

Carly coaching Lisa 4

Carly: [00:01](#) Hi Lisa.

Lisa: [00:02](#) Hi.

Carly: [00:04](#) So, you were about to say something.

Lisa: [00:07](#) No, no. I was just apologizing for being not on time. I try to be right on time. That's my goal, and I don't want to be crazy about it, but it's just ... They say if you're on time, you're late. If you're early, you're on time. If you're on time you're late. If you're late, you're really late. So I'm running a little late today actually, I think on all my commitments. It's part of life.

Carly: [00:33](#) Yeah. Being on time, seems like time is on your mind.

Lisa: [00:40](#) Time is on my mind, I think because of my ... It's being in the driver seat again. Again, it's funny. We had a lady share at Toast Masters yesterday this idea balance is an illusion. She said just go with the extremes. Go to one extreme, go to the other extreme and see what you learn. That's the idea is the lesson that you learn. I was thinking, first I was offended because basically that was politically incorrect. That's just not the mantra these days. Everything is balance and find the balance. So I had to get over my initial reaction, and then just mull it over and think, well what's the merit and what are you suggesting here? I could see some. I could see a little bit of ... I could see it. I wasn't resistant to it.

Lisa: [01:26](#) I thought, yeah, that is sort of the reality. The world, as it is, is being pushed and pulled and trying to pull yourself back to a center place, but often I find myself veering right and left. So I don't know. Time is an issue. I know. Maybe I'm challenged. I have a son that he really has no sense of time at all. You always wonder where your kids get stuff from. I've always prided myself on being punctual and on time, but I think what's happened lately is it's difficult for me to schedule myself with enough time between time. We talked about that before. Enough time between time to make sure I'm not scheduling ... I don't have to magically appear. I don't have to bilocate and be in two places at once.

Carly: [02:19](#) Right. Yes. Lisa, I hear the balance thing. I know that's an overall goal for our coaching that you want and it keeps coming up again.

Lisa: [02:27](#) Yeah.

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- Carly: [02:28](#) It seems like you've got some new input, so that's one whole area I'm experience you ... In the question of, again, what is balance, and even if balance is possible.
- Lisa: [02:41](#) Mm-hmm (affirmative) right.
- Carly: [02:43](#) Then the whole thing of how do you marry balance and time, and being on time and scheduling yourself effectively so that it creates balance in your life.
- Lisa: [02:55](#) Right.
- Carly: [02:55](#) Is that putting words into your mouth, or is that true?
- Lisa: [02:57](#) No, no, that's great. Working for myself, I want to be my own boss in a good way. I was conditioned, I think, and I'm a compliant person in a lot of ways. Or maybe I'm just a person that likes to be told what to do because then I don't have to take responsibility. That's been my ... and I liked working for other people because then I had that structure in place for me. So it's a challenge right now being my own boss and having to figure out where to put my time and be in my time, and what things to put where, all that.
- Carly: [03:40](#) Did you have the feeling of balance when you were an employee for someone else?
- Lisa: [03:44](#) No. No, not really. I had an illusion of security maybe, and maybe less self awareness to know that really I was looking for the challenge of being my own boss or do my own thing, but maybe fear kept me. I'd say it was probably more fear that kept me wanting to be in a place where I was just ... what was expected of me was just laid out for me and I would do it. Yeah. I still had choices to make, even with that, that gave me anxiety, so that wasn't the issue, whether I was deciding or not. So now it's just a matter of being responsible, like we talked about last time, balancing responsibility with goals and things.
- Carly: [04:34](#) Yeah, so where did you get to with your actions?
- Lisa: [04:38](#) With my actions this week? Well, where did I get to? I don't know. What were my actions-
- Carly: [04:48](#) Don't over schedule was one of them I had written down.
- Lisa: [04:51](#) Don't over schedule. I think before I had talked to you, after I'd already over scheduled this week. So I didn't schedule more

than I already had. I was conscious of the fact that I could have piled more on. So I did ... Having that in my mind, I resisted the temptation to pile, because that's still where I want to go. That's sort of a default, just where can I fit it in. You know what? I gotta take that back. I went to see a client. I squeezed a client in one day and it really wasn't a good fit. I was trying to hard to make sure I got something done. So it was a good experience for finding out that doesn't really work.

