

SELF-COACHING SEPTEMBER CHALLENGE



WELCOME

Its back to school time!

Whether you just started working with me or have been a client since my early days as a coach, you have heard me talk about the importance of self-coaching.

This month, I challenge you to a full month of daily self-coaching. This exact practice has changed my life and is the basis of the daily work I do on myself to create tools for all of you.

A few benefits of self coaching include:

- Learning how your brain works and what your habitual thoughts create
- Enhancing your regular calls with me by understanding what is really going on in there
- Learning how your thinking both creates the problem AND can solve any problem
- Learning the power of investing time and energy into your well-being daily
- Creating new thought patterns to help you reach your goals

There are many more benefits that you will experience this month and I can't wait to hear about them.

~ERIN AQUIN

HOW IT WORKS

Everyday for 30 days you will block out 20-30 minutes on your calendar as "Self-Coaching Time".

During your daily session with yourself you will complete the following:

- 1) A Thought Download
- 2) An Unintentional Model
- 3) An Intentional Model
- 4) Submit your Intentional Thought for the day to me showing me that you completed the challenge (**this is optional of course but I be doing a prize draw at the end of the month and to be entered you need to send in your thought every single day in September**) to this link: <https://tinyurl.com/yyl5jygq>

Helpful tips:

- put your self-coaching time in your calendar when you do your weekly planning
- do it around the same time every day (I like to do it after my workout and before my coaching work begins)
- treat it as a special moment you have to yourself every day. Do it in the same spot, in your favourite chair with your favourite tea or coffee.

THOUGHT DOWNLOAD

A thought download is a chance for you to clean out the cobwebs in your mind and see what unsupervised, unhelpful thoughts are creating in your life.

Your brains think a LOT of thoughts everyday. You think things you were taught as a child, you think things about yourself, other people, the world around you, about how things have been in the past and how they should be in the future and so much more.

There is no way of catching every single thought, but if you can catch a small sample and see what themes and threads are happening on any given day, you will have so much more awareness about yourself and what you are creating.

The thought download should be unfiltered, no need to worry about your grammar, don't edit, judge, or try to coach yourself during the download. Start writing and don't stop until you fill an entire page.

I personally like to do thought downloads around a specific topic or theme, but you don't have to. Just start writing without a filter.

If you have trouble getting started you can use these prompts:

- Where am I feeling stuck or confused in my life right now?
- What am I avoiding in my life right now?
- Where do I feel doubtful or afraid?

UNINTENTIONAL MODEL

After you complete your download, quickly scan through what you wrote noticing any recurring themes thoughts or feelings that are particularly unhelpful and what initiated that thought loop. Highlight or take note of these in case you want to do multiple models later.

Now we will complete an Unintentional Model.

This is a way to get very clear on what your unsupervised brain is creating in your life.

Circumstance:

Thought:

Feeling:

Action:

Result:

The Model can be traced back to a specific event in the world that is actually neutral until you think a thought about it.

The criteria for a **Circumstance** is as follows.

It is a fact or an event. If there were some kind of cosmic stenographer, we could verify the information.

"Mary came home at 7:05 pm" is a circumstance.

"Mary came home two hours late" is your thought about a circumstance.

Only put the neutral facts in the circumstance line.

It is most helpful to pick a tiny, specific moment in time. The words someone said, the play-by-play of what they did all belong in this line in the model. The Circumstance Line should not have any opinions judgements or emotions in it.

It is simply the facts.

The next line of the model is the **Thought** Line.

This *is* your belief, opinion or judgement about the circumstance. And likely it will feel very real to you. You may have a lot of thoughts that could go here.

Pick one simple sentence that is the most unhelpful to you right now. *"Mary is two hours late"* is an option, but is there a deeper thought underneath that that is really causing you problems?

Examples:

"She doesn't respect my time"

"She doesn't want to spend time with me"

"I am not worthy of her time"

Any one of those could go in the Thought line. Pick the one that feels most unhelpful.

Next we move to the **Feeling** Line of the model.

Close your eyes and speak the Thought you are thinking out loud.

Notice the vibration in your body when you think that thought.

This is important.

You need to connect to your *actual* body and your *actual* experience rather than choose a feeling because you think its the right match for the thought.

Don't rush this.

Give yourself a moment to feel the feeling, whatever it is.

When one person thinks "she doesn't respect my time" they may feel frustrated, another belittled whereas you might feel inadequate.

There is no right or wrong feeling here so make sure you sit with this until you can pinpoint one specific feeling that you have when you think that sentence above.

Now that we know the Thought and the Feeling, it is time to find out what you do and don't do because of those.

