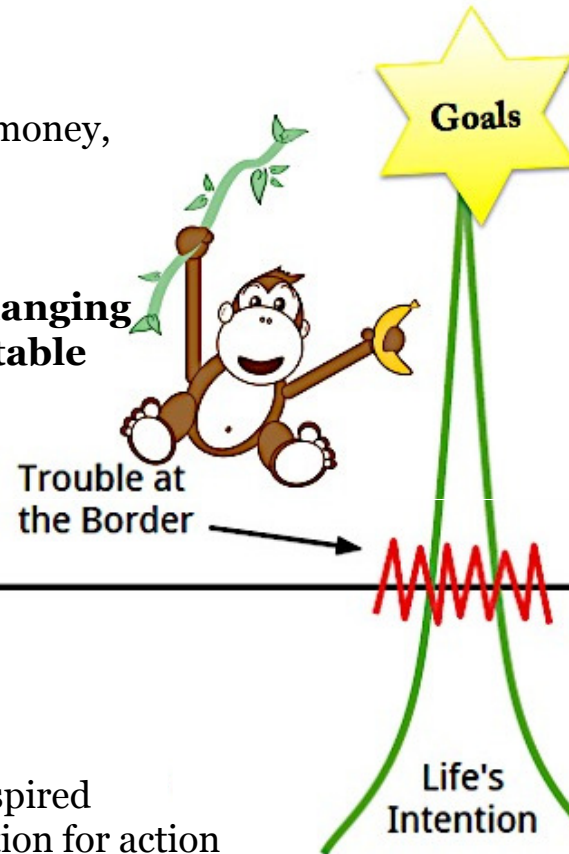


The Playing Field

Physical Reality

- ✓ **Things take energy** (money, time, physical vitality, creativity, enjoyment, relationship)
- ✓ **Things are always changing**
- ✓ **Things are unpredictable**



When monkey mind greets us at the border, we use “handle holds” to move into physical reality with clarity, focus ease and grace. A few handle holds are:

- Being willing
- The coaching arena
- Your standards of integrity
- Your life’s intentions
- Taking authentic action

Visionary Reality

- ✓ Energy is high
- ✓ Easy to get excited & inspired
- ✓ Easy to mistake inspiration for action