- Lisa: [05:39](#) Even the client said ... When I told her I showed up there, she said, "I have to get my friend to a class at 2:00." That was my opening. I said hello. I greeted her and everything, but I decided, before we sat down, I needed to tell her because she tends to want to talk, and I like to listen. I said, as we sat down, "I'm going to have to get ... I have to leave in an half an hour. I have to get my son to a class." She was okay with that. She's like, "Oh, you don't have that much time. But it was something very brief that we were going to do. It was something short.
- Lisa: [06:13](#) Well, I thought it was something short. That's the other thing. It turned out to be ... I thought it was a couple, few page document we needed to work on. Well, it was probably 20 pages of documents that were duplicates for different accounts that she had, and she had to sign maybe 10 places on these documents. So I definitely saw the danger of over scheduling there, and not giving myself enough time. I did get to my ... We were late getting to the class, so I don't think I needed to do that now that I'm talking to you about it. I don't think I needed to put her in that slot. There was no immediate deadline. It really was me just trying to prove to myself and to her that I was on top of this and going to help her take care of something.
- Lisa: [06:57](#) She called me on Monday, can you help me with this. I ended up going on Wednesday, and it really was too tight.
- Carly: [07:06](#) When you scheduled yourself, do you feel like you have the right to unschedule yourself?
- Lisa: [07:12](#) Maybe that's part of it. I don't know if I do. I'm definitely noticing in this process how much I'm driven by external things, just external. There's more pressure outside that I experience than ... what do they say, Newton's Law? You've got to meet a force ... what is it? equal and opposite forces. They kind of cancel each other out. I feel like there's not enough force internally to resist the pressure that I experience externally to do these things. It really isn't probably either external or internal. It's all internal. I'm creating this world, in a sense, what I choose to do, put on my plate, be involved in.

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Lisa: [07:55](#) So yeah, there's two conflicting things there I need to work on.

Carly: [08:02](#) How do you name those two conflicting things?

Lisa: [08:06](#) Well, I just said external and internal, and then I realized no, I think it's an internal struggle. The struggle is expectations of myself and realistic ability, what my actual ability is.

Carly: [08:27](#) Right. So that ... now you're naming the two things as internal forces expectations versus realistic ability.

Lisa: [08:34](#) Right.

Carly: [08:35](#) Yeah, so would you like to focus on this for our session today?

Lisa: [08:40](#) I think that would be great. Yeah.

Carly: [08:42](#) Okay. Alright. So what would you want to have some insight about by the end of this session?

Lisa: [08:51](#) I would like to have insight about how I might address my ... I guess it's a reaction. Not being reactive. Maybe get some more insight and undo this some kind of pattern. It's a bad habit, so maybe it's just a bad habit I'm ... I need to identify the bad habit and choose a different habit, start practicing a new habit. You've been helping me so much with awareness, and that's a step. Then acceptance, I feel like I've accepted my bad habit. I watched it happen this week. I accept it, that that's what I do. I'm not beating myself up for it. That's big. I just got to observe it and see the effect of it.

Lisa: [09:39](#) So I don't want to go into denial about it and pretend it's not happening. So the next step would be action, some kind of action where I get to replace the bad habit with a good habit. What would that look like? You can help me with that.

Carly: [09:52](#) Okay. That sounds clear to me. Your reaction, identify the habit, bad habit in your word, and maybe come up with a good habit that you can actually tangibly take action on.

Lisa: [10:05](#) Yes.

Carly: [10:07](#) Is there anything else?

Lisa: [10:09](#) No, I think that's plenty.

Carly: [10:11](#) Okay.

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Lisa: [10:11](#) That's feels like a good amount.