This is called the **Action** line. Ask yourself:

- *When I think the thought “__” and feel “___” because of it, what do I coming from that place?*
- *What do I not do?*
- How do I talk about it? Think about it?
- How do I treat the people around me? Treat myself?

The Action line is going to be a list of things you are doing when you are in that specific frame of mind created by the Thought and the Feeling.

For example:

C: Mary comes home at 7:05pm

T: She doesn't respect my time

F: frustrated

Actions: berate her, ignore her for the night, call my BF and complain about her, Buffer and avoid (eat ice-cream, watch 4 hours of T.V.)

You may be tempted to throw in some positive actions to try to manage your Feeling line.

But feeling “*frustrated*” doesn’t generate actions like:

- go work at a soup kitchen
- meditate
- send loving notes to her

Those actions come from a different model and from wanting to feel a different way.

Those do not belong in this model. Ask yourself what you do when you are in the midst of your feeling and be honest.

Once you have written down all the things you do (or don't do) that are directly related to feeling frustrated about your thought, we come to the final line in the model, the **Result**.

The Result Line always proves or reinforces the original thought or is the inverse or opposite of the thought. This is the result YOU are creating in your life.

So if:

C: Mary comes home at 7:05pm

T: She doesn’t respect my time

F: frustrated

Actions: berate her, ignore her for the night, call my BF and complain about her, Buffer and avoid (eat ice-cream, watch 4 hours of T.V.)

The Result is: YOU are actually not respecting your own time or her time.

The Result line takes honesty and courage to really see that you are the one creating the negative resolution here.

But it is important to see so you can change it in the next Model.

If you have trouble finding the Result that proves your thought or any other question about your Model, [share it here](#) and I will provide feedback to help you.

INTENTIONAL MODEL

Now that we clearly see what your unsupervised brain is up to, let's start to take back the reins with a more Intentional Thought Model.

You will follow the same format starting with your original **Circumstance** Line.

C: Mary comes home at 7:05pm

This line doesn't change for a very important reason. It is the fact of the matter. What we can change is your Thought about it.

Ask yourself, What could I choose to think about this if I weren't making it mean something negative?

Brainstorm a few ideas:

- She had a busy work day
- I know she loves me
- I don't need to wait for her
- I can respect my own schedule regardless of her being late

Each of these thoughts are different. Some are going to feel too positive and far fetched, some will feel grounded and more neutral. You can pick any one that you want, but I like to choose one that is believable to work with so for this Model I choose "I don't need to wait for her" for the **Thought** Line.

Next, say that thought out loud and notice what the **Feeling** is when you think it.

Ideally it is going to be at least one inch more positive than your Unintentional Feeling from the previous model.

IF it isn't, find a thought that is either more neutral or more positive.

C: Mary comes home at 7:05pm

T: I don't need to wait for her

F: calm

Next list all the **Actions** you take (or don't take) when you feel that way.

A: make dinner, eat it, use the extra time to do what I want to do, give her the time to explain why she was late (aka. don't pounce on her when she comes home), brainstorm ways you can spend time together, ask if she can let you know next time she will be late

Notice that when all of these Actions come from a feeling of calm, it doesn't create a problem for you.

Finally write down the result this new model creates for you when you put it into play:

Result: I don't sit and wait for her (I don't wait to do what I want to do)

DAILY PRACTICE

The way to get the most from this tool is to use it daily.

I do Models several times a day to help me solve anything I think is a problem.

It is a tripwire for your brain to show you that you have other options to think and other ways you can choose to feel besides just the negative ones.

The next page is a template you can use in your own notebook to do your models each day.

Don't forget to submit your Intentional Thought for the day to me showing me that you completed the challenge (this is optional of course but there will be a prize draw at the end of the month and to be entered you need to do a thought every single day in September) to this link: <https://tinyurl.com/yy15jyqg>

And remember, this month is a chance for you to LEARN this tool. When you get stuck or aren't sure your Model is clear, post it in our member Q&A and look for my feedback within 48 hours.

THOUGHT DOWNLOAD

Fill a page with anything that is on your mind. Free form, no editing.

If you have trouble getting started you can use these prompts:

- Where do I feel stuck or confused right now?
- What am I avoiding or resisting?
- Where do I feel doubt or fear?

MODEL TEMPLATE

Unintentional Model:

(the way my brain is creating my results right now)

Circumstance:

Thought:

Feeling:

Actions:

Result:

Intentional Model

(the way I want my brain to create results in the future)

Circumstance:

Thought:

Feeling:

Actions:

New Result: