

Carly coaching Lisa #3

Coach: [00:00:00] Hi Lisa, we're being recorded now.

Client: OK great.

Coach: [00:00:03] So it's been a couple of weeks since we spoke. What's been happening for you?

Client: [00:00:09] Yeah. What has been happening. Been very busy. Had a lot of really fun things that I've gotten to do, like I told you about the baby. I'm just looking back. My mind just draws a blank sometimes when I feel on the spot I'm like wait a minute what did I do. I know I've been busy what have I been doing.

Coach: [00:00:32] Well that's okay. So let me ask a more specific question. You had some actions that you had from two weeks ago. I'm wondering whether you made any progress on those?

Client: That was so funny the two weeks ago actions. Yeah you know I have my notes here. You know what I don't even remember. I don't know if I've just been slipping if it's the Ibuprofen or I'm just trying to dodge something here.

Coach laughed.

Client: I wanted to be on purpose for uhm. You know what I can't remember, it's just gone out of my head. Let me check I did write some notes and I have been working on. You know it's really what the awareness I had after the last time we talked was just my whole fear of being of self-sabotaging or my concern about that was a form of self-sabotage. What's kind of making it hard for me it was just another layer of a kind of critical judgment I have of myself that it was another maybe another angle on my perfectionism just overthinking things. So maybe it's not even a bad thing that I can't remember what I've done the last two weeks because I've really been really been practicing being in the moment whatever moment I'm in. Just being in that moment and then doing the next thing there is to do. Not overthinking it. I mean the next thing to do might be making a list of things that I need to do. But then I have it on the list and I can go back to it when I know that there's time to address that particular thing which is scary.

Client: That's scary because I've always I realize what I want to talk about today is balance between control and planning. You know some balance between having things planned but not being controlling. I like having a routine and I think it's important but if the routine becomes obsessive if I have to if the routine gets disturbed and suddenly I'm lose my peace and serenity

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and I'm just in fear and crazy you know then that's obviously that's not good that's not a good balance for me. So I did find my notes here while we were talking.

Coach: [00:02:55] That's alright. I mean it's interesting that you want to talk about the balance between control and planning. And given that you can't recall from the last two weeks and that may be a good thing that you were in the flow.

Client: [00:03:08] Yes there was a good flow. I felt like there was a good flow. I did stress missing our meeting last week a little bit. Again, the critical part of me just says that's because you're avoiding you know you just want to avoid something. And it's like no it's not true, I'm not trying to avoid things but I might hit bumps. I might hit difficulties that just like messing up my you know my routine gets messed up but that's just another occasion to see uhm my reaction. To sort of be aware of how I respond to a change in my routine. How do I get back on track so I have a track. That's what I'm working on talking with you is a better understanding of what a track looks like for me you know how tracks work for me. How I work with you know and how I get off the track in order to and then practicing gentle ways of bringing myself back as opposed to kicking myself all over for 20 minutes first or something you know what I mean. It's like okay got off track. That doesn't mean anything except that you're off track.

Client: [00:04:08] What do you do to bring what I do to bring myself back. So I got off track with my writing three weeks ago. We talked about writing I was going to write. And boy did I come out of the chute for four or five days writing every single day it was great. And then something interrupted it and it was a week. And then I wrote again after we talked two weeks ago and didn't write again until this last Tuesday. So I could see why I got to look at why since I wasn't beating myself up for it at least in the last few days since that was my awareness from two weeks ago. I just could look at why I didn't write. What was it that prevented me. What was it I could I could I observe something about why I didn't write since our first piece was my being in the driver's seat. I'm the one getting to decide these things. So when I decide not to write because in any given day I know I'm not being held captive. No one's taken away all my writing instruments you know what I mean. I have access to the things that I need and I haven't over scheduled myself.

