



Self Coaching Stimulators

What do I imagine is possible for the growth and the well-being of my future self as I cultivate and continuously develop the five fundamental future self disciplines?



1. What's my first thought?

Osho says, "I don't teach the middle way. I teach the total way. Then balance comes of its own accord with beauty and grace." We're not forced. It simply comes. By moving gracefully to the left, to the right, in the middle, slowly, a balance comes to us. When sadness comes, we know it will pass. When happiness comes, we know that will pass, too. Nothing remains. Everything passes by.

The only thing that always abides is we're witnessing. That witnessing brings balance. That witness is balance. Breathing for presence. Sleeping for clarity. Eating for aliveness. Meditation for stillness. Movement for usefulness. So, what do I imagine is possible for the growth and the well-being of my future self as I cultivate and continuously develop the five fundamental future self disciplines?

What's my first thought?



2. What's occurring now?

Sydney Banks is the founder of The Three Principles of Mind, Consciousness and Thought. If you Google 'three principles', you'll find thousands of coaches teaching his philosophy. One of my favorite Sydney Banks quotes is, "Your thoughts are like artist's brush. They create a personal picture of the reality you live in. All you have to know is everything is created from your thoughts. You don't have to know anything else." *The Enlightened Gardener* is one of the books that I've read at least a dozen times. And I always seem to bring it on every vacation I go. So, what do I imagine is possible for the growth of my well-being, the growth and the well-being of my future self, as I cultivate and continuously develop the five fundamental future self disciplines? **What's occurring now?**



3. What just happened?

Self-discipline is just choosing between what you want now, your present self, and what your future self deeply desires. So, what is possible for my growth and

my well-being when I cultivate and continuously develop these five disciplines?
What just happened?



4. What am I feeling now?

Maslow's work is essential in understanding when we choose a path of creating our future self. One can choose to go back towards to safety or forward towards growth. Growth must be chosen again and again. Fear must be overcome again and again. So imagine now the growth and the well-being for my future self as I cultivate and develop these five fundamental future self disciplines. **What am I feeling now?**



5. What are my opportunities?

Warren Buffett famously said, "Someone's sitting in the shade of a tree today because someone planted a tree a long time ago." Imagine three to five years from today and we've been practicing deliberately the disciplines of future self, breathing, sleeping, eating meditators, moving. What do I imagine is possible? **What are my opportunities?**



6. What's missing for me?

Excuses will always be there for you; opportunity won't. We have found PrivateWork is a process that creates the space for insight to rise. Everything is in divine order. As much as this is a meditative journaling practice, it's also a spiritual practice to connect daily with our higher self, our future self, and our true desires. Breathe into today's DirectionQuestion. Really breathe into it. What

do I imagine is possible for my growth and my well-being of my future self as I cultivate and continuously develop these five fundamental future self disciplines?
Now ask, "What's missing for me?"



7. What am I avoiding?

Creating our future self is a choice. We choose our disciplines. We choose our mindsets. Then, we allow the path to unfold through deliberate conscious practice. It's joyful at times and difficult at times. As Ayn Rand says in *Atlas Shrugged*, "Achieving life is not the equivalent of avoiding death." Look within curiously and ask, "What am I avoiding?" If you don't see anything, look again, imagining growth, well-being, cultivating, developing the disciplines of future self. Truly, **what is it that I am avoiding?**



8. What's true for me?

In his *See You at the Top* epic classic, Zig Ziglar says, "Yes, it's absolutely true that anything is worth doing poorly until you learn to do it well." I love that thought. So, cultivating, developing these five disciplines, breathing, sleeping, eating, meditating, moving. **What's true for me?**



9. What is my ideal scenario?

Now, once you begin to study the brain, you quickly realize how staggering and complex it is. Because of the complexity, the brain gives us virtually infinite choices of how our mind will be used to create. If we get stuck in one pattern, we're really limiting our potential. Today, **what do I imagine is my ideal scenario?**



10. What do I imagine is happening in my ideal scenario?

Fully utilize your imagination. Truly, what would be ideal? What would it look like? What would it sound like? **What do I imagine is happening in my ideal scenario?**



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

What would it feel like when during the day we're fully aware, conscious of all five disciplines operating in sync, breathing, sleeping, eating, meditating, moving? Take all that we've learned in the last two weeks and create a vision. Understand that our gut sends 10 times more messages to our brain than our brain sends to our gut. We need to trust our gut on this one. When we feel what is likely to get between us and our ideal scenario, consider something that we're feeling right now in our gut. What our gut says is our biggest challenge and our biggest obstacle. This is waiting to be embraced. So, what do I imagine is possible for my future self? What do I imagine is possible for my growth and my well-being of my future self as I cultivate and continuously developed the five future self disciplines? **What's between me and my ideal scenario?**



