

## Carly coaching Client (14) transcript

**Coach (00:01):** Okay, so I just started the recording. Yes.

**Client (00:05):** The conf-, that's the confetti balloon I talked about last time that, you know, you can just grab it and then you have the confetti sticking all over. And that's the one when I will blow away, it will be in my kitchen floor. It will have confetti all around, all over the place, so.

**Coach (00:26):** (Crosstalk) That's beautiful confetti.

**Client (00:27):** I have one more left. I know, it's, it's, it's big and it's, it's nice, so.

**Coach (00:34):** And what a pretty color. It's not my idea of confetti, because in my mind, it was all colors. This is pink and purple?

**Client (00:41):** This is like the gold and pink.

**Coach (00:45):** Ah, so pretty. Wow.

**Client (00:47):** I think so.

**Coach (00:50):** And what did you do with it since we spoke last?

**Client (00:54):** What did I do, you know, one thing that I thought we, I, I was give my brain a little bit of time to rest, which I have done small steps to do that. I have, like Saturday afternoon, I allowed myself just to sit and watch series, you know, just to log out completely. And I didn't care about dinner, I didn't care. So, it's one to allow myself to rest and then limit my ambition on what, what I need to do, um. And just to limit how much I can do, if I can do a lot. But then I just had to limit, like I will not do anything right now. And that I think helped me a lot in getting myself into the mode where I am, I'm relaxed. I am, you know. And then the second day I slept well, which is very strange, but it's even as well allowed me to get a better sleeping habit, at least on Sunday. So, that made me reflect, you know, what is it that I resist all the time? What is it that keeps me away from doing this? Is it my ego? Is it my, my high ambition every time?

Or is it the point where to set, and this is something that I thought today about, like when good is good enough and I stop, you know, the ability to stop, and to say this is good enough. Because that will allow me as well to celebrate things. When it's not like I don't, I don't get anything done, you know, because I'm, I'm always like, it has to be better or it has to be in a better shape. So when is good, is good enough ah, to be, to be more, you know, the celebration or to create those confetti thing, and to be happy with them, rather than keep on being, you know, unsatisfied all the time, with at least my own deliverables.

**Coach (3:08)** Hmm.

**Client (3:10)** So, those are thoughts that came to my mind, you know, more like, okay, I have done those small things, but what, when can I say to myself, "This is good, good enough," and

## Carly coaching Client (14) transcript

stop? Even though I took the habit right now, every morning, you know, every time I go out of my bed, I say "I'm going to do my best. And that's, that's, you know, and I'm good enough." But then when is good, good enough? When should I qualify that I should not seek for, I should not let my brain trick me or my ambition trick me all the time, with the fact that where I don't feel like I'm achieving or I don't feel that I have done all what I could, and now it's time to just relax or to be creative in another way.

**Coach (04:09):** Mm-hmm. You, as usual, have done a lot of thinking and reflecting and I'm glad you had some good sleep.

**Client (04:17):** Yeah.

**Coach (04:18):** And uh also, I was actually wondering what you've done with the confetti as well?

**Client (04:26):** Exactly. The concept is like I spread them around, which I think it's, it's nice. I put them on the table, on the dining table because I think it's nice to have, and then you see glitter sometimes coming, you know, you see them. So, it's, it's the physical I think which helps me. It's more the physical visuals that will help me to remember yeah, it's fun, and it's nice and, you know, this always coming back to the, to remind myself that I'm responsible for my own confetti.

**Coach (05:07):** Hmm hmm. That is such a great saying, "I'm responsible for my own confetti."

**Coach (5:13)** So, when you talk about when good enough, when good is good enough, how does that relate to I'm responsible for my own confetti?

**Client (05:26):** I think it links, it links to the point where I allow myself to celebrate or allow myself to, to say that now it's time for more sparkle, for more, you know, like joy in what I'm doing, rather than keeping the, the pressure on the doing. And that's, that's why I have written as well, one more thing today, it's like allow myself to pass from the doing to the being. And I think in the being, I'm more into the joy of what I have done, I'm more into the ability to use those confetti, and rather than knowing I need confetti, but I don't get to use them, you know. So how can I pass that bridge? What kind of either, what does it, you know, why do we get stuck? And I think the doing to the being is as well being stuck in, in the not good enough. At least in my mind.