Client: [00:05:12] Well that's another issue I have over scheduled myself sometimes. So there is a behavior that might be avoidant behavior. Why would I be avoiding writing. The last time I wrote it was difficult to write. I'm writing my story. You know my story. I'm going back over things in the past some of which are just wonderful pleasant things and some are not. But every time I go and write about especially about the ones that weren't pleasant it's rich. I find out really some interesting things some really good things. Yeah. So but again there's always that pull for me to

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the routine and the routine means that I'm not in a sense there's nothing new I'm just getting it's like cruise control. You know I get to go on cruise control. So the minute I do something that messes up my cruise control I'm having that resistance where it's like oh you just you wrote and that messed up your cruise here. Now we're not I'm not going to write because I don't want to mess that up. I want to stay on the cruise. Yes so that funny balance in life you know pain and pleasure and all that.

Coach: Yeah, you have a lovely curiosity about these things and just even that self-inquiry is such a wonderful quality to have. And I want to ask you. Yes it's a wonderful quality and I want to draw on that self-inquiry because it's a strength of yours. Do you see that as a strength?

Client: Yes I haven't. I don't think I have because I think part of me associates it with curiosity killed the cat. There's some there's some fear around being too curious overdoing it and that was one of the things I got in touch with in my writing was to be to be exceptional to live an exceptional life like I see people living and I want what they want. that is to exposure is kind of big exposure. And I don't think that I associated that with some of what happened to me as a kid that wasn't good. You know there were I had negative experiences with being having these quality good qualities. I know you just you don't attract attention that's dangerous. So keep yourself keep yourself under wraps under control. The brighter you are you're the more dangerous it is for you. So anyway, yeah I mean that's a great awareness to have because anything I'm aware of I can accept and change.

Coach: [00:07:45] Yeah. You're an adult now [cross-talk] Yeah, you can choose to be curious. Look you've mentioned so many wonderful things and I'm going to ask for your help in getting me on track on the same track as you so that I know that you want something by the end of this session that will be something we both know that we're on the right track. So what is it that you've mentioned a number of things you know control and planning and how to get back on track and how tracks work for you and you've mentioned a lot of things. So now where you're at, what would be a great outcome for you to have by the end of call?

Client: Uhm, a great outcome for me. You know for me it's always more self-awareness. And so in the course of just even discussing these things to maybe have a goal another goal that I guess I want to keep the writing thing going. So it's that control and planning how do I don't know. I don't know. Almost feels like asking for the moon and it's not maybe appropriate to coaching is something like how do I get myself to how do I plan and how do I get myself to sit and write every day since, I know or do I need to write every day. Maybe that's what I need to discover in this conversation. Are there things that I think I need that I don't really need to do. I

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can do it once a week or what so what's a reasonable amount of time to do anything. How do you figure that out?

Coach: [00:09:18] Ok so self-inquiry and then awareness as to what's the right schedule for you for a number of things in your life and how to figure out what's right for you to write and anything else.

Client: That's great. I like that, right schedule for me, yeah. How do I figure that out.

Coach: [00:09:35] Okay. So shall we start trying to figure that out?

Client: Yes. Yes. Please.

Coach: Okay. So how do you know what's the right schedule for you now?

Client: [00:09:47] Well I have responsibilities obligations and I know some of my day some of my time has to go to fulfilling certain commitments that I've made. So I measure some of my day or some of my schedule is just those things.

Coach: Okay, so that sounds like one criteria by which you assess what your schedule is. Are there any others?

Client: You know what would be you know responsibilities are one. I think the next thing is investing in something future and making an investment of time or energy in this day for something that I aspire or hope to achieve.

Coach: [00:10:32] Okay. All right that sounds wonderful. So there's two, responsibilities and investing in something for the future. What else? What determines the right schedule for you?

Client: [00:10:43] Yeah I guess you know what I'm realizing recently is that it's much better. This is what I've been working on for a little just a little while. Because I used to have an attitude where I needed I thought you just accomplished something you just got it all done at once you know that crazy way where you think you're going to finish something. I mean you do finish things but so little you know plugging in daily something is better than trying to do something once every great while.

Client: [00:11:12] So I know there are just things that I'd like to get done I'd like to fold into the day. Projects. So I know running a running to do list has helped me. You know a running list of

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things that I might not get done today but are just things that I want on the list because when time opens up sometimes time will open up to do those things and I can just plug one of them in. Again that's about not having too much control but kind of letting the day flow too

Coach: Alright. And is the running to-do list different in responsibilities and investing in the future?

