

## A748 Personal Path

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### Course Description

An introduction to a path toward a higher quality of day to day living. In this course the coach learns how to reorient around the 10 most subtle and rich aspects of life: inner peace, spiritual bliss, natural balance, fulfillment, personal power, grace and love, personal passion, happiness and joy, full satisfaction, and vitality and wellness.

### Course Objectives

Explore the higher quality of day to day living that is possible for people:

- inner peace
- spiritual bliss
- natural balance
- fulfillment
- personal power
- grace
- love
- personal passion
- happiness
- joy
- full satisfaction
- vitality
- wellness

### Overview

This course is organized into the following four sessions:

**Session 1. Defining Personal Path, Personal Power and Passion**

**Session 2. Full Satisfaction, Natural balance, and fulfillment o**

**Session 3. Inner Peace, Spiritual bliss, Grace and Love**

**Session 4. Happiness and Joy, Vitality and wellness**

### Key Contextual Points

### Distinctions

### Mistakes To Avoid

### Resource Materials

## Session 1: Introduction: Defining Personal Path, Personal Power and Passion

### Discussion Questions

- When you hear the term personal path, what comes to mind?
- What are the key components to one's own personal path?
- What are some road blocks
- Personal power is often defined as that strong sense of self, what gives you a strong sense of self?
- What happens when we give over our power to others?
- How can we hold on to our own power?
- What lights a fire for you?
- How can you get in touch with your own passion?

Personal path is strictly an internal process and develops the person from the inside out. In addition, Personal Path helps your client to grow into a strong, interactive adult.. Because the personal path needs a clean, strong home on which to anchor and flourish, personal path is best started after Coach U's Personal Foundation section on path of development has been reached. Ultimately, use both with your client.

### Personal Power

- Power comes from within, not from someone else
- Real personal power comes from strength, not ability or energy
- One generates power by initiating and causing

### Personal Passion

Passion occurs when:

- Desire, values, dedication and creation intersect
- Results are occurring, even if subtle and barely measurable
- A vision is clear and one is being pulled towards being that vision

This concept re-orientes us around the 10 most subtle and rich aspects of life, which we've identified as:

- Inner Peace
- Personal Power
- Happiness and Joy
- Spiritual Bliss
- Grace and Love
- Full Satisfaction
- Natural Balance
- Personal Passion
- Vitality and Wellness
- Fulfillment

## Session 2: Full Satisfaction, Natural balance, and fulfillment

### Discussion Questions

- Think about what it means to be fully satisfied, what would be required in order for that to happen?
- How does it feel when you put yourself first?
- What may stand in the way of full satisfaction?
- What creates natural balance for you?
- What part does integrity play in your own natural balance?
- In the personal path program fulfillment is often attained by doing the maximum, what does that mean to you?

### Full Satisfaction

The source of full satisfaction is:

- Putting your needs first, ahead of everything
- Eliminating every source of dissatisfaction

### Natural Balance

The source of natural balance is:

- Integrity
- Resiliency
- Responsibility
- Under-promising
- Being values-oriented
- Setting few goals; rather letting goals come to you

### Fulfillment

People feel fulfilled when:

- They know what their values are
- Their goals are based on these values
- They are accomplishing something rather than just producing results

## Session 3: Inner Peace, Spiritual Bliss, Grace and Love

### Discussion Questions

- How would you define/describe inner peace?
- What are some ways to achieve inner peace?
- What about spiritual bliss, what does it mean to have it?
- How do you know when you are experiencing spiritual bliss?
- How does one show up in grace and love? What are some things they do that serve as indicators?
- What blocks grace?
- What blocks love?
- How do our values play a role in achieving it all; inner peace, spiritual bliss, grace and love?

### Inner Peace

The source of inner peace is:

- Being free of draining obligations
- Absence of all addictions, compulsions and attachments
- A connection with one's self
- Trusting that there is a bigger picture
- Trusting that the present is perfect

### Spiritual Bliss

To move towards having spiritual bliss or being spiritually blissful:

- Detach from outcomes
- Take the path of least resistance, picking the hills to die on carefully
- Surround yourself with others who have and are committed to their own spiritual bliss.
- Eliminate concerns by having a reserve of all that you need
- Put yourself in someone else's hands (self, God, universe, etc.)

