



Starter Guide to Self-Leadership for Coaches

**4 POWER MOVES YOU CAN USE TO
BECOME THE LEADER OF YOUR
OWN LIFE**

EVERCOACH
by  mindvalley

Have you heard of the story of the young traveler and the Zen Buddhist master?

It goes something like this...

A young traveler meets a hermit on the side of a mountain. Upon noticing the wisdom in the old man's eyes, the traveler stops to talk to him. Soon, he realizes that he is speaking to an enlightened Zen Master.

Not wanting to miss the opportunity to learn directly from a great teacher, the young traveler begins a discussion about Zen principles. The Master says very little while the traveler goes on and on. Soon the Master quietly fetches a teacup and a teapot. He hands the cup to the young traveler.

As the traveler speaks, the Master starts to pour tea into the tiny cup. Before long, the cup overflows and spills its contents all over the traveler's hands and onto the floor.

The traveler is surprised and asks, "What are you doing?! Why do you keep pouring when no more tea can go in?" The Master gently replies, "I want you to see that you are like this cup of tea. How can I show you Zen if you don't empty your cup first?"

The wise old Zen Master was referring to a Zen principle called the Beginner's Mind.

When you have a Beginner's Mind, you are able to set aside pre-conceived ideas and beliefs that you may have when you are on the path to knowledge and discovery.

As you start this workbook, you are invited to "empty your cup" and adopt a Beginner's Mind.

It is absolutely critical that you are open to receiving new ideas or seeing old ideas with fresh eyes.

When you do this, you will be able to read this simple yet powerful starter guide, implement the ideas and insights within, and start to take real world action toward becoming a leader of the most important person in your life...

Yourself.

Jason Goldberg, Self-Leadership expert teaches us that Self-leadership is vital for all coaches who are serious about becoming the best coach they can be.

And if you're reading this, then self-leadership is for you.

You cannot achieve your dream of creating lasting transformations for others and having a massive impact on the greater world if you are unable to master your own world.

You cannot effectively lead even one client to their highest potential if you do not first learn how to lead yourself.

Self-Leadership happens when you take charge of your spirit, your energy, and your creativity.

When you have mastered self-leadership, you are well on the way to becoming a world-class coach who has the personal power and skills to create life-changing transformations.

This Starter Guide Is For You If...

You are ready to push past your current beliefs and ideas so you can achieve your highest potential as a coach. You will learn how to direct, channel and control your own energy, creativity, thoughts and focus so you can effectively steer yourself and your clients toward success and fulfilment.

How To Use This Starter Guide

Read through the entire guide once and then go back and answer the questions that follow each step. This will help you work through the fundamentals that will get you started on the road to self-leadership and success as a world-class coach.

Power Move #1: Identify & Evaluate

We're going to start with a pop quiz right off the bat (don't worry, there are no wrong answers).

Q1: Have you stayed at a job you can't stand for a year or 2 (or 10) because you were waiting for "permission" to leave?

Q2: Do you feel relief and certainty about your choices only when you have someone else offer their approval or tell you that you've made a good decision?

Q3: Do you feel like you need a step-by-step traditional plan and – permission from others – to start a business, implement an unusual sales strategy or go after your dreams?

If you answered "yes" to any of these questions, you're waiting for permission to live your life the way you want.

You're probably waiting for validation, approval, external support or certainty to do what you know is right for YOU, without even realizing it.

This is a dangerous game. It will drain the energy and enthusiasm you need to make your dream life your reality.

It will create frustration and feelings of anger and resentment.

"Waiting for permission" is a pervasive problem that many of us live with and don't even know it.

The first step to overcoming this? Evaluate and identify what's truly going on in your life. Where do you feel stuck and unhappy?

This will help you get a clear picture on where you are now so you can start to take control and redirect your path to success.

What's Next? Answer This...

Look at the 3 key areas of your life – your work, your health, and your relationships. What are the changes that you'd like to make in each of these areas and why haven't you made these changes yet?

Write your answers below or in a journal. Keep in mind that when you haven't made the changes you want to make in your life, you are unconsciously "waiting for permission."

Work

Health

Relationships

Power Move #2: Mind Your Own Business

Author, teacher and modern philosopher Byron Katie says there are 3 types of businesses in the world – your own business, someone else’s business and God’s business (or The Universe/Source Power or whatever resonates for you).

Here’s how you can differentiate and tell these “businesses” apart...

Whatever is NOT in your control is not your own business. It’s either someone else’s business or God’s business.

When you wait for permission and you seek validation, you’re not in your own business.

You’re either in someone else’s business or you’re in God’s business.

When you find yourself thinking, “I wish this could happen faster”, you’re in God’s business (you can’t control time).

If you think, “Why can’t my spouse support my dream to start my coaching practice”, you’re in someone else’s business (in this case, your spouse).

Being able to identify and then take charge of the areas of your life that you *can* control — your own business — is a massive positive step toward self-leadership.

You will save a ton of energy, creativity and time when you are able to redirect your thoughts and let go of any other type of business but your own.

What's Next? Focus on This...

For the next 24 hours, pay close attention to your own thoughts. Are you in your own business, someone else's business or God's business? Don't feel like you have to take action at this point. Observe without judgment.

Write down your insights as the day goes by.

After a day of being aware of your thoughts, make a decision to let go of the thoughts that are not related to YOUR own business. In other words, commit to minding only your own business.

Power Move #3: Don't Believe Your Thoughts

It's not your job become attached to every fleeting thought that happens to enter your mind.