**Coach (06:42):** That's two great metaphors, the confetti and then the bridge from doing to being. What do you want to have by the end of this session that you don't have now?

**Client (06:59):** I think it's more the full into the doing which is, you know, you get into this loop, and to experience, how can I experience more the being. And get into that space where it allows me, um, for more creativity, for more space for myself, um, and to be present. I think, because right now, I noticed that when you work from home, you, you lose the presence because you don't disconnect. There is no, so it's like I'm on the kitchen table, you know, it's

## Carly coaching Client (14) transcript

like you are, you're in front of either your book or your PC all the time. And you don't put a stop, you know, it's like eight o'clock I go back again, or wherever. Like yesterday, when Alexander's birthday, I was so annoyed with myself, because when the, you know, when the moment we took away the stuff from the dining table, I went into and I had a call at eight o'clock already. And that was like why do you do this? And why do I, why don't I stop, and say that I shouldn't be doing this tonight, I should be sitting together with him and, and, you know, watch something. Maybe he doesn't need me to watch something with him. But at least I offer.

**Coach (08:29):** Mm-hmm.

**Client (08:30):** Um, that was a little bit, yeah, not, not what I really wanted to do.

**Coach (08:41):** So, your son's birthday was yesterday, and you went back to work or did something after the celebration, was that?

**Client (08:47):** That was yesterday. Yeah.

**Coach (08:49):** Uh-huh. How old was he?

**Client (08:54):** 13.

**Coach (08:55):** Oh my gosh, a teenager.

**Client (08:57):** Yes, exactly. Exactly. I am not sure he, I'm the brightest hero that he has right now. At least I'm present, you know? It's still um, I call it my "little philosopher." But he is a good person to talk to when he gives you the time.

**Coach (09:20):** Oh. You said you're not the brightest what?

**Client (09:24):** Hero for him.

**Coach (09:26):** Hero?

**Client (09:27):** You know there are so many things that are, you know, like you can't compete with, which is sad I think, you can't compete with the, all the computer games and all those things. It's very hard to compete with them. So, you have your, your, you know, the crack of time that you need to benefit from.

**Coach (09:50):** Uh-huh. And so, um, there's something there as well about the crack in time to be able to make the most of being in the present.

**Client (10:02):** Hmm.

**Coach (10:03):** Is that how you feel, or see it?

## Carly coaching Client (14) transcript

**Client (10:07):** Yeah. It's to use those moments where, instead of being too busy in the doing, you know, move into the being and, you know, just, just be present in the present moment, um, right now.

**Coach (10:29):** So even yesterday with Alexander's, his birthday, it seems like you were aware of when you were, had the moment with him, the presence, and then when you went out of presence with him and went present to something else. I just want to check if you call that presence "doing," and when you're with your son and family "being?"

**Client (10:54):** I think if I look at my presence right now, when I'm, when I'm present with them, you know, it's always, there is the wind with me, you know, it's as the work has been very blended right now at least. Like, if I sit, you know, I have my work stuff with me all the time, and then we talk and then we, but then I just shift directly and continue working. And then I, so, of course, I could be presence at work as well because that I think it's needed. So, I need this presence at my work to get the best out of it, and then, and I, I do the presence with them. But yesterday, I think I moved into the doing and then skip the time to be present with him at least.

**Coach (11:51):** So, this is such a fabulous, juicy conversation. And we're very conceptual, as well as, like, sometimes some grounded examples. Um, and you mentioned starting out with when good is good enough, and now we're going from the being, the doing to the being. What do you feel you need to talk about in order to get that? What are you actually seeking from understanding today?

**Client (12:26):** How can I set a limit for what I, you know, like limit for, for everything in a way, in everything, but how can I set, how can I learn or manage to set the limit, so I, because the time is limited, and you need to, we need to use it in the best way. Um, so how can I set that limit to myself and not to be carried away with my ambition and my, you know, my, my aim to always do better, or to, so how can I set that limit? And how can I be present more in, um, and don't be so taken by the doing? Because the doing is always going to be there. Like this morning, you know, I went in, I came from the gym, I went in and I said okay, why don't I start the laundry? And then I needed to work.