### Grace and Love

You can experience more of grace and love as you:

- Eliminate risk in your life or take yourself away from stressful situations
- Make grace and love a priority, even more important than results
- Become more “who” rather than “what” oriented
- Get 100 on Coach U's Clean Sweep
- Know what you want and love what you have
- Grace describes the special way you touch others
- Grace occurs when a reserve is present and when improved communication and love are available
- Grace is not an act; being gracious may or may not be a sign of grace

## Session 4: Happiness and Joy, Vitality and Wellness

### Discussion Questions

- When think of being in a place of happiness and joy, what comes to mind for you?
- In what ways to practice/demonstrate being happy and joyful?
- What do you do when you are unhappy?
- What might impede one's vitality and wellness?
- What things do you do presently to support your own vitality and wellness?
- What are the benefits to strong vitality?
- Where are the gaps in your own wellness plan?

### Happiness and Joy

Points to make:

- Comes quickly as you develop ability to be grateful for everything
- Comes from freedom. If you're not free from tolerations, energy drains, limiting beliefs, happiness is elusive
- Can be generated from a dedication to being happy
- Is the absence of stress or tolerating
- Is a measure of one's dedication to one's own well being.

### Vitality and Wellness

People feel vital and well when:

- Their bodies are active
- They eat only good food
- They have few concerns
- They have a rewarding focus, a reason to live
- Their energy flows easily, unimpeded
- They are regularly participating in a self care activity and recognize that doing so is not selfish, but rather self-less.

### Working with Clients

The Personal Path 100 point assessment can be very useful in doing work of this kind with those you are coaching. This program or approach is strictly high-end and non-linear.

It supports high-end coaching around the elements we are considering in this module. The program consists of 100 separate points to work on. It's rich, and it takes time to complete so enjoy the process!

## Course Materials

You may weave this type of focus into your linear coaching at any time. And it is helpful if clients have a strong personal foundation, a high score (75 or higher) on their Clean Sweep Program and Coach U's Personal Foundation program work before doing personal path; Clients need to want, be ready for and be able to "afford" this focus and investment. Coach needs to be at 70-80 on Personal Path before delivering it, given client needs to "get" rather than learn it.

The program consists of 100 things you can sell, individually. Pick an area and work on it with all clients.

There are a 100 distinctions, action steps and choices to make. In choosing where to start with clients, so perhaps look for symptoms that indicate a natural place to start, rather than addressing all at once.

We certainly can be working on this personal path and still not have an ideal home, family, money situation, or life. Progress can be made at any stage if action is taken. If there is an investment of focus, time, energy and commitment.

## Key Contextual Points

### The top key contextual points to personal path

A contextual point is an aspect that one needs to 'get' before truly understanding the major points/content of the practicum.

Personal path is distinct from life planning. The two concepts may appear similar, but in fact, they are related, not redundant. Life planning is about goal setting, attainments and values, and about the personal planning process. Personal path is more about how to put oneself on an internal path of self-development and to actually focus on or experiment with 10 of the 100 key attainments that were merely mentioned in life planning. So, in short, your client has an experience of reaching or moving closer to these 10 attainments rather than just understanding the process.

Personal path is all about life's intangibles. Intangibles, such as grace, happiness, balance, fulfillment and passion, are rapidly becoming desired tangibles in the US culture. After years of accepting that one's fate was to work, follow, work harder, believe and do what was expected, humans are breaking out of this institutionally-imposed (some religions, government, employers, advertising) prison and learning to set their own reasons for living, thus redefining what's most important in life. Once people get free of many of the limitations that have been laid on them by (often well-meaning) people, including parents, they usually discover that the intangible qualities described in personal path are what are most desired and natural. So, it's important that you, as their coach, understand these. And, to continue. These newly tangible intangibles are becoming a de facto standard in some progressive businesses. They are also clearly becoming a requirement to be the friends, colleagues and clients of progressive-thinking individuals, coaches, employers and others. This is the new game in town and you'd better learn the rules/phrasing and have your life exhibit these traits if you hope to be included. This exclusionary process is becoming quite common. Survival of the most fulfilled, perhaps?