Carly: [10:12](#) Good. Well I hear your energy. Again, you have a lot of passion and energy that comes through, but I feel like there was just a little more clarity in your energy that came through just then when you said this.

Lisa: [10:23](#) Yes.

Lisa: [10:25](#) Yes, I definitely felt like I latched on to something and I'm grateful. I feel that gratitude and that sense of hope that I won't just have to keep repeating the same pattern, like sticking you finger in the fire and getting burned. It's unpleasant. I don't want to keep doing that. I mean, you can pull ... I pull my finger out. I do seem to manage to pull my hand out of that fire, but gosh, if I don't have to fall in that hole or put my hand in, I really prefer that.

Carly: [10:53](#) I would prefer that for you as well.

Lisa: [10:55](#) Yes, thank you. I'm looking for people that-

Carly: [10:58](#) I don't [inaudible 00:10:58].

Lisa: [10:59](#) That's right. Absolutely not. Who wants to be a party to that?

Carly: [11:05](#) Well how would you go about discovering and identifying a bad habit?

Lisa: [11:11](#) Oh, just the way we've been doing it, I guess, by the pain that the bad habit seems to cause.

Carly: [11:18](#) Okay.

Lisa: [11:19](#) Yeah, the difficulty, the discomfort of not having the time to give to someone. I guess that's what I'm looking at now. I need to do something with my time, probably be more realistic about how much time I have. I think I've been pretending I have more time than I have. You can pretend, but then the consequences come home. That discomfort or pain is the motivator for me to do something different.

Carly: [11:52](#) Okay. So you're in touch with the pain of over scheduling. We're back, I think, to what you said earlier.

Lisa: [12:01](#) Right.

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- Carly: [12:01](#) Does it feel like it's related, the habit of over scheduling is a good habit or a bad habit, or something else?
- Lisa: [12:08](#) No, it's definitely ... over scheduling is a bad habit, and having too much on my plate is a bad habit. It's not a habit at this point because it's fairly new that I think that I've been loading myself up. Well, maybe it's not, when I think about it just with something different I loaded my plate with before. So I have different things I'm putting on my plate now, and the pain ... What it is, you just pick your pain because it's going to be painful to let go of something. We talked about that, I think, a few weeks ago too, that I might have to let go of somethings, and not get to do everything I want to do, but just pick some things I want to do and do them well.
- Lisa: [12:44](#) I think I've been settling for doing a lot of things not so well, and maybe I want to pair it down and feel comfortable with how well I'm doing those things, or else accept that I'm doing a lot of things and just stretch it out a little bit, and be realistic about the time that it takes to do what's right in front of me.
- Carly: [13:05](#) Okay. It's funny, what you said at the beginning about the woman who had the idea about going to the extremes with balance, that there's no such thing as try something and go to the extreme and go to the other extreme.
- Lisa: [13:20](#) Yeah.
- Carly: [13:21](#) I don't know why, but it came up to me to just say that and wonder if there's any value in being extreme in this case and trying something very different than you have before.
- Lisa: [13:34](#) For me, probably. That's probably I entertained what she said. I've been in a ... I perceive myself recently as having ... being inclined to have a straight jacket. I put a straight jacket on myself and that may be the over scheduling too, that if I ... I don't trust myself not to do that or I don't trust myself not to be kind of constrained. Yesterday, here's what I did yesterday. I felt like I was running and I had more to do, and I decided to act opposite and sit and watch a TV show with my son for an hour, just sit there, which was counterintuitive because I had all this stuff I needed to do and be prepared to do something else. It was just my head was spinning and running, and I thought no I want to just sit and not think about any of that for a few minutes, just for a little while.