And then of course, the laundry takes time, and then I need to fix it, and then it's like, I was like why on earth did I want to do laundry on Friday morning? What did I, you know, and that's like, it an automatic thing, it's like okay, there is laundry, I fix it before and that's good, and then I move on, and, instead of allowing myself to have time a little bit before my first meeting. So, it's this continuous ambition to, as I'm at home, to fix multiple things, you know, it's like. And this may be passing to way I, I do this, and I do that, and I do that and then you end up in the doing instead of just don't allow yourself to do that.

**Coach (14:18):** As you're speaking, I have something that came to me. I want to ask you whether this resonates with you or not. It seems to me it might be about the decisions and choices that you're making in every moment and how consciously you're using your time, and what you're telling yourself about that relationship in that moment with time. What's your thought about that?

## Carly coaching Client (14) transcript

**Client (14:51):** I think that's very true because am I doing the right choices? Am I doing the right decision for the right moment that I'm in right now, or not? And this impulsiveness that I have, you know, just to jump into it without thinking. I think this is, it's like you just need the space between the doing, you know, you just need like a empty vacuum, just a space to allow, you know, like don't or think, is it the right moment or not to do that? Because of course I take those, all those choices, nobody pushes me to take them. But are they the right one? Or I go over-ambitious with my timing. I can do this, and I can do that, and I can do that, because otherwise I feel I haven't done all what I should do. And this is again, the high level of what I'm supposed to do, you know. And it feels heavy. You know, it's like when you were, it's like the, all your, the demands you put on yourself because nobody told me this morning to start the laundry machine.

**Coach (16:13):** Mm. When you said it feels heavy, I noticed your eyes rolled and your, you did something with your hands, what, was that?

**Client (16:21):** Just to allow to take more breathing, to allow more, more space to breathe.

**Coach (16:29):** Ah, that sounds like a theme we've had before is breathing, and.

**Client (16:34):** Yeah.

**Coach (16:35):** All of this has a flavor of things, different things we've talked about before in some way. But it's like today, so there's something about breathing, there's something about your choices and decisions. What else do you feel needs to be put out on the conversation here, before we start exploring more deeply?

**Client (16:58):** I think that the choices, the decisions are good. And then the maybe the comfort of the doing, you know, it's like the kind of addiction you get from the, you know, it gets you into certain, um, yeah, comfort of the doing. And the being requires more, maybe another type of thing. So, you know, it's like I have, like you have one comfort zone and then you have this zone where that is more to explore and to, um, like a free zone, where for you, and where maybe I'm not giving it that that type of enough, um, time or, or I don't know what to do with it, because I have not maybe explored it so much.

**Coach (17:51):** So, there's something about comfort of the doing that's something in here as well. Well, I think it feels like there's a lot here to work with, and we'll just see if we, where you get to, but if there's a direction you need to change while we're talking for the next 20, 30 minutes, please will you just let me know you need to change to a? Because there's a lot of things you've just put out here, which are all great to explore.

**Coach (18:19)** What do you feel you'd like to dive into deeper here now, in order for you to feel something different about how you relate to time or limits or choices? What is it for you?

**Client (18:36):** I think we start by how do I relate to time and choices, and those two elements. And then how, I don't always manage my time is, but how do I take my choices in relation to

## Carly coaching Client (14) transcript

how much I have? And, um, where can I find the balance of, um, the good is good enough and don't pressure for more?

**Coach (19:10):** And where does the comfort zone versus the free zone come into that?

**Client (19:19):** I think they go into my choices very much. Because this is where I think the comfort zone, it's like, you know, you go into the choices. What am I choosing here?

**Coach (19:38):** Would it be helpful to work through an example like, you said yesterday with your son's birthday? Or would you feel like there's something coming up or present today that you would like to maybe walk through this, or how?