Just as it's important to learn about these personal path themes and attainments, it's also important to notice which themes are fading from the scene. The notions of power, of winning, of faith, of striving, of being good, of coping, and of mere competence are fading quickly. These themes did help humans develop, but they are rapidly being replaced by new, better, simpler and more holistic themes. As coaches, it's our job to be aware of the most current thinking and approaches in life, so it makes sense to be quite familiar with the attainments included on the personal path.

The themes in this practicum take time to envelop a person; to strive to acquire them would be to acquire something else. Does one acquire grace? Does striving make one more passionate? Is balance something that one juggles to make occur? Does acquiring happiness bring joy? Given that intangibles are now becoming quite tangible, it's tempting to seek to acquire these attainments, as if you could go to the

mall and buy them. In fact, these attainments are often “awarded” to you or attracted by you as you focus on something completely different. For example, does focusing on balance make you more balanced? Probably not; you'll likely just become a better juggler. So, how does one 'achieve' balance? That's simple; meaning simplicity often results in balance. So does a focus on truth, integrity and awareness. You can work on these things, but the benefits of any “direct work” only on balance, for example, is likely to be short-lived. Balance comes as a result of something else occurring or converging.

What do you do when your personal path conflicts with your life plan? A good question! And one that will likely be asked by your clients as they both set bigger goals and also begin to focus on the intangibles of personal path. The answer? There isn't one really. But here's what will help: tell your clients that it's the integration and convergence of intangibles and tangibles that is what gives life its spark. Don't be afraid of the conflict or apparent contradiction; simply learn from it and get used to it. Chaos is a valuable source of energy. Example: your client says, “Well, coach, should I push hard for the next three years so that I can retire sooner and work on my life purpose to the benefit of millions, or should I be completely selfish right now and just do what I feel like doing every day, based on my values?” How should you respond? “Do both.” When asked, “But how? These two goals are virtually opposite from each other; how can I know what to do?” You can reply: “Yes, you don't know which is best, yet you want to do both. That's the answer. Create some incredibly integrated way to do both, instead of thinking that you need to do one or the other. Life evolves out of synthesis and mutation, not out of a right or wrong choice”. In other words, clients really can't lose if they see themselves as the source of the solution and that convergence and combination leads to synthesis, which keeps life fresh.

Personal path is distinct from spiritual path. The focus of the spiritual path is one of expanding awareness, gaining perspective and coming to learn how life works and how to get in synch with the flow and power (and the time-tested rules of life, called the Universal Laws) of life. So, if personal path is about getting your own internal system working well, spiritual path is about how to “port” yourself to others and to the “system” of life and life's energy. And, to bring in life planning into this comparison, life planning is the process of achieving results while being able to grow internally (via the attainments, principles and themes in personal path) and also working with others and life itself (spiritual path). When the practices and principles of all three modules are known, understood and integrated, the notion of irresistible attraction is most powerfully experienced.

Weaving in all the concepts in this section. Adding in advanced development and financial independence provides a sustainable, healthy and self-sufficient system of success. The spiritual piece keeps you humble, the financial independence piece makes you smart, the personal path module keeps you in touch with yourself, the life planning keeps you organized and focused, and the advanced communication



/development module helps you to affect, relate with and contribute to others in a positive way.

The whole personal path process takes about five years of coaching and work. So, don't have your clients stop their current life in order to "get" all of the attainments and themes, instead, let your clients know what's available for discussion here and let them choose what interests them most.

Focus on discussion and understanding of these themes rather than guiding your client to acquire them. This was mentioned earlier, but it's important to suggest you and your client discuss these concepts first, and perhaps at length before your client tries to incorporate or rely on them. Why the "delay"? For several reasons. First, clients may not really "hear" or "get" the full principle or attainment at first. They may hear what they want to hear and see the attainment as a faster means to an end. And, attainments are often a much more efficient means to an end. However, giving up the "end" is a key attainment of its own, and one clients should do so that they'll grow from the personal path process instead of using the personal path process to acquire more. Humans will use whatever they can to get ahead; our survival and opportunistic instincts force us to; we don't have much of a choice about it. However, we can learn about how we work and what motivates us; this is a key part of the personal path process - seek first to understand. Secondly, your client will need time for the cells of their body to accept the new way of thinking/doing things. Our cells have an incredible memory and need time to integrate new ideas. This integration process can occur faster and more successfully if there's no ram-rodding going on. Give your body (not just your mind, heart or spirit) a chance to be reeducated and evolve.

