



UNTANGLE YOUR THINKING

By

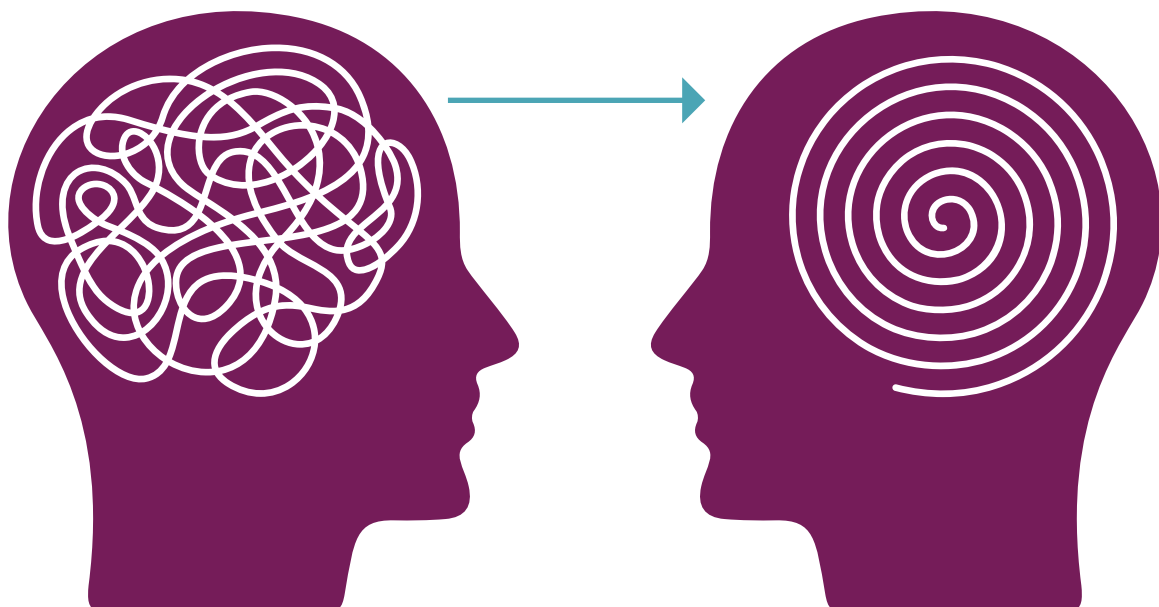
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The next two pages demonstrate *Tangled* and then *Untangled* thinking using examples from our work with professional coaches. Notice how the *Tangled* thinking blocks creativity and the *Untangled* thinking evokes wisdom from a place of clarity and truth.

On the final two pages are worksheets for you to use to name your own tangles and then to untangle those thoughts to find a greater truth about yourself and what is possible.

Instructions for using the worksheets.

Start with the blank *Tangled* worksheet. Choose something you want to create that is important to you. Now do a "mind binge" - write on the lines as fast as you can ALL the thoughts you have around this desire.

Write the awful, ugly, ridiculous thoughts as well as the ones that are hopeful.

When you are finished with this brain dump... stop and take a breath!

Look at what you have written as if you are a detective looking for clues. Look for what is false, what feels true, maybe something you don't have but want to learn. Maybe you see a truth that is hard to see because it is vulnerable.

After doing the detective work of sorting out what you have written, pull out everything that is truly positive. Things you already have like strengths or resources or good ideas

Pull the positive thoughts forward by writing them in the *Untangled* thinking worksheet.

Once you have a few of those in the *Untangled* bubbles, it's time to move forward. With those positive elements named, ask yourself: "What is possible?" "What do I need to learn?", "Who could help me with this?" and "What else do I already have that is connected to this?"

Allow your creativity to flow! Let the new insights to come forward. Notice the vulnerability or perhaps feeling of being uncomfortable. Those are indicators you are on your hearts path!

Now take action on at least one of the bubble ideas!

Notice the experience that you are now able to create as you move toward your desire. Clean out tangles as you go along and enjoy making your dreams come true!

TANGLED THINKING

I can figure this out myself.

I thought all I had to do was...

I didn't know it would be so hard!

I was doing okay, what happened?

I should know how to do this!

I love coaching!

I don't like marketing!!!

I don't need a niche.

I just want to quit my job!

Other people are...

pod casts, blogs, webinars, oh my!

I really want this to work!

Coaching is special.



UNTANGLED THINKING

One step at a time
I feel good about myself
I need help with this
I have good ideas
It takes time to build a business

Marketing strategies work
Coaching skills are sales skills
People pay for good results
I enjoy learning
Building a business
takes hard work

My success is good
for the world
There are stages of
business growth
A Heart Based business
is fulfilling
Entrepreneurship is
not for everybody



TANGLED THINKING



UNTANGLED THINKING

