

## Session #4 Outline

Use this template and the attached client handout to help your client link pleasure to movement in the brain so they feel motivated to follow through in ways they haven't in the past. Sweet!

### 1. What's Going Well

Continue the ritual of beginning your sessions by focusing on what's going well.

### 2. Challenges/coaching around obstacles

Coach on challenges if necessary.

### 3. New Information: Linking Pleasure + Motivation!

Briefly revisit the Big MoFA, or motivation for making these changes in their life. Make sure that their Big MoFA is still in alignment for the client.

COACH: "So it's been a few weeks since we started. I'd love to briefly revisit your 90-day goals and your Big MoFA or big motivating factor and make sure it's still in alignment.

Your 90-day goals were \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_.

And your big MoFA's were \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_.

Do these still feel like significant motivating reasons for continuing to play full out and follow through with making changes in your health and lifestyle?"

[Client Responds. Dialogue and adjust MoFA's if necessary for a few minutes but keep the session moving.)

**COACH:** "Today I want to talk to build on those motivating factors and talk to you about pleasure.

What's pleasure got to do with manifesting goals? Pleasure is what drives habit loops. Habits are the actions we take on a daily basis that determine our quality of life. Our habits are built on what feels most pleasurable to us. We always choose what *feels* most pleasurable.

If it feels best to wake up at 5am and go for a run instead of lingering in bed we'll do that. If it feels best to press snooze on the alarm clock instead of going to a yoga class, then we'll do that.

So pleasure drives our habit loops. If we change **what pleasure is linked to** in the brain, we can exponentially increase our motivation for follow through. This is one of the secrets to building healthy habits that stick.

What we want to do is match your natural pleasure chemicals (called endorphins) with the activity that will get you the result you want. How do we do that? With something called mental rehearsal.

What Is A Mental Rehearsal? A technique used by champion athletes. Athletes imagine the game from their perspective as though they are actually competing. Like a mental trial run. They “mentally rehearse” their performance by breaking it down into tiny components.

Research shows that *physical progress can be made* with this simple mental rehearsal.

How?

1. Helps you “practice” overcoming habituated resistance
2. Links pleasure with healthy behaviors in the brain
3. Motivates you to follow through in a way you haven’t been able to do consistently in the past

Ready to try it?”

#### **4. Experimental Exercise Related To Content: Mentally rehearse SUCCESS**

*\* Note: make sure your client has a clear, well-formed outcome before this mental rehearsal exercise.*

**COACH:** *“Sit with a tall spine. Scan your body for any tension. Tune into the quality of your breath. Soften your shoulders and your jaw without collapsing in your back or chest. I’ll be talking for the next 10-15 minutes so you don’t have to do anything. You can fully relax into the sound of my voice. Nothing to do, nowhere to be.*

*Step into that version of you that is 100 percent committed to moving your body because the body does like to move, it was made to move, not to stagnate. Make a picture if you will, of a future you, in the coming days. Do you see her? Step into this future (name). This is the future you that is 100% committed to making choices in small, manageable steps that will lead you to feel better, healthier, and more energy. Slip yourself right into her body. She is already having the result you want right now, moving her body consistently and enjoying it.*

*Put your fingers into her finger slots, your toes into her toe slots. Take a moment and just be this future you. Look through her eyes, hear through her ears, and feel with her feelings and intuition. It’s a beautiful day. Continue to breathe mindfully, and as you do, breathe with her lungs and feel your heart beating as hers.*

*As you inhale and exhale, notice how everything is going well for you. Notice how it feels to be taking such good care of your body and honoring yourself. You are setting healthy boundaries for you and others in your life, and you feel lighter and more freedom as a result.*

*And as you inhale and exhale more deeply now, you might feel yourself more calm, secure, expansive, and energized. Allow yourself to feel your clarity, wonder and awe because you have a body and it is a miracle to have a body, isn’t it?*

*"It's possible that moving your body consistently might feel exquisitely good and progressively better. With each inhale and exhale you might become aware of how glad you are to have this body, that it can do what it can do.*

*Some people begin to notice that their body craves movement and there is great wealth of untapped personal power in a body that moves. Relax into claiming your power, consciously choosing to resonate at a higher vibration or frequency, which enables you to attract more of what you want in your life and in your body.*

*And, how beautiful that as you do this, you inspire others to do the same because they are witnessing you being your true, authentic self. In this place, you are more present to yourself and to others, expressing your truth, calm, & simply filled with life.*

*Let yourself savor the freedom to move and the freedom to breathe with grace and ease. Notice that all your cells are filled with fresh energy and the world appears more beautiful. You can feel yourself more attractive, more alive, and engaged on all levels and as these feelings grow, your lips naturally stretch into a smile.*

*Take a look around. Where are you? What do you see? Who are you with? Notice the sounds.*

*You might notice how easy it is to clear out all of the emotional clutter, all of the negativity and resistance, while you move and as you move you feel more alive. Your thoughts & feelings and values are all in alignment with one another.*

*Feel how incredibly blessed you are to have this beautiful body that serves you so well BECAUSE you GET to feel. Notice the thoughts you are thinking. What is this future (name) saying about herself?*

*Like a dial on a stereo, we're going to turn up the volume on your senses. Scan your senses ... what you see, hear, feel, smell, taste, and intuit. Allow yourself to REALLY feel into your body's experience, its magnificence as it moves.*

*Perhaps you are attuned to the pleasure of feeling so engaged, of feeling lighter, and tighter.... AND you smile to yourself because you taste your power from within.*

*It's also possible you realize you are the only you that will ever be born. Why not be the best version of you that you can be?*

*You tell yourself, 'yes, I feel so freakin' good right now. I am ready for anything.' Allow that beautiful energy, like a golden ball of light, to penetrate every cell of your body ... organically fashioning you into the truth of who you are, have always been, and always will be, (name).*

*And, finally, ask yourself from this place ... What would this future version tell the you here now about movement? Take a few deep breaths integrating this feeling of aliveness, having moved your body, oxygenating all your cells with fresh energy and this time please answer the following question out loud, What would this future version tell the you here now about movement?*

[CLIENT RESPONDS]

“Beautiful. Go ahead and bring that knowing back to the you here now. Wiggle your butt. Feel your toes. How was that for you?”

[CLIENT RESPONDS]

“Let’s talk about action steps for this week.”

### **5. Action Steps**

1. Continue building on what we’ve previously covered.
2. Ritualize this mental rehearsal every day

**COACH:** “What is pleasurable for you? Do you like yoga, dance, tai chi, pole dancing? Whatever makes you feel strong, alive, and joyful! How many times a week will you go? What’s the motivation for going?”

Remind your client to anchor this motivation into their current anchors.

**COACH:** “How will it make a difference for you if you followed through consistently this week? How will you feel next week?”

\*\*If you suspect they may not follow-through, ask: “Is there anything that would prevent you from following through on this?”

### **6. Aha’s, Appreciations, Insights About This Session**

Remind the client that session #5 is next week.

Possible Pre-Frame to help client show up for herself for Session #5:

**COACH:** “I hear that your usual routine may be different this next week. It sounds like you have a lot going on. This is a great opportunity to notice when life circumstances derail your health, notice, just notice where you are tempted to self-sabotage, including canceling your appointment with me next week because you didn’t follow through or you ate something you wished you hadn’t and you are embarrassed to tell me. This is very common. Just notice it and say to yourself, there it is. Stacey told me it would happen and there it is. And how can I make it inevitable that I will show up for myself next week?”