to get her holiday letter written. (A recurring problem.)

Keys: Notice what you're doing instead; it may have a clue as to why it's important to you. (Liz is wanting connection, not feeling it in the writer's block, so seeking on Facebook.)

Allow yourself to make it as easy as possible.

Third Caller (starts at 48:50)

Elizabeth is feeling shame when she thinks about having to transfer money from her savings account into her checking account for monthly expenses.

Please share this with a friend or two who may find it useful.

Ready for a no-cost, 30-minute consult? Get on my calendar [here](#).

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