12. What really matters to me?

Now, given a choice, if I'm hiring a person or creating a partnership on a project – like somebody's selling my house, or helping me get a loan, or creating a financial plan, or even coaching me in my business, personal life, or my fitness, or to work on my team – what matters to me is their presence, their aliveness, their clarity,

their sense of calmness, their health, and their well-being. It's the foundation of life. So as I consider my future self, my breath is my presence, my sleeping is my clarity, my eating is my liveliness, my meditation is my calmness, and my movement is my well-being. **What really matters to me?**



13. What difference will it make?

Richard Davidson wrote a groundbreaking book that I really love. It's called *Emotional Life of Your Brain*. And for many reasons, I got more out of this than I did out of Daniel Goleman's book that he wrote in 1995 called *Emotional Intelligence*. Mindfulness is what Richard Davidson refers to as the emotional key. Mindfulness strengthens our connection between the prefrontal cortex and the amygdala, promoting equanimity that will keep us from spiraling down when the crap hits the fan. Mindfulness is as soon as our thoughts begin to leap from one catastrophe to the next, we have the mental wherewithal to pause, breathe, place our hands on our lap, gently close our eyes, connect to our breath, and sit still for two to four minutes and allow the miraculous brain to return to equilibrium. What difference will that make? Breathing, sleeping, eating meditating, moving. Become the discipline of your future self mindfully. What do I imagine is possible? **And what difference will that make?**



14. What's the risk?

Krishnamurti teaches us if we want to deal with life in the present moment to create our future self, mindfulness is our path. Listen to this wisdom: To go far, you must begin near. And the nearest step is the most important one. David White, the greatest living poet in my opinion, says, "Start close in. Take the first step, not the second or the third step, but the first step, the one you don't want to take." So, what do I imagine is possible for my growth and well-being of my future self as I cultivate and continuously develop the five fundamental disciplines? **What's the risk and what's the risk if I don't?**



15. What adjustments will I make?

Attempting new things can cause untethered feelings. It's like being a boat tied to a pier. Cutting the ties and floating out into the ocean can be terrifying for some of us, but boats are meant sail; not to be tied to the dock. A boat left perpetually in the harbor will eventually rot and never reach its future self's destination. Ask your future self, **"What adjustments will I make?"**



16. What needs to happen next?

In a previous PrivateWork-It-Out on self-reliance, we talked about the tightrope walker. The wire is life and there is a balance pole. One side is trusting yourself, the other side is trusting the process. I encourage you to revisit PrivateWork-It-Out #42. Trusting yourself. Trusting the process. What needs to happen next? What do I imagine is possible for my growth and well-being of my future self as I cultivate and continuously develop the five fundamental future self disciplines? **What needs to happen next?**



17. What's occurring now?

"Insight is your superpower. It also goes by the name of self-awareness." John Sharp said this in his great book called *The Insight Cure*. With insight that we provoke during our daily PrivateWork, we can begin the process of fundamentally changing our sense of self and become the hero of our own life." What do I imagine? Truly, what do I imagine is possible for my growth and my

well-being as I cultivate and continuously develop a relationship with these five fundamental disciplines? **What's occurring now?**



18. What am I feeling now?

When we're living a life inspired by insight, we begin to re-architecture our brain. Our brain will change automatically. Many of us are already experiencing this in our first 100 days. Imagine doing this work for life. Our PrivateWork, our truest potential is unlimited. **What am I feeling now?**



19. What have I not said?

Breathing, sleeping, eating, meditating, moving. Simple, not easy, but worth it. **What have I not said?** What have I not said when I imagine the possibilities for my growth and my well-being of my future self as I cultivate and continuously develop the five fundamental disciplines?



20. What's my actionable insight?

As one of the PrivateWorkers said, "PrivateWork unlocks the potential, jolts me out of stagnation. It's available to everyone, and no therapist is required." All we need is our own self coach. We have all the resources within. **What's my actionable insight?**



'Cultivate Fundamental Disciplines' Question

What do I imagine is possible for growth and well-being of my future self as I cultivate and continuously develop the five fundamental disciplines?

My insight is **I need accountability** and will create a much better future self when I am in community with others like this!

My insight is that **this is going to be fun.**

My insight is **I will make the commitment to making a small change every day** in my life to become the future self I see in my vision.

My insight is that all is one. Breathing/Meditation/Prayer doesn't matter what it's called. **It is this that connects us** with the animating spirit of the universe.

My insight is: It's now possible to enjoy real clarity, and **these disciplines have created more support for me** to live consciously, courageously, and a bit more compassionately, I'm enjoying more peace and power with the distractions and discomforts that naturally occur in my life!

