



Sacred Depths

COACH CERTIFICATION

Co-Creating Magnificent Visions Resource Sheet

“ *When people don't get what they want from life, usually it's because they don't know what they want.* ”
Keith Ellis, The Magic Lamp

Visioning

“Visioning is helping clients get clear in aligned ways on what they desire in the future. This clarity is often the most efficient way to help client get, create, or achieve what they want.”

Foundation for Co-Creating Aligned Vision

Start with the bigger vision

- Ask about vision throughout the process. On sales call, in welcome packet, and follow-up during the first call.
- It's okay (and sometimes better) to vision only a year or two out.

Track and check in on visions regularly

- Checking to see if a vision needs to be tweaked or shifted.
- Be mindful not to let a misaligned vision go on and on if things have changed.

Know the difference between a vision and a goal

- Vision = the bigger picture, farther off into the future
- Goal = a marker on the journey to the bigger picture. This is typically within sight.
- The vision is the guiding light and the goals are dictated by the guiding light

Know the difference between a desire and a “should”

- Visions based on “should” are misaligned
- To help client discern the difference:
 - Why do you want this?
 - On a scale of 1-10 how much do you really want this? Why that number? What does it mean for you?
 - What about this vision excites you?
 - Close your eyes, where are you feeling this vision in your body?

Ensure whatever vision is being created is in alignment with client’s core values and priorities.

- Help client get clear about their core values and what is most important to them right now.
- If not clear about personal values, then values can end up being based on other’s or society’s values.

Give permission for true visioning and for breaking rules

- You want your coaching container to be a place where people can give themselves permission to vision in aligned ways.
- Permission giving questions:
 - What would you want to accomplish in life if I were absolutely positively certain you would do it?
 - What would you really want from life if I were absolutely, positively certain you would get it?
 - What are you scared of when it comes to giving yourself permission?

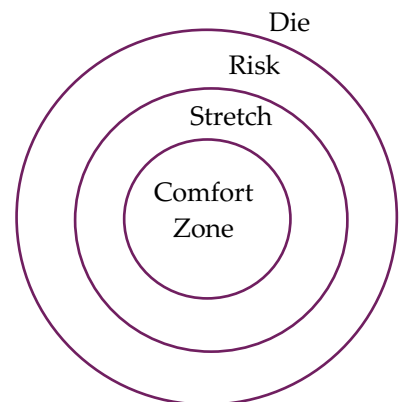
Think of aligned visions as products of the heart and not the mind. You can use visualization as a tool to help client connect with their heart.

Be thorough when co-creating a vision with a client

- Take all different aspects and pieces into consideration so the vision can be real and realistic
- Get into the details beyond simply the numbers

Make the vision a stretch

- Generally speaking, the best visions are a little bit out of client’s comfort zone
- When co-creating a vision want it to be suited to your client’s future self; to who they are becoming, what they are mastering, and who they’re evolving to be.
- When co-creating a vision or a goal with client, you want them to be in the zone of stretch or risk but not “I’d rather die than do that.”



Believe in the vision

- If you're having trouble believing in client's vision, there are a couple of places you can look:
 - Your own history, beliefs and habits?
 - Are there legitimate places you sense your client is setting themselves up for failure with this vision? Work with client to identify where this may be true.
- Helping your client to believe in the vision
 - What inner resources do you have to help you achieve this?
 - What outer resources do you have?
 - What have you already created that gives you evidence you can do this?
 - Who will you need to be in order to create this?
 - Are you willing to be that person? How do you know you can step into that person?

Support client to be excited about it.

- Excitement is an important ingredient for a vision to flourish and stick
- Questions you can ask:
 - What would be possible for you when you achieve this vision?
 - How will you feel when you achieve this vision?
 - Where in your body do you feel excited about this vision?

Know what season your client is in

(refer to Energetics of New Things worksheet for more on this element)

- If client is in summer or spring, they're in a good place to vision
- If they're in autumn or winter, they may need space before a big vision can emerge

Slow down

- Sometimes a vision doesn't come fully formed. Slowing down the exploration can give it space to come forward.

Be willing to reflect the truth

- If the vision sounds too small or based in fear, or doesn't feel aligned be willing to reflect this back to the client.

When Client is Resistant to Visioning

Manage your energy as the practitioner.

- If you freak out or get frustrated it will impact the client and exacerbate whatever they're feeling.

Normalize the resistance with the client

- **Explore the block** – *Questions to ask to uncover why they are resistant:*
 - What do you sense is in your way of being able to see this vision?
 - What are you scared of by leaning into this vision?
 - By not visioning this project, what are you avoiding?
 - What is it helping you to avoid?
 - What would be at risk for you if you were to open yourself up and create a vision here?
- **Move client out of mental level of learning and processing and into the heart, spirit, or body level of learning and processing.**
 - Lead the client through a visualization, imagining their future self.
 - Create a vision board.
 - Ask client to connect with Spirit. What does Spirit want you to know?

When client has too many ideas

- Often it can be related to the human fear of not being able to get to it all or having enough time to get it all done.
- Work the client on their priorities. Have them prioritize which one they want to do first.
- Can also look at should vs desire or ego vs desire.

At Home Work



This is a 2-session assignment:

If working with a partner, spend 30-40 minutes supporting partner to build out a bigger vision or goal. Then take remaining time to breakdown what you did, what worked, what didn't, etc.



Credit Assignment

Track yourself this week and notice the following each day:

- Do you allow yourself to vision what you want into the future, or do you cut yourself off from visioning?
- When you vision, do you spend time imagining the details of your vision?
- Do you take your visions seriously?