Client: I think so. In a way I mean it could be those responsibilities it could be any of those. It could be an aspiration it could be a responsibility that's on the running to-do list. It just usually is something that is not urgent but it's a long term maybe a more long-term project.

Coach [00:12:08] So is there anything else that you want to add to this as being part of what's the right schedule for you to consider?

Client: [00:12:14] I think for responsibilities I need to make sure one thing I've been working on is that part of what's responsible is that I'm on the list. Responsibilities that I'm also on that list.

Coach: Okay, so is that a subcategory of responsibilities?

Client: It kind of is for me because I think I need to be more self-conscious about it than I've been whereas it's automatic to just what do you need what do you need what do you need what you know what do I need to do for that person or this thing. It's not so much you know when I know I need to be walking or I need to be writing I want to be doing those things. Those are the things I'll push out.

Coach: [00:12:53] Okay. So I want to be just a little sort of provocative here and say I'm noticing that you're a subcategory of something rather than a full category. That's not wrong I'm just noticing if that's okay with you?

Client: A subcategory. Yeah that's not good. That doesn't go that's not consistent with what we talked about three weeks ago which was me being sort of in the driver's seat. I feel like I'm not in a driver as a subcategory I'm not getting the sense that I'm not in the driver's seat it's more that something else is driving. So I think you're right I need to think of that differently.

Coach: [00:13:34] Well you don't have to I mean I'm not saying you have I just made that observation that you are and I know that you want to make yourself you know it's your life you're in control of your life and you're in the driver's seat as you said. So where would you want to put yourself in your schedule if you're in the driver's seat?

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Client: [00:13:55] Yeah that's a really that's a really good question. I guess you know for me it was maybe it is just an incremental thing and I can accept that that I'm going to put myself on that list and that way. But I might decide I'm a subcategory but I'm at the top of the list. You know first things first it would be making sure I get that walk in the morning or do the writing first thing. There's certain things that I do do pretty well that are for me getting up in the morning early to pray and meditate is big. So I make sure I do that. And then maybe folding those other things that are me into the rest of the day. But yeah I guess I don't want to see it as all separate. There are even the responsibilities are about me so it's not black and white it's you know the responsibilities are how I feel better how I feel good about myself I take care of my responsibilities. That's a good thing and it makes me feel good. So kind of it's all about me. You know really I'm at the center of the whole thing.

Coach: [00:14:56] Yeah well that's a good realization. You're at the center.

Client: I'm at the center of all of it you know.

Coach: I mean as a creative person I know you're into the writing piece. But is there a way that you want to express that visually?

Client: [00:15:13] You know I just wrote it on the paper I kind of put me in me in the center going out God and me actually. And then just all these things outside of that. But that's a good place to start. I like that visual of me in the middle because it's especially me and God in the middle because just the idea that I am. There's just nothing there's nothing more important than just being in that center with myself. Everything else can follow. Everything else can emanate from that. But there's a center that's just me and that puts me in the driver's seat too. That kind of puts me in the in the center as the person making the choices that I'm making. So I like that.

Coach: [00:16:01] Good, sounds lovely. I get a sense of control in a good way. When you put yourself and God in the center.

Coach: How's this doing to getting you on track and being on track? How does this relate?

Client: [00:16:20] You know I think I mean part of being on track is just a way I guess it's a right thinking too it's a good attitude. So these things especially you know even this it like helps me with my attitude. So that when I approach anything that I'm doing or making any schedule for the day. And I've been working on that since we started talking I've been my schedule has changed. I'm planning differently than I was before. And I'm also trusting you know just trusting

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the process too just trusting that there's a balance between my being in control and what the universe brings me. And so I get to I mean I get to let go of what the universe's part is and just do what my part is. But you know so I don't I don't schedule 20 things in a day now I'm being much more careful not to schedule as many things or that when I do schedule something I look and see if there's time open you know down the road to work on that particular thing and leave some holes. Like that's what I'm working on right now is not filling every second and leaving some open space which is again another visual for me of that's how life is too. You know there's gaps there's downtime and there's on time and there's. So letting it be a mix instead of me just trying to control and pound my way through. Now I can leave space open and I'm not the one making anything happen anyway. So that just reflected hopefully in my schedule too.

