



## **Self Coaching Stimulators**

***What do I imagine is possible for my future self when I focus on the discipline of sleep today?***



## 1. What's my first thought?

"Leap, and the net will appear," that's a Zen proverb. But in his book *Power of Now*, Eckhart Tolle says, "Not what you do, but how you do what you do determines whether you're fulfilling your destiny. And how you do whatever you do is determined by your state of consciousness." In my experience, my state of consciousness is impacted by my disciplines: breathing, sleeping, eating, meditating, movement. Or, is it more true that my disciplines impact my state of consciousness? Today, let's just revisit our wind down ritual, the time that we invest before we rest, recover, and create the conditions so we create a healthy night's sleep. **What's my first thought?**

---

---

---



## 2. What's occurring now?

PrivateWork is a process to create the space for insight to rise. The most important thing to recognize is the insight comes from us. I may stimulate your brain activity, but it's our presence of mind, it's our consciousness that creates insight. Insight rises when the mind is clear. Sleep is a discipline to create clarity of mind. **What's occurring now?**

---

---

---



## 3. What just happened?

Phil Bolsta in his amazing book of brilliance called *Through God's Eyes* says, "Fear not, you are not alone. You're never alone. Pay heed to the angels whispering in your ear, urging you to take the first step in faith." Sleep, rest, recovery, healing the body, the nervous system, the brain, breathing, eating, meditating, and moving – they are all preparation throughout the day to sleep and sleep well. So what do I imagine is possible if I make my sleep a higher priority today? What might I do differently tonight? Trust your angels. They are whispering in your ear. **What just happened?**

---

---

---



#### 4. What am I feeling now?

Richard Bach says, "You don't have to fight to live as you wish. Live as you wish and pay whatever price is required." What price do I have to pay to give myself the gift of seven to eight hours of deep rest and recovery today? **What am I feeling now?**

---

---

---



#### 5. What are my opportunities?

Werner Erhard, the founder of est, now known as Landmark, led my first personal development workshop that I did back in the early 1980s. Werner said, "We live our lives acting out of our circumstances, or we live our lives acting out of our vision." Your future self is your vision. Breathing, sleeping, eating, meditating, and moving are disciplines that make room for our vision to be realized, giving ourselves the gift of consistent rest and recovery. **What are my opportunities today?**

---

---

---



#### 6. What's missing?

Wayne Dyer beautifully said, "Authentic empowerment is knowing that you are on purpose, doing God's work peacefully and harmoniously." Today, what do I imagine is possible if I choose to focus on sleep, recovery, healing of your mind, your body, your spirit? Just today, with a sleep that your future self desires. **What's missing?**

---

---

---



## 7. What am I avoiding?

Meditate on these words, then ask your future self, what is your present self avoiding? This is a David Thoreau quote: "If a man or a woman does not keep pace with his or her companions, perhaps he or she hears a different drummer. Let him or her step to the music, which he or she hears, however, measured or far away." Give the pen to your future self right now and ask yourself, **"What am I avoiding?"**

---

---

---



## 8. What's true for me?

Jamie Smart, a very dear friend and a wonderful author of the book *Results: Think Less. Achieve More*, gives us a beautiful formula: clarity equals capacity minus contaminants. We have within us the capacity for well-being, realization, resilience, and high performance. We are built for reality and optimized for results. The only thing that ever obscures this capacity is contaminated thinking, arising from outside, in misunderstandings. As we wake up from that misunderstanding and get more clarity, and more closely aligned with reality, clarity emerges. As we experience clarity in our life, we're going to have insights into what matters. PrivateWork is a process of supporting clarity and decontaminating your thinking. So what's true for me knowing that sleep, rest, and recovery is a discipline towards clarity? **What's true for me?**

---

---

---



## 9. What's my ideal scenario?

Clarity plus action equals results. Simple. Clarity equals capacity minus contaminated thinking. With the clarity of your future self's desires, what's possible if I focus on the discipline of sleep today? **What's my ideal scenario?**

---

---

---



## 10. What's happening while I'm imagining my ideal scenario?

What's our vision for today? Matthew Walker, in his book *Why We Sleep*, states that we've devised creative and even painful ways of waking ourselves up in the morning. He goes on to say how under-slept our modern brains are. They are squeezed by the vise grips of an electrified night and early-morning start times, bereft of 24-hour thermal cycles, and with caffeine and alcohol surging through us in various quantities, many of us feel rightly exhausted and crave that which seems always elusive: a full, restful night of natural deep sleep. **So what's happening while I'm imagining your ideal scenario?**