**Client (19:55):** I will take the example of the things do at home, for example, how much, you know, you have, there is plenty to be done. And it's like sometimes I obsess about them, that they need to be all done, they need all to be fixed. You know, if it's the, I don't know, the hallway or, you know, the bags of the kids that they are thrown everywhere, you know, or you know, it's like there is plenty that, if I will look at it, you know, I, it has to be enough of this to be done to feel. But then you recognize the second day it's all over again, you know, it's like, it doesn't go away, it's, it's like you start from zero again. And when is that ability to take the, to take the decision that, okay, if my daughter did not fix her room, I'm not responsible for her room. I'm not going to fix it, even though it doesn't may be take so much, but it's, it's as well some add on to what I do, what I need to be, to be doing.

And, and then I put those, and why they are comfort, because like small wins, like they give me like a, you know, like a Like, or they give me something, you know, like, "Yeah, you've done this, this, this and this," and now, and then, and then I recognize that maybe 40 minutes have already passed in those small things, and I'm behind in something else that is more important. But I don't stop, you know, what does it, and this is a little bit about the choices, either I'm so poor in taking, in evaluating what am I going to do today? But it's, it's like automation, and putting more responsibility on myself that okay, all this needs to be in place before I start into my work, or.

**Coach (22:06):** What are you doing now to evaluate "What am I going to do today?"

**Client (22:15):** Um, which is something it has improved more, it's to, to focus on what I need to do, or what I need to deliver, at least in my work. I do it much more clearly, you know, much more clearly. Like I will do like okay, I will focus on this chunk of work, I will not take more meeting, I would not take more, you know anything else. So, it has been much more realistic, a calendar that I have put for myself from work perspective, because I know that I have important deliverable, and they need to be at a very good level, so I'm not going to play around with so many other things. So, I'm very cautious on this, and that allows me to say, "Okay, this is how I will spend my day." But then, then there is a crack of, okay, this needs to be fixed, or then the cracks comes and I start to do small other things. Then I lose time, obviously.

## Carly coaching Client (14) transcript

**Coach (23:23):** So, the crack seems to be a key concept that actually takes you out of what you were focused on and into something else.

**Coach (23:35):** I'm wondering seeing you said visuals, physical visuals, or something is really important for you, that's a very visual thing. How would you visualize when a crack occurs? What is that metaphorically?

**Client (23:57):** I think it's more the distraction that, to, to, to see it as a distraction, distraction as the, rather than this is where I need to focus, you know, this is, I use it, for example. I recognize that right now every mail you open, you do something about it, or you never open it. So, just to, just to not to, not to go into the mode of, you know, like start for multiple things. But then there are other things that get into my way sometimes and I get, you know, you get away, you know, you run around with it. Um, and you keep going, so I think the cracks, it's for me, it's something that I should stop being distracted in a way, and more, more focused on what I need to accomplish. And see it as a, as not as an added value, but as a minor value, you know. It's not adding to what I want to accomplish, it's. And maybe this is something to, to put the question, if it's going to add value to what I'm doing or not?

**Coach (25:17):** Mm, mm-hmm. That seems like a key that you've just, I heard your energy shift there, is this going to add value or not? Is this crack, is that what you call it? Is this distraction going to add value or not? And add value or not to who, besides you, or just you?

**Client (25:39):** I think it's either to me or to my job, to my, or to my kids, basically, you know, it's like in the different elements that I, uh.

**Client silent from 25:54 – 26: 12 [client silent, and coach silent]**

**Client (26:13)** Hmm.

**Coach (26:15):** What did you just write, may I ask?

**Client (26:18):** I just wrote the question: "Is it going to add value or not?" And then with the point about that will allow me to be more present, be more present, you know? So, I think as a result, it will give me the ability to be more present rather than filling, you know, just running around. And just be, you know, just sit still. I don't have any diagnosis on being, you know, hyperactive or something. But it's just like sometimes you feel like just moving, like let me do this one as well a little bit more. Let me do this. Let me call somebody, let me. Right now, I decided whenever I walk, I don't have earphones. I don't listen to anything, I just walk. I just be very mindful that this is time where I will walk. That's one thing I have learned, or I have picked up right now, just not to end up doing two things at the same time. You know, just think and walk. That's it or decide not to think.

