

# COACHING GUIDE MODULE 2

## LESSON 1: YOUR INNER GPS

The three exercises in **Lesson 1: Your Inner GPS** will help you learn how to easily activate and accurately read your inner guidance system. This will be your first step in understanding not only what matters most to you, but which professional direction is the right one for you to take now.

Our inner guidance system is often referred to as our gut feeling or our intuition. It is the ability to know something without conscious or analytic reasoning. Some say it is the bridge between the conscious and un-conscious parts of our brains and acts like a sixth sense; others say our gut acts like a second brain. According to Dr. Judith Orloff MD, Assistant Clinical Professor of Psychiatry at UCLA and author of *Guide To Intuitive Health* and *The Empath's Survival Guide*, "Scientists believe intuition operates through the entire right side of our brain, the brain's hippocampus and through our gut. This is where it gets interesting for women. Women's corpus collosum, the connective white matter that connects our left and right brain hemispheres together, is thicker than men's. This more substantial brain super highway gives women better and faster abilities to access each hemisphere, further integrating our emotion and gut feelings with the more logical left hemisphere into our decision-making process. Basically, women's brains have superpowers and are actually optimized for rapid intuitive decision making. Women are also psychologically more in touch with their emotions (perhaps because they've been given more cultural permission to be this way) and are more likely to integrate hunches, and emotional 'hits' about people and logic. Because men have a thinner corpus collosum they are more compartmentalized in their thinking and less able to move back and forth from intuition to logic."

We begin with learning how to access our intuition to guide the way towards what's next without attention on what you *think* but instead, led by how you *feel*. Previous research has shown that when it comes to decision-making, going with our gut feelings usually makes for better outcomes than if we go on intellect alone.

Use a notebook or journal to complete the exercises below and keep them all together in one place so you can refer to them throughout the lessons and the entire series.

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## EXERCISE 1: CHECK YOUR INNER STATE

To get started, notice how you are *feeling*. Feelings are more commonly found by checking in with your heart versus your head. The insight you receive from your heart will help you discover the right road ahead for you to take next. Any road will take you somewhere but the *right* road meant only for you is where you can bring the best of who you are as you lead with your strengths and passions. It doesn't get any better than this, right?! Being more of you at your best, doing what you love and are good at? Priceless! So, how are you *feeling* about your work, job, or career at the moment? Be specific in describing your feeling. Are you deliriously happy? Sad? Frustrated? Bored? Cranky? Articulating the feeling you have towards something is a valuable tool and signal to help you pay attention to the *right* things and navigate successfully with less drama and chaos towards what's next.

**Step one:** Complete this sentence: I feel \_\_\_\_\_ when I think about my work-life right now.

Journal about what you mean by your answer in as much detail as you can. Your goal is to reveal to yourself the detail about what you are feeling. Don't analyze it or think too hard, just write stream of consciousness. Be curious and open minded about what you are writing. This exercise will help you explore and uncover what your heart is revealing to you. More exercises in more detail can be found in my book, *Your Next Bold Move for Women* in Chapter One.

**Step two:** Complete this sentence: The area of my work that I want to be different is \_\_\_\_\_.

Journal about what you mean by your answer in as much detail as you can. Be specific. Your goal again is to reveal to yourself what you are feeling. Don't analyze or think too hard; just write stream of consciousness. In order to create what's next, we need to know what we want now. Knowing what you want and don't want is a process that can be easy for some of us to articulate and take longer for others. Both time frames are common and depend on each of our ability to access our deepest wants and desires.

**STOP:** It is important to do this exercise before going on to the next exercise.

## EXERCISE 2: GIVE YOURSELF A TIME OUT

It's nearly impossible to create what's next from the place of our deepest desires when most of us are running fast every minute of every day. Many of us are stressed out and overwhelmed with the way we live our daily lives with too little time for ourselves. Somehow, we have convinced ourselves that our over-committed and overly stressful way of being in the world is an OK way to live. It may be familiar, but it is definitely not OK, not for our health or our overall well-being. In the United States, I believe 'being busy' has become a badge of honor and part of our culture. It has taken me years to shift this 'busy being busy' behavior for myself and have been pleasantly surprised at the benefits it has brought my life and hopefully, now yours.

