



# Sacred Depths Certification

## How to Create Strategies Resource Sheet

“Strategizing means co-creating a plan, a pathway of action, or a series of next steps to support your clients to execute and follow through on their Visions.”

### Strong Foundation

- New things require a strong foundation or a strong container
- What foundation or container does this project need? (For example, does client need to carve out time for this? If client has children, do they need to get childcare?)

### Every good strategy needs...

- A clear goal
- A due date for the goal (this can be renegotiated as needed)
- The guiding feeling – how does client want to execute this? What is a quality they want to bring with them in this process (e.g. sense of humor, curiosity, creativity)?
- Baby steps needed to reach goal
- Daily or weekly habits (this can be a part of the foundation piece)
  - When clients can blueprint like this, it helps them to pace themselves and helps things feel more doable and realistic
  - Creates a structure/plan the client can check-in on daily.
- Markers or celebrations that are built in

### Understand Natural Rhythms

- Consistent Doers – work best doing a little bit every day or a little bit every week
- Deep thinkers and processors – need a lot of space around everything they do
- Tipping pointer – need to marinate on something for a while and once clicks into place they can take action
- Sprinters - doers who need breaks; can do a lot in a week and then take a week off