Training One’s Thoughts For Maximum Effectiveness

Today we are going to discuss how to empower your coaching clients by supporting them to be aware of aggressively managing their thought processes.

Your clients’ personal power comes from possessing the ability to respond to any situation with complete control over their thoughts and actions. Every thought they have creates a physical response in their body while putting forth an energy into the world consistent with that thought.

The mind cannot distinguish between reality and a thought that is vividly imagined. Whenever your clients think a thought and act on it as if it were true, it becomes true for them. When they repeat the same or similar thoughts with any frequency, they will become a self-fulfilling prophecy. All thought becomes energy, which gets manifested into reality. If your clients want positive manifestations, encourage them to think positive thoughts and do positive actions. Since they are in control of their focus if they choose to be, they can opt to choose to concentrate on thoughts and areas that support who they are and who they have decided to be.

Negative thoughts, gossip, fear, envy and the like need not rule their lives and command their attention. As they go about their day, challenge them to get into the habit of asking themselves if any particular thought or action supports who they want and choose to be? By developing the habit of paying attention to their thoughts and beliefs, they will be bringing their thoughts in alignment with their being. Remember to remind your clients that their beliefs become programmed into their subconscious mind, generating an energy that influences their reality. When they can replace those beliefs that do not support them with different beliefs that do, they will watch their world change as a result.

_The following exercises will support your coaching clients in becoming the person they choose to become_

_1. Encourage them to make a daily commitment to become more aware of their thought patterns. Have them recognize when their thoughts do not contribute to the picture of the person they have deliberately decided to be. Ask them to become adept at catching these thoughts early on before they can influence their state of mind and their behavior._

_2. Have your clients share their commitment to rigorously manage their thoughts and actions with others and have them ask others for their support in holding them accountable to honor their commitment to themselves. Ask other friends and family members to remind them of their request to focus on the positive whenever they sense that they may be straying._

_3. Have your clients keep a journal to heighten their awareness to their commitment to manage their thoughts. Request that they record daily each negative thought or action that does not support their excellence._
4. Challenge your clients to take action consistently and persistently always moving closer toward their goal of becoming the person they have chosen to be. Whenever they experience a disempowering thought, have them decide in the moment to manage their thinking process and replace this thought with an empowering one that truly supports their relationships with others and their declaration of who they have decided to be.

5. Have your coaching clients create a vivid mental picture detailing their desired state of being. Challenge them to consider what qualities will they embody in their daily lives? Ask them...What values will they be honoring and living in all their thoughts, words and deeds?

6. Have your clients write out, in the first person present tense, a crystal clear vision statement of what every aspect of their lives will be like - as though they have already achieved this state.

   For example, "I am a loving, charismatic leader committed to championing the greatness of everyone I meet. I listen with an appreciation for what it's like for others in their world, always in search of possibilities to make life work better for everyone as I strengthen my relationships."

7. Request that your clients read their vision statement at least twice a day, keeping it visible before them. Have them Notice when their thoughts and actions are in conflict with their vision. Encourage them to decide then and there to return themselves to their commitments.

8. Should your clients observe that they have strayed from their path, have them simply recommit to their commitments without judging themselves harshly for it. Developing the habit of recognizing when they are straying from their commitments and returning themselves to these commitments will become easier with practice and repetition.

9. Challenge your clients to decide now to live out of their empowering declaration of whom they have decided to be. Suggest that they take on all of the qualities that are consistent with the person they wish to be. Have them identify and create a list of those qualities that would make the greatest difference for their lives. Assure them that although this may feel awkward at first, before they know it they will transform their lives to be in line with their visions.

10. Give your clients this following exercise: Have them write their daily observations in their journals noting how their belief level in themselves and in their businesses impacts their effectiveness with others.

    Encourage your clients to decide now to reinvent themselves in accordance with the portrait of the ideal person they have decided to become. Their effectiveness will skyrocket daily as they step into training their thoughts and accessing their personal power.