If you did the exercise in Step #2, you may have noticed that your thoughts are often connected to the past or the future. These thoughts arise in 2 forms – regretful thoughts about the past or worrisome thoughts about the future.

Very few of your thoughts are connected to the here and now. The present moment. This is where life happens.

Moment by moment.

But because we're attached to our thoughts, our lives pass us by.

This doesn't mean that you should attempt to "empty your mind" and turn your inner world into a blank piece of canvas.

It doesn't mean that you have to control every thought, every moment of every day. That's stressful and it's also impossible.

What you need to do is to understand and absorb this simple truth: your thoughts are just that – thoughts. They're not something that you need to hold on to.

If you hold on to your thoughts, it means that every single thought that you think - whether it's a fact or it isn't – has the power to control your emotions.

If a thought makes you feel good, you're able to move forward with the tasks you need to accomplish.

If a thought makes you feel bad, you'll feel nervous, uncertain and fearful.

But what if you didn't take your thoughts so seriously? In his work, Jason Goldberg invites us to live a "Not-So-Serious" Life. What does that mean?

It means that you don't have to take your thoughts so seriously. You don't have to make them so significant. They are just innocent thoughts and are not here to punish you.

And the truth is, you don't have to believe every thought that you think.

This is so important it needs to be repeated...

You don't have to believe every thought that you think.

When you do this you'll have access to a great deal of personal power and energy.

What's Next? Practice this...

Jason Goldberg has developed a simple and powerful tool called the “Ladder of Self-Leadership” to help you check in with yourself at any given moment to see if you are operating from a place of purposeful, creative, Self-Leadership or are low in a place of being a Prisoner of circumstance where your thoughts are not serving you.

Think of a metaphorical ladder. When you're low on the ladder, you're experiencing low vibration emotions like anger, worry, anxiety, resentment and fear.

When you're high up on the ladder, you're experiencing high vibration emotions like joy, fulfilment, enthusiasm and inspiration.

Set a timer to go off every 2 hours throughout the day. Then check in with yourself so you can identify where you are on the ladder.

If you're close to the bottom of the ladder, think of it as an opportunity to practice. Choose to stop believing your thoughts.

When you keep practicing this, you'll find yourself “rising” up this metaphorical ladder, towards empowered, motivational thoughts and feelings. Why? Because joy, love, peace, calm – all of these good emotions – are part of our natural state as human beings.

This simple but powerful exercise will help you start to take control of your emotions and climb the top of the Ladder of Self-Leadership. Write your insights below or in a journal.

Power Move #4: You Don't Have to Be Kanye

You're a coach because you want to serve. You want to help your clients achieve their goals and dreams.

You want them to see what you see in them...

The incredible inner beauty, invincible strength and amazing personal power that they possess.

The best version of themselves.

You want to know, without a doubt, that they can do anything when they set their hearts and minds to it.

But before you do all of those things, you **MUST** accept this truth...

You don't have to be a celebrity to share your message and change lives.

You don't need to be Kanye West.

Or the "next" Deepak Chopra or Tony Robbins or Oprah.

You need to be **YOU**. With all of your heart and soul. With all that you have to offer.

If you're afraid of sharing your message with the world because you're worried some people are going to hate you or dislike you...

If you're afraid of raising your prices or sharing what you believe...

These fears are probably coming from a place of "not enough" as in "I'm not enough."

You think your self-worth is tied to what others say or how they respond to you.

People like you = high self-worth

People don't like you = low self-worth

These fears are holding you back from success. They're holding you back from being the best coach you can be...

From doing what only YOU can do and what the world needs from you.

It's time to release these fears, accept yourself as the awesome, one-of-a-kind human being that you are...

So you can go out, live your dreams and change the world.

What's Next? Play with this...

In his #1 International Best-Selling book "Prison Break", Jason Goldberg gives us the tools to break out of the Prison of our minds and become powerful Self-Leaders no matter the situation we face. One of the most powerful tools he has created is called "Prison Break Questions" or PBQs. A simple and transformational Prison Break question that can quickly shift you from Prisoner to Self-Leader if you feel a sense of not-enough-ness is:

If I knew that I was unconditionally loved and supported and accepted, what would I do?

This is called the "Prison Break Question" because it breaks you out of the prison inside your own mind.

Think about this question. Reflect on it. Journal about it.

It will help to bring a different energy into whatever you're feeling, thinking and doing. It will open your mind so you can see the possibilities and not the pitfalls.

Ask yourself this before high-stress situations like when you're about to launch a new product or service or have an enrolment conversation with a potential client. This question will change the energy within you and help you move past your fears and your negative thoughts and beliefs.

Now, play around with this question. What else is holding you back? Write down your own Prison Break Questions and think about how can you move past them.

"If I knew _____, what would i do?"

Make a habit of coming back to this starter guide often during your week to ensure you keep yourself on the right track toward mastering your self-leadership.

You'll soon be shifting your mindset and seeing straight through to the core of what is right and true for you. You'll find the courage you never knew you had.

You'll be able to clearly see the actions you need to take and the thoughts and beliefs that create more joy, peace, fulfilment and success in your life.

These are the actions, thoughts and beliefs that will create self-leadership and put you in charge of your own life...

So you'll finally be free to live way that is right for YOU.

References

This guidebook is based on and inspired by the work of world-class coach and international best-selling author Jason Goldberg and his book “Prison Break: Vanquish the Victim, Own Your Obstacles, and Lead Your Life.”