

Personal Visions and Intuitive Practices: Navigating Challenges and Goals

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Quick recap

The team shared their visions, goals, and sustainability strategies, focusing on achieving balance and mindfulness in their pursuits. They also discussed the importance of tailoring coaching approaches to individual clients, integrating intuitive practices into professional work, and the value of iterative learning. Lastly, they addressed challenges such as financial loss, addiction, and maintaining motivation for long-term goals, offering support and encouragement to one another.

Summary

New Members Share Personal Goals and Accountability

Annie initiated a session with new members Judie, Delara, and Joe Bell, during which they shared their visions and goals. Judie's vision was to assist professional women in overcoming workplace challenges, while Delara's mission was to empower individuals experiencing medication side effects. Jo's vision was to build an executive coaching business while enjoying a kayaking lifestyle, and Nikola's was to become the best version of himself through mental fitness. The team also discussed holding each other accountable for their goals, with Jo aiming to make \$33,000 a month and Nikola targeting a \$10,000 monthly income.

Sustainability Goals and Financial Plans

Ca'ryna expressed her passion for sustainability and her dream of building a home and business in the mountains while working on a book proposal for Hay House. She and Annie agreed on a monthly income of 15K to support her goals. Will decided to rename his current phase as 'rejuvenation' and aimed to reach 7K, with Annie emphasizing the importance of balance between proactive effort and receptive openness to opportunities. Geeta shared her vision of becoming a full-time coach, empowering people, especially women going through menopause, while David aimed to earn 10K as a coach.

Expatriate Fathers' Coaching and Financial Mindfulness

David shared his mission to assist expatriate fathers in marriage crises through one-on-one coaching, to earn \$10,000 monthly. Annie led a discussion on the concept of money as consciousness and recommended the book "Love, Money, Money Loves You" by Sarah Macram to help reframe relationships with money. The group also shared their personal financial goals and strategies for sustainability, with Annie emphasizing the importance of mindful spending and saving.

Personal Visions and Mindfulness Exercise

Annie discussed setting and achieving personal visions with Delara and Arnie. Delara shared her vision related to hotels, while Arnie initially set a target of 10K a month but later revised it to a more realistic 5K with three clients. The team agreed to support each other in achieving their visions. Annie also addressed Arnie's feelings of discouragement and inadequacy due to recent client cancellations. She guided him through a mindfulness exercise and helped him identify the need to focus on transforming himself instead of others. As a result, Arnie decided to play his violin as a small step towards self-transformation.

Transitioning to Coaching and Setting Goals

Ramona expressed her intention to shift from counseling to coaching, aiming to help clients change their perspectives and find joy. Annie supported this transition, advising Ramona to address her inner game and limiting beliefs before starting her coaching practice. Annie also suggested a financial goal of earning \$10,000 per month through coaching within six months. Roger shared his experience in coaching, focusing on leadership and health and wellness for seniors. All three emphasized their dedication to guiding others toward self-improvement.

Exploring Coaching Businesses and Goals

Roger expressed excitement about building a coaching business for revenue generation, while Annie preferred helping people sustainably and suggested reclassifying her work. Sharif praised Evan's teaching, shared his project to provide a "Marriage MBA" for Muslim singles, and set financial goals of \$10,000 per month by year-end and \$50,000 per month the following year. Olga planned to host a webinar on fashion as she decided to focus on health coaching and fashion.

Holistic Health Coaching and Note-Taking

Annie presented a holistic vision of health coaching that encompasses various aspects of well-being, including physical, emotional, spiritual, and intellectual health. Olga appreciated this approach and shared her personal experiences. Ri introduced herself as a health coach focusing on note-taking for future generations, and she offered her services as a computer science expert to assist people with their note-taking systems. The conversation also included personal updates and reflections, such as Annie's new granddaughter and David's musings on love and emptiness.

Integrating Intuition for Business Success

Judie shared her struggle to integrate her professional background with her spiritual and intuitive practices, and her desire to help women develop their intuition for better business decisions. Annie, a love coach with psychic abilities, advised Judie to weave her intuitive practices into her coaching subtly and proportionately, tailored to each client's needs. Annie emphasized the importance of tailoring marketing messages to the ideal client and using various modalities, including legal and corporate experience, as well as energetic and intuitive work. The group also discussed the concept of iterative learning, with Jo sharing his insights on the value of starting with one's strengths and learning from small steps.

Laser Coaching Session for Financial Struggles

Annie proposed a laser coaching session to assist Roger, who was struggling with financial loss due to supporting his addicted son and his unemployment. Annie encouraged Roger to reframe his pursuit of quick money as creating value for people in exchange for value received and to align his thoughts and speech with his true desires and values. She also recommended a book and shared her mentor's advice to verbally encourage money to multiply when making purchases. Annie suggested that Roger could use lucid dreaming to create value and build a better future and highlighted the importance of seeing addiction as a symptom of unmet needs rather than a moral failing.

Maintaining Motivation for Long-Term Goals

Geeta shared her struggles with maintaining motivation for long-term goals, such as becoming a coach, in the face of past successes and failures. Annie, a successful coach and former IT consultant, shared her own journey and the challenges she faced. Annie emphasized the importance of self-belief and the value of coaching, encouraging the group to stay committed to their dreams despite fears and uncertainties. Her message resonated with the group, who expressed their gratitude for her insights and encouragement.