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- Lisa: [14:18](#) It's sort of like taking the straight jacket off for that moment. It felt good. That was a good thing to schedule. I didn't schedule it, but just to let happen. So, for me, that's an extreme. In a way, that's kind of an extreme, to go and do nothing. That's not right. I really know that's a part of being a healthy person is having times when you do nothing.
- Carly: [14:44](#) Well, it didn't sound like you did nothing. You just chose to have the space and time to sit and watch. So you did something, but it wasn't what you had planned.
- Lisa: [14:53](#) Right, there we go. Yeah. Or what I thought I needed or had to get done.
- Carly: [15:00](#) So what might be one habit that might be a good one for you to try?
- Lisa: [15:13](#) What would be a good habit? That's what I'm not sure. I'm not sure. I think ... I have some projects that I need some blocks of time, and I tend to snatch time here and there because I'm just having to raise six kids. You just sort of pick. I didn't schedule my kids. So I never had, okay this is nap time, this is ... It was pretty much chaos. That never left time, so I think I just transferred that into my professional life now where I'm just used to chaos, so I just flow with the chaos. I think I'd like to maybe pick some blocks of time. Maybe I would block time out since I'm used to having things fragmented. Pick here and pick there. Grab a moment here, grab this. Things on the fly. It would be great to block some time and really stick with a whole two hours to devote to something, and not either go somewhere where there wasn't distraction, where I could work on it, or have everybody leave since I work from home, and have just a block of time that I focused. That's something that occurred to me.
- Carly: [16:34](#) Okay. As you're speaking about this, I seem to recall you'd come up with this idea in one of our previous coaching sessions, block time.
- Lisa: [16:42](#) Okay, yes.
- Carly: [16:44](#) I don't know that you've done it.
- Lisa: [16:46](#) I don't think I have.
- Carly: [16:48](#) No. I haven't heard you say you've done it.

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- Lisa: [16:51](#) You know, I think back to what we started this conversation about. That'll be a real challenge to my ability to say no to the expectation that I experience as external expectation. I've been better at delegating and asking for help in the family, letting other people do jobs, chores, things like that, and staying with what I need to do. But I still sort of hover around. I think I still stay close to the action where I'm going to get pulled back into it because I still feel some need to make sure I'm a part of what's going on, not letting go of some things.
- Lisa: [17:32](#) So maybe I'm just having a tough time really stepping away from roles that I ... parts that I played on the minutia, letting go of some of that and getting away. Okay, I haven't done it. I need to ... That might be my homework this week is to actually block some time and do that. Then continue not to over schedule. Continue to look at my schedule and make those gaps when I schedule things to make sure I'm putting adequate space between things so I'm not just [breathing 00:18:09] between.
- Carly: [18:13](#) Yeah. The other thing is I'm sensing that you aren't really asking for everything you need from those around you because you just said that you still play a part in some of those things.
- Lisa: [18:28](#) Right.
- Carly: [18:30](#) So I wonder where the part of this internal force is what do you need to really be truthful about and ask for, and set boundaries around, with whom.
- Lisa: [18:42](#) Yeah, that's getting close to home. Okay.
- Carly: [18:49](#) What does it bring to you?
- Lisa: [18:51](#) You know, a couple of things. Accepting, probably accepting that I'm asking for help in places where it's not available, and I don't give that up. I don't want to give it up because I still want that to be the place I get it. So being willing to look beyond where I think I should be getting or want to be getting that help, to where it actually might be. I've done more of that. I've definitely branched out, but I'm getting hung up on a couple of places. So that's a good ... thank you for that. That helps too.
- Carly: [19:32](#) Can I just clarify? I think I just heard you say something and I just want to see if I got it.
- Lisa: [19:36](#) Yes, okay.