---

---

---



## 11. What's between me and my ideal scenario?

Barbara DeAngelis' amazing work *Soul Shifts* gives us a cue to a good night's sleep. Our nature as human beings is naturally and intuitively to tune ourselves to vibrate at the same frequency as those people around us. She calls this vibrational resonance. Ask yourself today, **what's the vibrational resonance that's out of tune that's between me and my ideal scenario?**

---

---

---



## 12. What really matters?

Hugh Prather in his amazing little book called *Spiritual Notes To Myself*, says: "I tend to think of stillness as the absence of everything I can think of. Or, at least, the absence of everything, but spiritual words, images or emotions. But stillness can't be imposed on the little mind. Stillness is already within me, a true deep within everyone, and so the aim of meditation should be to let my little mind relax, to let it settle down, to let it fade from my attention until I recognize stillness as the shining presence of everything." **What really matters?**

---

---

---



### 13. What difference will it make?

I'm going to reverse those. In *Spiritual Growth* by Sanaya Roman, she says: "Your higher self," or we refer to it as our future self, "is always sending you suggestions and ideas to keep you flowing in the higher current and linked with your higher will. These suggestions are very gentle. You are rarely asked to make radical changes without many suggestions of simpler changes first." Sometimes insights about changes we need to make may be quite surprising. However, our higher self, our future self, will show us how to create these changes using our current skills, our current resources, and our current capabilities. **So what difference does it make?**

---

---

---



### 14. What's the risk?

In *Mastery Through Accomplishment* by Hazrat Khan, he says, "The privilege of being human. Mankind is so absorbed in life's pleasures and pains that a man hardly has a moment to think what a privilege it is to be human. Life in the world no doubt contains more pain than pleasure; and that which one considers to be pleasure costs so much that when it is weighed against the pain it costs, it too becomes pain. Since man is so absorbed in his worldly life, he finds nothing but pain and grievance in life. Thus, until he changes his outlook, he cannot understand the privileges of being human." So what's the risk? What's the risk if I sleep as a discipline that my future self desires? **What's the risk and what's the risk if I don't?**

---

---

---



### 15. What adjustments can I make?

We choose PrivateWork Self Coaching as a path to realize that we have all the resources and resilience within us. The hour we invest between the lines is one of our practices to make the rest of the day fertile ground for insight to appear. So what do I imagine is possible for my future self if I pay attention to my sleep with more awareness, more consciousness? **What adjustments do I need to make?**

---

---

---



### 16. What needs to happen next?

My day ends at 7:30 PM, and when the alarm goes off saying, “Love yourself even more, prepare for rest, and end the day.” 7:30 PM. When I am reminded again, the alarm goes off. So just imagine for a moment, if we shifted our thinking as a day ends, it actually starts. **What needs to happen next?**

---

---

---



### 17. What's occurring now?

Now notice what's occurring. Breathe, tongue, magic spot, through the nose, out the nose. **What's occurring now?**

---

---

---



### 18. What am I feeling now?

Listen to your higher angels whisper. We feel our thinking. Notice, after 40 minutes of focus, allowing insight and awareness, the room to expand. **What am I feeling now?**

---

---

---



### 19. What am I not saying?

A few obstacles or contaminants to our thinking may come up to provide us with an opportunity to become stronger and more aligned with our true nature, the true rhythm of life. Rest, recovery is part of the rhythm of life. **What am I not saying?**

---

---

---

---

---

---



## 20. What's my actionable insight?

Whatever keeps us from our future self's desires is our work. It's our PrivateWork. **What's my insight?**

---

---

---





### 'Breath & Sleep' Question

*What do I imagine is possible  
when I put more focus on my  
breath and sleep today?*

My insight is that **I need to honor my evening ritual** in the same way that I do my morning ritual by not allowing any outside disturbances. This act ensures that I am asleep at the optimal time, each evening, to start my day.

My insight is: I view sleep as only a way to recharge for the waking world. But **I need to begin to regard sleep as a part of my healthy life** and that it has intrinsic value in and of itself. Instead of pushing it aside until I can no longer resist it, I can prepare for it and embrace it.

My insight is **I am going to shut it down at 10 pm and in bed at 10:30** with no TV every Sunday through Thursday starting today forward.

My insight is recognizing **by taking the time for breath work throughout the day I increase awareness to find ways to complete tasks** in order to get to bed earlier. My body is telling me I need more sleep.

My insight is when **I am well rested and strong with good oxygen** I can and will be able to bring clarity, dedication, and love to myself, to my loved ones, my work, my life today.

