

Now it's time to create the "Successful Thinking" Plan

Walk through the following steps:

Create your successful thinking plan - Step #1

- When encouraging words, thoughts or phrases come to you, record/ write down as soon as possible. For example, when a compliment, teaching, speech, social media post, or a word of encouragement touches your heart, record it or write it down as soon as possible. (Keep your device, journal, etc. available at all times).
- Assemble all of your new Truth Statements from what was learned from the Truth vs. Feeling Tool.

Create your successful thinking plan - Step #2

Write any self-defeating thoughts that have been controlling you, or words that were spoken over you.

Read through them out loud.

Now replace those words with the Truth Statements about yourself.

Examples of positive words to counteract self-defeating thoughts:

- I'm not smart enough to get a good education –
TRUTH: "I have a brilliant mind."
- I can't afford to start a business –
TRUTH: "I can start with what I have and I will be successful."
- As a minority, I'll never be successful in this society –
TRUTH: "I have a future and hope."
- People always said I would never amount to anything.
TRUTH: "I was born with all the gifts and talents that I need to be successful."

Create your successful thinking plan - Step #3

- Convert your truth statements into proclamations.

— Write them in Government Proclamation format or write them as a prayer, a personal affirmation, or use a creative format like poetry or prose.

Example: Whereas I, John Smith, recognize that even though I have had some failures in life, be it now established that I am not a failure.

Create your successful thinking plan - Step #4

1. Now take your successful thinking plan and put it into practice.
Make the Truth proclamations daily.
2. Everyday when you wake or in the night hours, you are to begin speaking out the truth you are discovering. It does not matter if you cannot see a way for it to happen because you are in the process of creating change in your life. It's a process and it takes this action – faith and time. We have to move toward it, even before we know how it will happen or even how it might unfold.
3. Share your journey with a trusted friend.
4. From this moment on, and moving forward, you can expect to continue to uncover more of the treasure within you.

You have also been maturing to a point where you won't necessarily need weekly or bi-weekly sessions with a coach, but perhaps a quarterly "check-in" just to disclose how well you are progressing.

Your Life Coach will remain available for such future check-ups and check-ins just to evaluate your progress and help you make adjustments along the way.

Now let's work on the Life Plan!

SUCCESSFUL THINKING PLAN TOOL #3

T - CHART TOOL: As a CARE-Ready Coach you may encounter many clients who are very religious or they have a spiritually-focused life.

This is a highly recommended tool that you can use to help them in their discovery process, even if you are not a religious or spiritual person. This tool provides a point of reference for you to make with your client.

The T-Chart Tool is a good exercise for you if you are coaching someone who leans heavily on spirituality. It is a simple way for them to ask something of their higher power and record what they believe they perceive from within.

Often we don't trust our thoughts because we don't recognize it. We have experienced "other" voices that have been destructive.

As human beings, we can know Divine thoughts and be assured that they will direct our steps.

Through the coaching process it is very important that you are learning to know that inner voice. This guards against unhealthy dependency upon other people and puts a dependence upon, and responsibility on you for your life. These should definitely be part of your goals.

This is how the T-Chart works:

- On a piece of paper draw a "T"
- On one side at the top write "ME" and on the other side write "Higher Power."
- Write down what you are asking about yourself on the "ME" side.
- On the "Higher Power" side write down the first thought that you hear.
- As you do this, you will learn what "higher" thoughts sounds like, what your thoughts sounds like and what adversarial voices sounds like. Your thoughts will begin to reflect "higher" thoughts.

Example:

Me Questions about what's stopping me from being successful.	Higher Power Wise Voices/ Advisors/ Universe
Why don't people like me?	
What needs to be developed in me?	
What is keeping me from getting married?	
Am I too mean?/ Am I too weak?	