Finally, during the personal path process, you are seeking to teach your client more than just attainments or life skills. We are doing our best to help clients to experience truth in their own way. That's more important than anything else and truth is something that finds you (your client) when it sees that you're ready. So, while not exactly accurate, perhaps it's fair to say that all of these concepts create a 'boot camp' to prepare them to attract and enjoy truth.

## Distinctions

### The top distinctions related to personal path

#### Inner peace versus quietness

Inner peace means there is nothing to quiet. If you're trying to quiet yourself down to achieve peace, you'll likely achieve quiet, but probably not peace. Inner peace doesn't come from quietness; it comes from the peace of mind in knowing that all is well and taken care of. When one achieves inner peace they are able to approach stressful situations from a calm, peaceful, and rational place of being.

#### Personal power versus force

Personal power refers to your ability to cause results to occur, not your ability to force them to. When you have personal power you are confident in your own self and by extension the results you create.

#### Happiness versus gratification

One experiences gratification when you get what you want. Happiness comes when your needs are met and values are honored. In addition, when you are doing and being in such a way that is in alignment with your own values.

#### Satisfaction versus gratification

Needs are satisfied or satiated. Wants and desires are gratified. And, values are fulfilled or fulfilling. It helps when clients understand whether they want to be satisfied, gratified or fulfilled; most clients have all three states collapsed into a single definition, called "feeling good".

#### Balance versus juggle

Balance is natural and requires no energy. Things just are balanced; it's more of a result than an intention. Juggle is an action word which means effort is being expended to keep things from crashing. Your client who's juggling may need to drop some balls in order to accomplish balance. Simplification is key in order to achieve balance.

#### Vitality versus adrenaline

You are vital when all of your systems (mind, body, spirit, reality, energy) are working together and are fully operative. Adrenaline, which is a drug/chemical, provides a similar sense of vitality, but is temporary and damaging (some doctors say that adrenaline junkies drain or damage adrenal glands, which play an important role in maintaining the body's immune system).

#### Passion versus adrenaline

Adrenaline is a drug released into your body by your adrenal gland. Historically, adrenaline was released when a person was in danger, and this rush of energy gave the person additional powers and increased perceptive ability in order to save him or

herself. Currently, adrenaline is used somewhat as caffeine is used: to keep the person 'alive' during the day and at peak performance. This may work, but it works at a cost to the person's immune system; the adrenal gland is a place in which the immune system needs to be operating well in order to protect itself. Passion is a sustainable, healthy high because you're connected with someone else, with yourself, with God, or with a project, and it's an emotional connection rather than a physical high. Example: when you're meeting a deadline and you're thrilled that you met the deadline, you're probably experiencing adrenaline. When you enjoy so much what you're doing regardless of the deadline, you're probably experiencing passion. Tip: you'll need to have your clients eliminate adrenaline by getting their needs met, under-promising and developing a strong foundation before they'll likely be able to experience a healthy passion. Clients will often confuse adrenaline and passion.

#### Fulfillment versus acquisition

Fulfillment is what you feel when full from the inside out. Acquisition is about adding objects or information to you from the outside in. Values are fulfilling; most goals are acquisitive. Acquiring goals, love, results, and happiness is beginning to fade as a popular approach to life.

#### Personal path versus personal development

Both are excellent but the idea of personal path implies a sense of direction other than random development.

#### Path versus circle

A path goes in a straight or forward direction into new territory requiring new skills. Going in circles implies that your client is getting better but only in familiar territory, and blockbuster results are therefore impossible.

## Mistakes To Avoid

### The top mistakes to avoid related to personal path

The purpose of this list is simply to point out the mistakes that coaches tend to make, related to this module. We won't get much into how to do it correctly -- see other Top 10 Lists related to this for 'how to' instructions.

Don't let your clients get carried away on their personal path to the point that they don't take care of reality. There's personal path and then there's something called a mortgage payment - the two can happen in the same month. The caveat here is that some clients orient their lives around attaining and developing themselves to the exclusion of becoming successful. Help your client do both, either concurrently or in switched stages.

Don't confuse power with strength. There's a lot said and written about personal power, empowerment, overcoming your weaknesses and so forth, but the real action is in the area of strengths: strengthening oneself from the inside out, strengthening skills, strengthening performance. So, as clients work on their personal path, guide them to work on it from a strengthening rather than powering place.