Coach: [00:17:51] Well it sounds like you're actually describing your right schedule.

Client: [00:17:55] Yes. Yeah. Maybe so. Yeah.

Coach: [00:17:57] It has holes and spaces. It's not over schedule. There's places for things to happen.

Client: Yes.

Coach: Unexpected.

Client: Right. And it's okay if something interrupts that too. I mean I haven't been doing this very long the law practice part of my life anyway. And there's room for things to happen if you have an emergency or something comes up you can call people you reschedule things. It's all I can't get in a concrete mood where it's like this somehow in concrete and somehow it's all on me to make sure it all happens. No that's crazy thinking. This is just the flow of life happening and now I'm folding into the flow of life. My writing folding into the flow of life. My law practice and me and God at the center and it just flows. There and there can be a flow and that doesn't mean there won't be bumps that I hit. But I have a sense that everybody hits bumps. You know everybody has those kind of difficulties and if I can be honest and ask for help and reach out say yeah this is I can't make it I can't I have to change this. That's it that helps too.

Coach: [00:19:09] So it seems flexibility is an important part of your schedule.

Client: Yep

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Coach: Actually I'm wondering whether when you think about your schedule in terms of you mentioned like things changing and being open and realizing that nothing is really concrete as it can be. What would help you to keep your peace in amongst the change that happens naturally happens in life?

[00:19:40] Keep peace. What would help me keep peace huh that's interesting. You know I've been working on that as far as that what I said about investing in future things is that I kind of need that to keep pulling me along. I feel like my pace is balanced and helped. A good a good pace is helped by future investment in future things you know future things that things that I want to see happen in the future somehow.

Client: [00:20:18] So reaching beyond whatever is going on right now. What can I do better. What can I how can I grow in this area. What things can I be learning that will make me more effective or I could have more fun at it. And I'm always like about the curiosity I mean there's just always threads I feel like I'm picking up whether it's how to do something about decorating my house or you know knitting I like to knit. So a new project to knit. Just weaving those things in too because again it's sort of like adding seasoning to a day you know is to have time to write or to have time to knit. To make those times because I know you probably know the sympathetic and parasympathetic parts of us that you know you need you need them both to one to be on the other to be off there has to be this flow back and forth that it's not just rigid.

Client: [00:21:08] So the flexibility and the pace yeah I don't know that answers it I'm not sure. I think you know I do need the spaces those spaces help a lot if I make a little bit of space in-between things that are going on and not have everything blocked up. And then there's a good that is a good pace and I am seeing more of my schedule going out. Though you know one issue I was having and I might have brought this up at the beginning is now that I'm networking with people and you have all these people that you're supposed to be having supposed to be but it seems like the practice is to have lunch with people and go out for coffee with people. And you know I have 20 people not that many but a bunch a bunch of people that are now coming through the pipe as far as opportunities. How do you how do you keep all that going. If it's just if you just pick certain people or people just kind of come and go you see them once every six months and then you see them again in six months. So I was going to ask a couple of women that I know that are in business you know they do that kind of thing what do they do to keep the pace of their networking going without you know making just a click of people that they hang around with. Keeping it open to new people but you know maintaining the relationships that you have with your other, your older friends and acquaintances.

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Coach: [00:22:38] Well I wonder where this fits into your categories so far? You've got responsibilities, investing in something future, the to-do list, the you. Where does it fit or does it fit in a different category?

Client: The networking?

Coach: Yeah hmm hmm.