**Coach (27:42):** [shared laugh] Good luck. Sorry.

**Client (27:43):** Yeah. I know, I know, I know.

## Carly coaching Client (14) transcript

**Coach (27:50):** I saw you smile.

**Client (27:53):** I, it's at least I have been trying to just be aware that I'm aware of what I'm aware of, you know. Just to, but, um, I think again to, how to get the brain to rest, it's a challenge.

**Coach (28:15):** That's, so I'm wondering now if that's actually the thing you're seeking is to give your brain a chall-, a, give your brain a break, give your brain a rest?

**Client (28:30):** Exactly.

**Coach (28:33):** Because as you're speaking, everything you're talking about to me is also doing. I mean, when you're walking, you're doing something, when you think, everything is doing, so I'm just noticing that you're nodding there. What, what is the finer distinction here about giving your brain a break that you're seeking, in your doing even?

**Client (29:00):** It's to rest again, maybe we spoke about it (yeah) last week, but it's the ability to rest, it's just, um. You're so right, it's like I'm in the doing all the time, but where is the being? You know, how does the being look like for me? I don't know. I can imagine it, that it's a time when I sit still. And I don't, I, you know, I don't know if watching movies is being, but it's, it just, what does it look like? How do I get into the point where oopf, I'm resting, you know?

**Client (29:46)** Because that's, that's for me hard. That's extremely difficult to get into this resting mode, and I don't know how to rest, if I may say it. I don't use my phone anymore long, you know, I don't want to use social media a lot. I'm tired of it. And I don't, I don't find it at all something that helps me to, because it spins more of my head around. It shows me how much I'm not doing enough in on LinkedIn, or how much I'm not doing, you know, it's like, I'm tired of that. Um, reading could be good. I don't have the patience for it those days. It's sad that I'm not into the, you know, I read when I need to read for work, or I get into that, but, um, I'm reading the Bible from the beginning. And that's, that I decided to start, because I've never read it. I don't know, I don't know how, what's in it. Never ever. So, this is something I'm doing. And I'm enjoying, and I said to myself, small thing, it's not going to be like, I'm going to read it all in one go. I'm just going to take, and that I feel, maybe there's something that will teach me how to be, stay committed and do it and take it one step at a time, because I want to reflect on what I read, rather I want to be to, I know the story. I know how it ends. But it's this, this ability at least to try something that I'm, it gives me like the moment to oh, yes, this is what does it mean, or something like that.

**Coach (31:51):** What a great example of you doing something that sounds intentional.

**Client (31:57):** Hmm.

**Coach (31:58):** What are the elements that you just described, that allow you to be choosing and mm. There's something about your presence as you're speaking about this. What are the



## Carly coaching Client (14) transcript

elements you're aware of that you just, you're engaged with, when you read the Bible right now?

**Client (32:23):** It's, one is the commitment to it. It's, it's more to find light in it, to find peace in it, to find, to know it more, you know, like the I want to know more, I want to know more about it. I want you know, there is so much goodness in it that I have maybe never explored. I know it by what I believe, but I don't know what is it really it is. So, it's going maybe to the source of things, and to allow the word to speak to me, rather than what I learned from outside to speak to me.

**Coach (33:09):** Hmm. What else?

**Client (33:13):** That's something like.

**Coach (33:14):** (Crosstalk) That's beautiful.

**Client (33:15):** Um, it's, I might have mentioned maybe the commitment allow me to be in the, the, the presence and allow me to, um, to be enlightened in one way or another. And it could be a source of, it's a source of energy that I found.

**Coach (33:44):** And when you are reading the Bible, what is the experience of your brain?

**Client (33:55):** Resting. Calm, calm and resting, and I'm not challenging my brain, I'm just getting in something that it's not like, as I said, it's the point sometimes when I read things, either I need to learn or I need to pick it up or whatever. This one is just that it's flowing in with no judgement about it. No, no, no intention about it. Nothing. It's just like I want to read it. I want it to assimilate that reading, but there is nothing that I must do in it.

**Coach (34:42):** So, there's something about the being. What about the whole thing you mentioned earlier about good enough, when is good enough, enough?