Don't be afraid to bring up the skills, qualities and attainments discussed in this practicum to executives, entrepreneurs, leaders and others who may have come to you for linear or business-only coaching. There are likely several things that they will find appealing. And, over the long term, the items in this practicum are the ones that matter most in a person's quality of life and success, not the linear business advice.

Don't be afraid to work on some of the items with clients, even if you haven't attained it yourself yet. Thanks to the principle of inter-developmentalism, it is okay for you to learn from your clients, as you coach them. So, it is okay to discuss and work on personal path areas which appeal to your client, but which perhaps you haven't yet mastered. Work with your clients and learn from them in these areas and you'll have even more to offer to the next client.

Don't get caught in the trap of seeing personal path as an Easter egg hunt. There are dozens of personal areas in which to work, but if clients are trying to rush through to 'get' or 'attain' these areas, they'll probably miss the point. The idea is to first become aware of an attainment or personal path area that appeals to you, and then to find a way to experiment with it in your real and current life rather than studying, understanding and then trying to emulate or model it. The second approach won't work very well or for very long because it's not natural. Attainments are like invisible threads, which are linked together to provide an invisible and transparent support structure within.

Don't confuse high levels of interest in this area by your client with a needy client. The needier clients are, the more they'll 'need' and get excited by the notion of personal path. While there's nothing wrong with this, usually it works better for the needy or just starting out client to focus on personal foundation and then embark on the personal path discussions. Why? Because the personal path distinctions need a strong personal foundation in order to "stick" long-term. Otherwise, your client just gets high from the personal path process, but loses it within a month or two.

Don't help your clients to acquire attainments. The temptation and natural inclination is for your client to want to 'have/acquire' things like balance, passion, vitality, integrity, truth, attraction, strength, wisdom and so forth. It is more helpful to focus on your client's day or life and keep polishing it up until both of you notice that he or she has reached one of the attainments. Attainments are a bit like greased pigs - if you're hungry and you're trying to grab hold of one, it's going to exhaust you and eventually slip away, leaving you with your face in the mud.

Don't encourage your client to wear attainments or personal path items like merit badges. It is tempting to say, "I'm balanced," or "I'm wise," or "I have passion". But what we have found is that when you find yourself talking about what you 'have' or 'are,' then you probably aren't. What happens when you do reach an attainment is that you either forget about it (which is good), or you see how much you don't know and become healthfully humble, or that you feel it so much that nothing more needs to be said about it.

Don't let your clients start identifying with their goals/personal development. This point is related to the point above, but is distinct. Some clients 'define' themselves as spiritual or dedicated or passionate or wise or truthful. This is different than if you just say, "Yes, I enjoy being passionate," or "I enjoy becoming more spiritual". Sounds similar but the dynamic is totally different. When one's identity is defined by the attainment, then they usually become rigid, righteous and territorial about their 'attainment'. Attainments are not to be acquired; they are simply a way to describe how a person currently operates. Sometimes you'll need to ask your client to give up what they know or believe about themselves.

Don't be afraid to ask your clients to start their personal path from scratch. Sometimes it is best to just help your client to start over, rather than trying to weave in the personal path ideas into their belief system or perceived abilities. It's humbling, but when your client says something like, "Gee, I just don't know what is true for me anymore but I'd sure like to find out," then you probably have a client who is now in the learning mode other than the attainment or information acquisition mode.

## Resources

If interested in further study on related principles that might inform your coaching, here are some resources to look in to:

- “Leading from Within: Developing Personal Direction” by Nancy Huber
- “Evolve Yourself: Conscious Personal Evolution” by Rich Rahn
- “Conscious Evolution” by Barbara Marx Hubbard
- Creating Your Heart's Desire, Sonia Chocquette
- Living Deeply; The Art& Science of Transformation in Everyday Life (Institute of Noetic Sciences)
- CoachInc.com Personal Path Program Assessment (long and short versions)

Throughout the course or anytime you find valuable resources for a particular course please feel free to add to the value of our curriculum by forwarding the resource to [revampteam@coachinc.com](mailto:revampteam@coachinc.com).

Thank you for participating in the collective wisdom of CoachInc.com. Together, we all continue to learn.

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