Client: [00:22:55] You know I think it's part of the future. That's again that's where I'm that's where I'm maintaining connections for either helping somebody in the future or having them help me in the future. It's a great way, it's a great source resource either for business or for I mean all kinds of things. I just see people when they get together when people are in touch with each other they just solve problems better as a group collectively than they solve them on their own. I don't think anything gets done really really on your own. It's always in collaboration or somebody is picking up a part of it. I mean you're passing on something you're picking up something so I guess it's future. That's part of the future so folding that and maybe it is just a matter of just okay I have this I have an opening on Friday you know to see somebody plug in whoever was the most recent person I talked to. It could be that simple. I tend to overcomplicate things.

Coach: [00:23:52] Well we're talking very conceptually and it seems like it's pretty simple what you've created so far.

Client: Yes I hope so.

Coach: Well I'm wondering whether I mean because when I asked you about where it fits you saw it as being invested into something in the future which is one of your so far it's only three categories that you've got. Which sounds like it keeps it pretty simple for you.

Client: Yes. I think that's good. I mean honestly I since I tend to complicate things simple is really good when you say simple that's like bingo for me. You know that would be an aspiration of mine is to keep things simple.

Coach: [00:24:32] Okay. So how would you like to recall and remember that you want to keep things simple as you go about creating your schedule?

Client: [00:24:43] That's a good question I don't know. If that were just the sort of top of mind for me from our conversations to write. That first meeting we had the first session we had and then

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the next session it was the self sabotage and what that's about you know as far as letting myself loose you know not being so judgmental or critical. With simple I mean that's a great piece to add is just I don't have to you know to self sabotage I let go of whatever judgment I have about what I'm doing and just have awareness instead of whatever it is I'm doing and then decide because I'm in the driver's seat to make the change that I would like to see happen. So this is perfect for me this is you know from the moment I probably started speaking to you one of my aspirations would have been to keep things simple. Find a way to keep it simple. And just bring myself down to a place where there really isn't any you know there's not problems there's solutions. So whatever problem I have it's just a matter of bringing my awareness to it and practicing certain things to you know the to do list the responsibilities.

Client: [00:25:56] I mean you helped me to you've helped me to organize this in my mind. How I orient to my day where I am in that day and then where how I will keep it simple to just accomplish you know whatever. But mostly I'm not trying to accomplish anything more than just being my day. Like that's my highest aspiration is to be wherever I am when I'm there. To be of service when I'm being of service. To be writing when I'm writing you know to be. And then when I'm making a schedule to be to keep it simple because that's what's going to give me the most peace us just have it simple. It's an antidote. It's actually an antidote to my overcomplicating things which I think I've done for many years. You know maybe my entire life until recently did I start taking stock and start practicing feeling like I was enough in the driver's seat and just started practicing taking responsibility yeah.

Coach: [00:26:56] Well lovely. I mean again you mentioned at the beginning how do I get on track or what tracks how they work for me. Do you have some more ideas now of how they work for you?

Client: I do absolutely yeah.

Coach: So what are they in terms of what would you like to do with those in terms of grounding them into maybe actions. Is that appropriate for you to do?

[00:27:22] I think so. I mean I like the idea that I would just I would just because I think what's happened too over a few weeks is that I'm more realistic about what I what I can and can't do. I've let go of some superhuman aspirations that I had or the illusions that I had. And so I'm back in this in this space where just whatever I get up to do I can just do it just that day. I just I'm just going to work through what comes my way today. What is on the schedule for today and as I look ahead you know I have a few different areas of my life that I'm managing or are in charge

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of so you know don't over schedule it. So simple would look like don't over schedule make time for schedule time for me.

Client: [00:28:15] And I'm writing these down don't over schedule, schedule time for me. I mean maybe that's enough.

Coach: [00:28:24] So you're not over scheduling even in your actions.

Client: Yeah.

Coach: [00:28:29] That's good.

Client: That's a good sign.

Coach: That's funny. I just moved my chair and it hit my buttons on my phone and you probably heard it, it went beep beep like applause or something I guess I don't know. That was funny. Oh my gosh.

[crosstalk]

Coach: Yeah sorry, go on. You love that?

Client. That's great. Yes.

Coach: You mentioned again I just want to check the balance between control and planning and what's the right schedule for you. So how are we doing towards that focus?

