

# Reinvent Day 2

## Handouts

[https://drive.google.com/drive/u/0/folders/1s4Jr1Uc5h\\_Eh1V6Yq8bs2NcN30XjgZpD](https://drive.google.com/drive/u/0/folders/1s4Jr1Uc5h_Eh1V6Yq8bs2NcN30XjgZpD)

## ChatGPT Prompt

“I’m visioning my next level, emergent career...” [INSERT SKILLS, KNOWLEDGE, EXPERIENCE]  
“Generate 10 novel, combinatorial, creative ideas for emergent potential careers, identities, businesses that combine my skills in unique ways, that are also viable in the market that I could reinvent myself as.”

## Quick recap

The group engaged in exercises focused on gratitude and self-reflection, including writing letters to past and future selves, which helped participants cultivate self-acceptance and personal growth. Annie and Eben facilitated discussions on coaching techniques, personal development, and the transformation of energy states, emphasizing the importance of congruence between current and future selves. The session concluded with participants exploring new career paths through creative exercises and identifying their unique future selves, while receiving guidance on validating and developing their professional identities.

## Summary

### Gratitude Letters and Personal Growth

The group discussed their experiences writing gratitude letters to past selves, with several participants noting a sense of lightness and freedom after completing the exercise. Annie emphasized that the purpose of the letters was to honor and appreciate past selves, explaining that this process releases mental energy previously spent on self-shaming. The discussion included insights about personal development as a spiral journey of differentiation and integration, with Annie

explaining that true intimacy comes from autonomous separation rather than codependency. The session concluded with instructions for participants to form new groups of three to share their gratitude letters with each other, with the goal of further integrating these insights into their personal development journey.

### **Gratitude and Self-Acceptance Meditation**

Annie led a guided meditation exercise where participants imagined meeting and hugging their past selves, emphasizing the importance of gratitude and self-acceptance. She then introduced a writing task where participants composed a gratitude letter from their future successful selves to their current selves, encouraging them to focus on personal growth and future achievements. Several participants shared their emotional experiences and letters, highlighting themes of self-acceptance, perseverance, and future success.

### **Embracing Reality for Personal Growth**

Annie led a session on personal growth and coaching, emphasizing the importance of accepting reality and working through internal resistance. She introduced the concept of "Mount Watso," encouraging participants to fully engage with their current circumstances before attempting to change them. Annie stressed that true transformation comes from accepting what is so and then finding ways to influence what comes next, rather than fighting against reality. She also discussed the importance of shifting feedback from shaming to inspiring, using Martin Luther King Jr.'s approach of enrolling others through positive reinforcement.

### **Manifestation Through Vision and Imagination**

Annie discussed the concept of creating one's reality through vision and imagination, emphasizing the power of having versus hoping. She explained that having energy, a grounded and congruent state, leads to manifestation, while hoping energy, characterized by disbelief and incongruence, precludes manifestation. Annie encouraged coaches to help clients generate specific details

of their desired futures, as this acts as a "bat signal" that attracts their future selves. She also shared personal anecdotes to illustrate the distinction between having and hoping energy, emphasizing the importance of coaches holding clients' visions until they can hold them themselves.

### **Transforming Hope into Having Energy**

Annie led a discussion on transforming "hoping" energy into "having" energy, emphasizing the importance of congruence between one's current and future selves. She shared techniques for visualizing success, such as anchoring desired outcomes to everyday actions and practicing self-care to shift one's relationship with reality. Annie also addressed questions about pricing coaching services and the value coaches bring to their clients, encouraging participants to develop a strong sense of self-worth and to draw from their own experiences to connect with potential clients.

### **Emergence in Personal Development**

Eben discussed the concept of emergence and how it applies to personal development. He explained that as individuals grow and learn, they build upon previous knowledge and experiences to create new, higher-order abilities and identities. Eben used various examples, including mathematical learning, language acquisition, and the development of emergent properties in ant colonies, to illustrate this concept. He encouraged the group to consider how they could combine their unique skills, knowledge, and experiences to create a new, transcendent role for themselves in the world.

### **Exploring New Career Pathways**

Eben led a creative exercise where participants brainstormed potential new career paths by combining their existing skills and experiences. He encouraged everyone to generate 5-10 unique ideas, both independently and with the help of AI tools like ChatGPT, before selecting one that felt promising. Several participants shared their creative concepts, including Sarah-Jane's "Wild Soul Path" coaching for women, Ilya's "holistic transformational architecture" for healing spaces, and

Catherine's "father's custody coaching" service. The exercise helped participants discover new career possibilities and gain clarity on their professional paths.

### **Discovering Your Unique Super Self**

The group explored their future selves and identified their unique super selves, with participants sharing their new identities and receiving feedback from the facilitators. Annie and Eben emphasized the importance of finding a calling that combines passion, market demand, and personal skills, while encouraging participants to share their new identities with others to gather feedback and validate their ideas. The session concluded with participants expressing gratitude and excitement for the journey ahead, as they prepare to dive deeper into coaching models and practices in the upcoming Virtual Coach program.