

**Coaching
Evolved**

Module 02

Deepen Your Learning



1. Make a list of 10 complaints in your life – things that just aren't going your way.

They don't have to be reasonable. This may include; a complaint about the weather, or even acts of God.

When you have your list of 10 complaints, compose a request that will address the complaint.

Then as many as possible on your list, actually follow through and make the request.

Remember – there are always three legitimate responses to your request: Yes, no or counter offer.

EXAMPLE

COMPLAINT

It's too cold to go out and exercise

REQUEST

Find a place to exercise that is in doors

RESPONSE TO REQUEST

I'll research some local gyms this week.

COMPLAINT	REQUEST	RESPONSE

WHEEL OF EMBODIMENT

Complete the Embodiment Wheel for yourself and for others.

DATE: _____

The Wheel of Embodiment was inspired by the Wheel of Life, created by Paul Meyer of the Success Motivation Institute. We use it as an assessment tool in the Transformational Embodiment Method as a way to measure, track, and deepen on your journey to embody the fullness of who you are.