Client: [00:29:13] The balance between control and planning. Great. I mean simple is the antidote to control too. For me I mean simple is not control. Control always looks like a lot of you know spreadsheets and graphs and you know for something that doesn't require that. So I think that simple is an antidote for that. And then planning just again it's loose. I'm holding that loosely. There's not. There's you know there's planning but you never know what a day is going to be and you don't know what's going to happen. And so you plan but you don't yeah go on and on about it. So yeah I think that works right back. The simple schedule works right back to the balance between control and planning. Leaving open space. Keeping it simple.

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Coach: And the other thing you mention was your aspiration to be in my day. So how how if anything does that fit into what you've already said about you know don't overschedule and schedule time for me?

Client: [00:30:21] Well don't you know over scheduling was a way to force myself out of my day. When I over schedule myself this is what I got to observe over the last few weeks through our conversations and my higher level of awareness. What I got to watch was how I over scheduled as a way of shoving myself out of my day because as soon as I was over scheduled I was at the mercy of the schedule. It wasn't me. I made myself at the mercy of a schedule because I'm running running running from thing to thing to thing. And there was not any space in between. There was you know then there was the stress because if you're over scheduled you don't schedule even that time that you need to get from one place to another often. And then there's going to be late and all of that. Not being prepared for a meeting. I don't like that either I have to schedule be aware that I need time to be prepared. So but now that schedule is really good because it will make me on purpose. You know it'll give me a thing to to be prepared for and then have that time that I can be doing that. So in my day I'm in my day when I'm not over scheduled then when I'm putting myself in the day with things that I know are good for me. Putting myself in the middle or on the top of that list you know. Making sure I walk or get outside or do my knitting or whatever it is that's part of writing that's you know I want to be and all of it. But yeah that's a long answer to that question.

Coach: [00:31:47] So one of the things that seems to be a wonderful awareness you've had is that over scheduling takes you out of being in your day.

Client: Yes. Yeah

Coach: And what a lovely again one of the things you said right at the beginning and you write in your intake questionnaire is you wanted to get a clearer picture of your strengths as well as your weaknesses. I see a really big strength of your self-awareness and the ability to have some self-inquiry and some curiosity. And if you don't see that as a strength I highly encourage you to own it as a beautiful strength that you can draw on.

Client: [00:32:21] Yes. Thank you. I think I'm seeing that more now how it can be. I think it was. I don't want to see it tortured me but because I turned it to introspection it can be without some aspiration outside of. It can't just be a means it can't be its own end to self awareness. I think it has to be a tool or something that you use. So now that I can use it for something for myself for a more peaceful simple life that self awareness that kind of tormented me now becomes something that's fruitful and helpful.

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Coach: [00:32:55] Yeah.

Coach: [00:32:56] Well you also mentioned another piece for you is it's not just self-awareness but it's self-awareness toward an aspiration. Or somehow they're tied together for you, which is lovely.

Coach: Well we're almost here at the end and I'm just wondering if there's anything else you need in terms of support or resources in order to follow through on your commitments this week?

Client: [00:33:22] I don't think so I think this is. I took some notes. I think I have a clear idea. This is a fabulous.

Coach: Wonderful. Well I wanted you to sort of to have the last word here. And is there anything that you feel has really brought awareness to you today?

Client: [00:33:39] Just the conversation is so helpful and your questions. Just the questions that you ask. Your skill at bringing this back to me to my to making this about me. In terms of my thoughts. It's very I really appreciate that. It's just again if I'm talking about self-responsibility and being in the driver's seat. Nothing better than take somebody making you take the wheel over and over again you know. Being willing to drive that down that road where you don't you know I don't see exactly all the time where I'm going but I just appreciate that skill you have that you're willing to share it.

Coach: [00:34:19] Well wonderful. I'm really happy to keep reminding you that you are in the driver's seat. Because that's really, that's the power place.

Client: That's the whole point yes. [crosstalk]

Coach: It is the whole point. And you love that you put yourself in the middle of the circle that's the driver's seat as well.

Client: [00:34:33] Yes.

Coach: [00:34:36] Great. Well I will shut the recording off and then we'll schedule our next session.

Client: Okay great.