**Client (35:07):** It's to be, maybe with this one, it's to be satisfied with the little, with the small, you know, if it's two paragraph, it's one page, it's two pages, but it's more to be, to be content with the little that I'm going to learn about it today, or the little that I'm going to take from it today. So, more a, um, like awareness that's, that's, that's enough. It doesn't have to be more than that.

**Coach (35:50):** Mm-hmm. And how can you take that mindset into more parts of your day?

**Client (36:12):** Maybe it's to use the same, same approach that I'm taking with that, with like reading the Bible is just to take the same approach and apply it, you know, and apply it like without any extra, extra need to be, um, to be perfect or to attain something like, you know, just to, that it's good, you know, and to be happy with what I have done or prepared or whatever, and, and enjoy the little that the value that it gives, again, maybe into the value that it gives rather the amount or quantity that it's not.

## Carly coaching Client (14) transcript

**Coach (37:04):** Mm. And when you ah. So the Bible moment brings you some sort of rest, and you want to bring more of those into your day. What is the difference between, I don't know what my question is, between you working, and this Bible moment, for instance?

**Client (37:43):** Mm. I think I put more expectation on myself when I work, of course, I put more, I'm much more, I, I don't do it maybe with the joy that is the, that's the way I'm reading and I'm learning. Uhm, or I don't experience that joy enough, because it's like either I doubt myself, you know, it's not, this is not good, or I need to do more, or is it, it's not talking together. Um, on the other hand, I count a lot sometimes on my, um, that I have been in many instances, sometimes I don't need to be, um, you know, prepared to the dot, because I know the concept, I know what I'm doing. If I, if I'm in a meeting, I know how I lead those, I know how I drive it. Um, but I don't have the lightness that I'm in the Bible moment, it's more like I would let the flow to come as is, I don't need maybe to resist it, and to, to square it, to frame it. You know, I don't need, it's already what it is and I'm taking it. I think that's something that could be different.

**Coach (39:33):** You brought back resist, resist again. What's the learning there for you?

**Client (39:46):** Um, it's to release it, it's what we discussed last week, you know, like resist versus release, you know, just to release things rather than to resist to them, to hang onto them. Um, and to feel that, you know, to feel it like what am I doing? And this is something this week, I have been practicing more, like what am I doing? What am I really resisting here? What am I experiencing? So, it's, it's a lot of those questions coming into my mind, um, especially what am I resisting? It came a lot this week to, after we spoke about it last week, it's just like, what is it here? Um, and am I falling back in, you know, in the old patterns? Or how can I stay in what, what I need to do? Um, in a way, I'm proud of what I have done this week, but it's like this comfort of the doing that is like, it's an addiction where I feel like I don't want to, I want to get out of it. Because it doesn't, in the long run, it consumes you because it doesn't give the energy you want. But it's, if you don't balance this, of course we always need to do stuff, but we need to be balanced, rather than yeah, tipping the, the tipping point, where is it, or uh?

**Coach (41:29):** When you're in the Bible moment, what's your relationship with comfort?

**Client (41:44):** I think it's very calming. It's very, it's very, very present in that reading. It's very, you know, um I think I have a very, yeah, it's a calming, it's a calming, and it's like very much helping me to, as I say I have no expectation on it except that I'm going to read it. I have, you know, I haven't put on myself any expectation, just read, just, there is no like I should learn it, I should just like read it. I think that's the, um. And that's maybe something I put more when I need to read the, a book like a, I don't know, a leadership book or any of the books, then I have a lot of, you know, then I need to learn it, I need to capture that, that concept. I need to know how to use it later on, then it's it comes with other aspect in it. And maybe it's not that relaxing, at least for me uhm, or not yet. But it's, it's this, yeah, no expectation, no, no high demand on me or expectation.

## Carly coaching Client (14) transcript

**Coach (43:17):** Mm. Well, you brought a lot forward in this conversation, I want to check with you, what are you gained now about your understanding of choices and decisions and those cracks, and?

