



Module 7: Personal Empowerment: Class #2

TRUST:

Trust is _____ the _____,
_____ in _____ and in the
_____ of _____. It is _____
that the Universe is _____, _____ and
_____ one's higher good. Trust is knowing that one is part of the
process of _____ and believing in one's _____
to draw to him/herself what one's want.

WHAT PREVENTS A PERSON FROM TRUSTING?



TRUST AS A COACH

You, as a coach, should expect the _____ to happen, believing in your clients' _____ to create what they want, and knowing they _____ to have it. But the coach needs to do the same. Trust is _____ in something even when the _____ world seems to reflect something different.

How do you know when your clients are on the right path?



How do you know when they are not on their path of pursuing their highest purpose?

DOES THIS MEAN YOUR CLIENTS WON'T HAVE OBSTACLES?

Of course _____. As they increase their _____ they will feel the _____ to _____ negative emotions, _____ behaviors and beliefs, to be able to move _____. But they should do that one _____ at a time. Feeling _____ and _____ that they are moving on a higher path can help them do that.

Remind clients that it takes time for things to _____. Many times, people quit way too _____. The bigger the _____, the larger the _____, and the _____ it may take to have what they want. Remind clients to keep



their goals in mind and to work steadily toward them rather than to expect _____ results. On the other hand, remind them to _____ that everything they have asked for, and it is for their higher good, is on its way to them.

EXERCISE TO USE WITH CLIENTS THAT NEED TO LEARN HOW TO TRUST MORE:

1. In three minutes or less, have the client list as many items as he/she can that he/she once had wanted, imagined, or fantasized about having, which the client later received.

2. For several of the items that the client listed, ask the client to recall the level of trust he/she had that he/she would get these items. Ask the client to describe how this trust felt, how he/she felt as he/she waited for these things to come, or what the client did that affirmed his/her trust that the items would come.



3. Have the client list as many items as he/she can that the client wants now. Ask the client, “.....?”

4. Have the client pick one thing from their list. Ask the client,

“.....?”



SUB-PERSONALITY: Many times, clients will _____ their success.

It is important to get them focused on what they want, but if there is something _____ them, you as their coach, should help them address those _____ or they will continue to create the _____ situation over and over again, _____ the possibility of getting their goal. What they need to do is to talk to the part of them (sub-personality) that creates their situation.

MEDITATION TO TRANSFORM A SUB-PERSONALITY

TRANSCRIPT