My insight is to be totally renewed. **Sleep is the best gift!** Restlessness is a lack of faith. I make it my choice to live my faith and it is resting in God. Sleep like a baby.

My insight is **keeping my commitment today of ending my day and getting 7-8 hours of deep healing sleep to honor my future-self** so my present self can to grow.

My insight is **fine tuning my nighttime ritual** and my commitment to it will enhance my sleep quality.

My insight is: **I only make changes when the pain or discomfort is great enough** to make the change.

My insight is: **Sleep is the recovery time for the body to rest.** The actions taken to prepare are sacred and the openness to accept and flow into, through your rest.

My insight is **I've been going from one addiction to another just to get through the evenings.** I'll begin today re-training for a healthy evening ritual.

My insight is that I will choose to **take the time to breath and prepare** for a 7-8-hour period of rest and restoration.

My insight is that **sleep requires the same disciplined approach as the other areas of my life**. When better mastered, all of the other areas of my life will surge. Couple this with a methodical approach to breathing I stand to achieve more than I thought possible.

My insight is that **I will eliminate distractions and political thoughts at bedtime**, so I prepare myself for a quality night of sleep. Then, in the morning I will have new energy and can bring my "A" game into the day!

My insight is prioritizing my sleep, the importance of my rest and recovery to prepare my next day, **it all starts the night before with a good sleep**, bed by 10:00 pm.

My insight is this is having a wonderful cumulative effect on me. **I love the idea of starting my day at the end of my day!** I won't start it anymore with a bedtime martini!

My insight is: The small, subtle, simple adjustment of **setting an alarm to que me it's time to wind down**. Like a recess bell in school to move back to class. Going to rip this off from you Joe and duplicate.

My insight is I am so **thankful for PrivateWork to help me work through the resistance I've created in my life**.

My insight is my body, mind and spirit need to be in good shape to enable me to do all I want to do, share and experience. **I am responsible for the choices I make each and every day** to improve my life.

My insight is to **plan and measure my PM routine**. Communicate and share this with my husband. Remind myself "Be still and know that I am God".

My insight is every one of us needs nourishment, shelter and rest. I have been unsuccessful at putting more hours in a day. **If I approach experimenting with more sleep, I can discover what difference that makes for me**. I love the thought that I don't know but I'll find out.

My insight is: **Good sleep will help me feel alive in the morning.** I look forward to having clarity of mind with a rested body. I know I will feel and do better during the day. I realize that I have to create and follow an evening ritual. I know I have to give up that screen time after 9PM.

My insight is: Today's session is very timely for me as I've had some breakthrough with breathing and sleep this past week, issues that cause me great grief. My insight is that I can eschew the problems of the day in favor of the 5 Core Disciplines, knowing that the solution to these problems lies in and depends on proper execution of these complimentary disciplines. **I don't have to live pedaling uphill all day every day,** never experiencing the downhill hands in the air part of life's ride, and the synchronicity available to me.

My insight is through **breath and sleep will bring me the clarity and self-awareness of anything that is holding me back,** beginning today!

My insight is - I will bravely **invite my love to join me in my nightly ritual.** By including him in this part of my day, it opens up the opportunity for us **to be connected even more deeply.** And to inspire me to further dedicate myself to the process.





### 'Breath & Sleep' Question

*What do I imagine is possible  
when I put more focus on my  
breath and sleep today?*

# My PrivateWork-It-Out<sup>®</sup>



*What do I imagine is possible when I put more focus on my breath and sleep today?*



1. What's your first thought? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



2. What's occurring now? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



3. What just happened? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



4. What are you feeling? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



5. What are the opportunities? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



6. What's missing? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



7. What are you avoiding? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



8. What's true? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



9. What is your ideal scenario? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



10. What's happening when you're imagining your ideal scenario? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



11. What's between you and your ideal scenario? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



12. What really matters? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



13. What difference will it make? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



14. What's the risk? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



15. What adjustments will you make? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



16. What needs to happen next? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



17. What's occurring now? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



18. What are you feeling now? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



19. What are you not saying? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



20. What's your actionable insight? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_





# My Inspired Action Plan

1

What has to happen first? \_\_\_\_\_

---

---

2

When that happens, what's next? \_\_\_\_\_

---

---

3

When that happens, what's next? \_\_\_\_\_

---

---

4

When that happens, what's next? \_\_\_\_\_

---

---

5

When that happens, what's next? \_\_\_\_\_

---

---

6

When that happens, what's next? \_\_\_\_\_

---

---

7

When that happens, what's next? \_\_\_\_\_

---

---