**Client (43:32):** I think I understand, I know what's the moment of rest maybe, I became more aware of the moment of rest, what does it look? And through that the example that I brought in. Um, and I know the choice that I, I intentionally took the choice of not having expectation on myself when I'm doing this, and then, and then it becomes, and then I find that moment of calm or rest or just be in that more and more, um. Contradictory to the point where, you know, you just run, run, run and then you're out of breath in that running, so of course, I could see it much clearer the true picture, what am I looking for? I think that came more obvious, the picture that I'm going to look for right now, and maybe try to see, to be more conscious of where is it, why is it not feeling like this? And to be maybe more mindful.

**Coach (44:45):** Hmm. That sounds like a good, you even had them in different hands, the two different pictures as you were speaking. So, what do you want to experiment with this next weeks?

**Client (45:03):** I think I will experiment more like, if I'm doing something, either I need, it has to feel good as well. It has to feel, or I shouldn't be doing it in this way. I need to turn around the way that either has to feel good, even though, you know, being, doing something at work or, you know, not putting, again, being clear on the expect-, you know, like what am I expecting from myself here in this, in this area? And then experiment, it has, you know, can it feel different? Can I do something differently? So, it feels different rather than pushing on, um, the, the very high expectation or pushing on, you know, and try it.

**Coach (46:07):** Mm. And what could be a visual aid to help you?

**Client (46:22):** I would like to use the Bible moment, is it the Bible moment, you know, write it down, is it a Bible moment or not? You know, that's, that's the, um, um. [client writing].

**Coach (46:54):** How many Bible moments would you like to be experiencing in a day?

**Client (47:02):** That's a hard question. Maybe two to start with, you know? Um, I don't know, I took a number that is maybe realistic, not many. And maybe I can test it, and I can try to be more conscious and mindful about it. And from there, explore, um, if it's working, you know, does it make me feel more at the, you know, like present, you know, in the being rather than in the doing all the time. Um.

**Coach (47:29):** Well, that sounds good. It sounds like you've got, you set yourself realistic expectation, which I think is something I've heard you talk about before is the perfection and now you're saying two.

**Client (48:04):** Two.

## Carly coaching Client (14) transcript

**Coach (48:05):** Is good enough.

**Client (48:06):** Yeah. Exactly.

**Coach (48:10):** That's great.

**Coach (48:12):** So, always know we explore many things, but what, how do you feel right now about the exploration you've done today?

**Client (48:23):** I like it, I like it with the fact that it's very, you know, it became very, as I said, very clear the picture what I'm looking for, it's like if I would say I have been lost, and there is a light that I found, like there is something and, and I can do it because at least I'm managing with it right now. So, I tested it and it's working, the fact that how can I make more of those moments happening with me today, and even though this moment can be 10 minutes, even though it can be, it doesn't, I'm not like going to go into like it has to be seven hours of this, but at least those escape right now will be much more of me a way to stay in the present and to say this is, this is the Bible moment for now. Let me, it's for 20 minutes, I will do that, or I think that I feel more not theoretical for me, you know, sometimes I come with things hard for me to make it. And this I feel very comfortable to do it.

**Coach (49:42):** Very nice. I see your lightness and smile there.

**Client (49:47):** Thank you.

**Coach (49:48):** How are you feeling about closing the session? Do you, or is there more that you need to say?

**Client (49:53):** I think it's no, I'm very, I'm very glad we, we took the path for it. And I feel yeah, we have completed what we wanted to discuss and what I want to reach for.

**Coach (50:11):** Thank you, how beautiful. Thank you for that exploration and for your willingness to explore the being and the doing. It's not an easy topic really to, to get into. And how beautiful you came up with something like a Bible moment.

**Client (50:30):** Thank you. Thank you, Carly.

**Coach (50:32):** Alright.

**Client (50:33):** I appreciate that.

**Coach (50:35):** Yeah.

**Client (50:36):** I appreciate that.

## **Carly coaching Client (14) transcript**

**Coach (50:37):** Thank you. Yes, I appreciate you, and this conversation. So, um, I will see you in two weeks, I think.

**Client (50:45):** Yeah.

**Coach (50:46):** Yeah.

**Client (50:46):** Yeah.

**Coach (50:47):** Alright.

**Client (50:48):** Wish you a very good time.

**Coach (50:49):** Thank you. You too, be well.

**Client (50:51):** Thank you, you too, bye bye.

**Coach (50:53):** Bye.