My insight is **I am excited for today** as I participate in the annual Plant Stock weekend with speakers and menus and fitness suggestions to support my WFPB lifestyle.

My insight is **my future-self will start today.**

My insight is that daily, **dedicated time to explore treasures I have within is the best investment** I can make.

My insight is **discipline is being a disciple.** All these 5 fundamentals are gifts from my creator where I used them for a higher purpose in cooperating with Him so the world will be a wonderful world I live in where harmony and peace exist under all circumstances. I create my glimpse of Heaven.

My insight is: I am **creating my future self** that is stronger, healthier, better, more stable by taking my first steps **in implementing and practicing the five fundamental disciplines.** Trust the process!

My insight is I believe when I continue developing the five fundamental disciplines, **my health and well-being will improve** which will enable me to do more for myself and others.

My insight is **taking more action to the 5 disciplines** and not thinking disciplines are bad, but these are good for my new way of life.

My insight is that some days are easier than others. Continue to practice, practice, practice. **I am worth it!**

My insight is that the growth of my future self and wellbeing is directly proportional to the continuous development of the 5 disciplines creating new patterns. **Step by step, rewiring the brain.**

My insight is my present self is committed to continuously developing these five fundamental disciplines because **I am so excited to meet my future self!** I must be so dedicated to improving my health and well-being that I am able to get from where I am to where I want to be.

My insight is that my practice of the 5 CD's is a process mastered over time. **I have positive results to show, and miles to go.** The journey is the destination, as they say. 1% per day!

My insight is: **Focusing and meditation is more difficult when I don't have as many time sensitive deadlines,** yet when I do that's when I need to stay steady on these disciplines. That's the paradox.

My insight is: **I am ready, I am willing, I am worthy** to be the gardener of the Fab 5 to be alive and thrive! I must untether the ship from the harbor and set sail.

My insight is I'm willing to deeply **study and grow all five fundamentals to achieve mastery** without them will not achieve to my future-self! Thank you, Joe, for helping release!

My insight is that **I can choose to love the process of becoming my future self** if I focus, deliberately, on developing the five fundamental disciplines.

My insight is that I will keep on taking the small but significant steps. Each step will bring me - not farther from who I am to be – but closer. **Each step brings me closer in.**

My insight is **my progress in my life depends on the well-being of my body and mind.** Daily improvements in the 5 fundamentals will allow daily improvements in my life. Step by step. Moving forward each day.

My insight is everything is within me. **Time to allow my future self to emerge and enjoy this wonderful adventure** to be revealed. Thank you, Joe, for this journey.

My insight is **starting now is the awareness of my 5 disciplines will live my life to the fullest.**

My insight is **I don't have to be perfectly put together.** I'm ready to move on and embrace life with the 5 disciplines.

My insight is **I can get back on track when I get derailed.**

My insight is to **implement all 5 disciplines into my daily routines.** Staying aware of my behavior so I can correct or reset the behavior if needed to grow the discipline muscles to continually improve, so that they become a crucial part of my life.

My insight is: "**Simple but not easy**" really stood out for me today. I have to keep an eye on my future self and see the best version of myself. It is definitely going to be worth it. Discipline is my friend!

My insight is to exercise more mindfulness, breath with intent, focus, **stop ruminating about tasks to be done,** just do it. 1, 2, 3, Go!

My insight is **the mystery of my highest self and "why" is answered on my PW path. Consistency.** It was only 60 days of consistency when big growth and creativity presented itself. It is fun.

My insight is **I want to be the best version of me, and the fundamental disciplines will help me** to do that. In this revelation, I also realize that it is time for me to release the illusion that I have control of others. As this is my choice to follow these fundamentals, so too are their life choices their own choices, and not mine.

My insight is I have today to practice the five disciplines today. Tomorrow is not guaranteed thus today, I embrace, and I am thankful for this moment. **I will measure and track my 5 disciplines.**

My insight is, **I truly am in charge of creative thinking** that will crowd out negative thoughts of my abusive childhood.

My insight is today's light bulb moment is **simple but never easy**. Believe in the disciplines, practice them until you become your future self. I cannot wait!

My insight is: Every morning **I choose the positive stimulus to work with to be in alignment with my best future self**. My fundamental disciplines are my blessing and my motivation to the best me that I don't know yet.

My insight is to come out of the corner and **keep going and growing** and be the hero in my own life. Thanks Joe.





'Single Focus Again' Question

*What do I imagine is possible
when I focus more on just one
of the five future self
disciplines today?*

My PrivateWork-It-Out[®]



What do I imagine is possible when I focus more on just one of the five future self disciplines 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? _____
