



Module 4: True-me® Method III: Class #2

As with previous filters, the _____ of each person have been shaped by the collective collage of _____ in which he/she have been exposed since the day of birth. The same system of punishment and reward that shapes _____, shapes also the _____ that are attached to them.

As a person develops new values, beliefs about what is required to realize these values will also be developed and so _____ will be added to the equation. Fortunately, old _____ can be altered, generalized or deleted if they do not serve their purpose anymore.

_____ are very important, as they are applied, consciously or unconsciously. And more importantly, they can be defined in a way that supports experiencing values _____!

_____ are the _____ your clients will have set to feel that they are achieving a goal or experiencing a value. However, you need to



make them realize that:

- When they are many and complicated, they _____ rather than _____ the goal
- When their outcome depends on what other people will do, achieving goals becomes _____, as others behavior cannot and should not be _____
- When there is an _____ that others should know about own criteria and rules, while there has never been _____ about them, things might be _____.
- All the above make the experience of a value to be _____ or _____ - _____

On the contrary, _____ are empowering when:

- They are few and simple - they bring _____ closer
- They are moving the clients _____ their values
- They are _____



- Their outcome _____ only on the clients. It is in _____ sole discretion and control
- They are clearly _____ - others know what to expect and behave accordingly
- They _____ clients to live their values every day

This last point is particularly important because if clients manage to experience their _____ every day, they would be able to _____ themselves to live the life they _____.

To support your clients understand the _____ they use in their life, ask them the following questions:

. What needs to happen for you to _____ you are living the value X?

Ask them to write the specific list for each value, one by one, and then discuss it with them. Help your clients realize that unproductive _____ bring unproductive _____ and for that should be _____ or _____ completely.



SETTING EMPOWERING RULES

When you are done discussing about the _____ that _____ values to be experienced, support your clients to create a menu of _____ to feel good. To this end, you can suggest that they start their phrases as follows:

- *"Every day that I will feel my value X"*

Once you have supported your clients record these rules, your next job is to help them to _____ them. Follow the exercise below:

- *What is your most important _____? The one that makes all the difference in the quality of your everyday life?*
- *Your next _____; the next; Continue until you reach the least important.*

With this list, your client will be able to see what is of real _____ and what is not. And they might decide to _____ or _____ the list further.



It is also legitimate to keep this list as _____ as possible. The existence of many " _____ " is exhausting and they lead a person to lose their zest for life! As a coach, you must secure that it does not happen to your client.

The list might include the following:

- _____
- _____
- _____

When your clients have _____ them, they will feel great, knowing that achieving them depends _____ on their action, and will support them in gaining _____ - _____ and, consequently, _____ - _____.

TASK FOR NEXT WEEK

Work on your own list of _____ and try to ensure that they are _____ with the intent of your life. In that way, you will be more equipped when helping your clients do the same exercise.