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The best way to source our dreams and desires is to give our intuitive brain **white space** to activate itself in the right way. White space is often used as a tool to source creativity, identify opportunities, and move towards innovative ideas that one did not plan for or anticipate. White space is where unmet and unarticulated needs are revealed to create all sorts of new amazing opportunities. This way of being can work for us when we give ourselves a time out to pause and reflect, go for a walk, or just breathe deeply for a few moments — these are white space moments that give balance to our lives as a whole.

Giving yourself a time-out as an adult will give you a chance to quiet your mind so you can settle down within yourself to connect to what's most important before taking action. Time-outs act like a break from *doing* in order to *hear, sense, feel* and *know* what is really meant for you to *do* next. Figuring out what's next is fueled by on-going delicious and precious time-outs.

More detail about how you can successfully implement time-outs in your life can be found in my book, *Your Next Bold Move for Women* in Chapter Two.

1. Make a list in your journal of all the ways you currently take time-outs for yourself – only list the things you do that you love doing.
2. Make a second list of 2-3 ideas for time-outs that you would like to consider (big ones and little ones).
3. Journal about any ahas you have thus far about this topic and its relationship to you.

Note: Some time-out ideas to consider... sleep, nap, meditate, go on retreat, walk, journal, read, go for a drive, garden...anything that allows you to hear your inner voice speak to you.

Note to self: We can't create, manifest or be inspired when we are so busy being busy.

**STOP:** It is important to finish this exercise before going further.

### EXERCISE 3: LISTEN TO YOUR INTUITION

Now that you are aware of your feelings and you have hopefully started to create more white space into your life, it is time to really listen to the messages your heart wants to tell you. Heart messages are different than messages that come from our analyzing something with the logical side of our brain. Our thinking brain sometimes gets in the way of our listening to our heart, our gut, or our intuition. Many of us are oriented towards problem solving, analyzing a situation or trying to think through a problem as we look for solutions or explanations. However, our deepest knowing about anything comes from our heart not our head. Intuition has often been referred to as the language of the soul.

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We all have an inner guidance system and there are many different ways to access it. Some people's intuition speaks to them through images, others feel and sense things, and some hear an inner voice that gives them clear instructions to follow. We can begin to see more clearly what's next for us in our lives as we start to source our most inner desires from our inner guidance system.

1. Write in your journal, when or where does your intuition speak the loudest to you? Examples might include: in the shower, walking in the woods, playing music...
2. What do you think might be your primary mode of listening to your intuition? Do you hear? Feel? See? Write it down.
3. What recurring thoughts or persistent ideas have you been having about anything lately? If you are focusing on what's next for you professionally, answer the question thinking about that specifically.

More detail about how to learn to really deeply listen to your intuition can be found in my book, *Your Next Bold Move for Women* in Chapter Three.

**STOP:** It is important to finish this exercise before reading further.

## JOURNAL AND REFLECTIONS

These exercises are meant to work together synergistically to help you gain clarity and move towards what's next. Checking Your Inner State, Giving Yourself a Time-Out and Listening to Your Intuition requires regular on-going practice. Journal your answers to the questions below. Journaling is more about writing stream of consciousness versus getting it right or making it sound pretty. Journaling is a process that unearths curiosity and wonder within us. After completing all the exercises above...

What top 3 observations do you have?

How, when and what specifically will you practice?

What patterns, if any, do you notice?

What specific things resonated most or seem right on target for you? And why?

What resonated least or seems less relevant for you? And why?

What are your biggest ahas or take-aways?

What did you learn about yourself that delighted you most?

What are 1-2 next steps you will take with this information you now have?

## FOLLOW UP

Want more help understanding what this all means and how it relates to where you are or where you're going, reach out to me at Wendy Capland, [wcapland@visionquestconsulting.com](mailto:wcapland@visionquestconsulting.com) to schedule a one hour 1:1 Coaching Session. Investment-\$500.