

How Do You See Your Problem?

“Be thankful for your problems; those who don’t have them are in the cemetery!”
Anthony Robbins

Purpose of the process:

How Can I Move From MY Problem & Realize MY Goal?

This process is designed to bring clarity around what is stopping you from achieving a goal, releasing and allowing your energy to flow in the direction of achievement.

Because we get what we focus on we need to focus on the preferred outcome rather than what we are currently experiencing in a “stuck” state. Work with the Coaching Game to bring conscious awareness to the issues that are holding you back and sabotaging your success.

Select four cards using your preferred method and working according to the following order, reveal and explore one card at a time. As you reveal each card write down insights attached to each card.

A few tips for this process...

- Take a pause before you commence this process; at least 7 minutes – find a quiet place, put on some gentle music, sit back, close your eyes and just *pause!*
- Now approach the Coaching Game feeling refreshed and less stressed.
- When you think about the questions asked within the layout, be honest with yourself, confront the real issues. Sometimes this is difficult; remember emotion creates motion and movement away from the problem regardless of how difficult it may be, will bring results.
- Sometimes we don’t get what we want, we get what we expect so expect to succeed, see yourself achieving the goal; really feel it and feel how good it is to be, just be your success.
- This process is very action oriented and requires your commitment to action to get the result that you want.
- Make sure that the actions are achievable; sometimes small actions often are better than big actions infrequently

Card 1

Where are you now?

What is your frustration?

What is preventing you from moving forward?

A problem well stated is a problem half solved!

Card 2

What is stopping you?

Time to take responsibility – no excuses or blaming others now.....

What is stopping you?

Card 3

What would you do if there were no obstacles?

Draw inspiration from this card and write down all the options



What I would do is:

.....
.....
.....
.....

I will feel:

.....
.....
.....
.....
.....

Card 4

Now draw card number 4 and write down how you will feel when you have overcome the obstacles

Now that you have clarity and excitement about your success, it's time to take action. Write your goal "as if" you have achieved it

It is now (Future date)

I have achieved (Describe the goal)

From your list of options – what you “would” do, it’s time to make a commitment now for improvement tomorrow next week and next month

My actions for the next 24 hours.....

My actions for the next week.....

My actions for the next month.....

