

INW MODEL

Coaching Tip: Number 6 of the Thomas' Top 25 Coaching Secrets Coaching

Life Becomes Simple When You Put Your Integrity First, Your Needs Second, Your Wants Third.

"WANTS third?" you ask? "But I've waited so long to do what I want!" you say. "How dare you make me do things I 'should' do first!" you so gracefully share. Actually, it's not what you think. It's worse. What we're suggesting is that you do only what you want to do, all of the time.

"What? What about magic steps 1 and 2?" Well, there's more. And there's a catch.

But first, some definitions of what's called the I-N-W Model:

Integrity (I) Do what's right for your physical and emotional well-being. Be 100% responsible for what happens in all aspects of life that you touch. Accept that the physical universe never lies. Patch up any and all cracks in your life and energy.

Needs (N) Needs are not personal, but they are yours to handle. Virtually all emotional needs are permanently satisfiable. Satisfying needs is a skill, which, when learned, will free up about 50% of your waking hours to devote elsewhere.

Wants (W) When your integrity and needs are handled, you're left with your wants. Your wants diminish or simplify as you handle your integrity and needs. Your wants are easily met as you handle your integrity and needs.

So why do people find it a challenge to shelve the wants in order to take care of the integrity and needs first? Several reasons: Striving for what we want gives us energy. Sometimes, humans are driven by their egos. Without satisfied wants, some people think they would rather not live. The media creates wants to keep people buying. Satisfying integrity and needs first hasn't yet occurred to the person.

So what I'm saying is: Shelve all wants, indefinitely. Spend the time to fully restore the integrity. Identify and get your needs met. You won't want much anymore and what you do want, you will get. Yes. I didn't say you'd like it. But if you try it this way, you probably will. If you want to try it, well, I don't know what to tell you, other than Congratulations.

About the Submitter:

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