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- Carly: [19:37](#) That you get some of your value by being involved in some of these things. That you feel valued. Did I get that right?
- Lisa: [19:47](#) You know, no. That's not what I said, but that is true. So you heard what's actually been the case is a lot of my value has been from playing a role in my family, and that is an issue for ... It is an issue in almost every family, but it's definitely an issue in ours, playing a role as opposed to just being a part of and negotiating needs and wants, and how things are going to go. So yeah, I definitely need to step away from playing a role and step into what I really value or what I really see as the direction in want to go in terms of using my gifts or participating, contributing, even contributing to my family. It's not a role.
- Lisa: [20:41](#) So it's even a whole different way of looking at what a family ... how a family works, how a community works, from the way I was raised, the way I perceived it even as an adult, or acted. Yeah, a lot of things.
- Carly: [20:55](#) Things you need to shift in perspective as well, so that you can change this habit and take this habit to a good habit.
- Lisa: [21:03](#) Okay. Okay. Right, otherwise it's a surfacy thing. It's not really addressing. It's not going deep enough. If I don't address the deeper, or the other issues that are connected. I think you're right.
- Carly: [21:23](#) What might be ... I just want to check. Does this help you identify a bad habit that you want to change into a good habit? Are we on track?
- Lisa: [21:30](#) Absolutely. I know what the bad habit is. At least part of it is the over scheduling and the not taking time. Well, we talked about it before, keeping a commitment to myself. We talked last time about me being the center and the things working out from that. The writing was a part of that. So, if I get off center, then I tend to drop the things that are more core to what I think I want to be doing. At least they should be worked into the sche ... That should be on the list and important, and they tend to drop away as I move away from that center. I'm pulled by this ... what you just said. I'm pulled by this role, and by the fact that there's things I don't want to let go of. You just said it, not asking for the ... Am I asking for all the help that I really need. I need to accept that I might not be getting it somewhere, and not just beat my head against a wall there and go toward where I would get the help, and know that that's a part of the process too is getting that help and support in order to ... what would you say? Support a new habit.

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- Carly: [22:43](#) Okay, so what are you absolutely willing to ask for this week that may even feel out of your comfort zone?
- Lisa: [22:51](#) Oh boy. Okay, now it's getting ... okay.
- Carly: [22:55](#) Now we're going to make it real.
- Lisa: [22:57](#) Now you're making it real. We can't just talk about it? We gotta do this?
- Carly: [23:00](#) Yes, you did say you wanted action.
- Lisa: [23:02](#) I do. I want action. I did say that and I do. What am I willing to ask for in terms of help. Okay, let me look here. I just want to look at my schedule. You know, I think I'm willing to ask for ... It's really for myself too. I have people watching ... it's really my son, the big demand on my time in terms of being with him and taking care of things with him, babysitting. So there's somebody always with him.
- Lisa: [23:59](#) Yeah, I feel like it's just me. You know what it is? I can ask people for help if I'm going to be doing something productive. If I think that it's going to end up being something that ... If I can identify it as something they're going to benefit from pretty quickly. Not down the line, not because it's going to take ... So it's really hard. Apparently I'm getting the clue right this minute that it's difficult for me to ask them to do anything that's just for me to do something, like writing. So it's not going to make money for me right now. Can I ask my kids to watch James when I'm going to be going off for two hours to do writing or even work on my business if I'm not available, if I'm not on the hook.
- Lisa: [24:40](#) So I'm going to ask. What I'm going to do is ask somebody for a block of time. I'm going to take a block of time and ask for help with James or with the household. Yeah, I'm still kind of hanging up on this. I think I want to firm up with the support people I have, with the people I have helping with the household and the different things that have let me be free to commit to certain amount of time. So it's not just I'm always asking on the fly. I think I need to anticipate a little more and not just wait till the last minute. I think that would help me too.
- Lisa: [25:22](#) As far as what else I need for help though, I need to think about that more. I don't know if I know what other help I'm needing. There might be something else.

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Carly: [25:34](#) The one I'm hearing is I feel you squirming with this question. If I could sense that it's like, oh no, do I ask for help when it's about stuff that I want to work on. So what I'm noticing is that it really doesn't matter what you want to work on. You're a responsible human being. You can work on whatever you want.

Lisa: [26:00](#) Yeah.

Carly: [26:00](#) Who do you need to justify that to?

Lisa: [26:04](#) Right. Right.

Carly: [26:04](#) I'm going to set you a challenge. I'm going to challenge you Lisa.

Lisa: [26:10](#) Yes, please.

Carly: [26:12](#) I'm going to challenge you to ask for at least one block of two hours this week that you know you're going to use totally for whatever you want. What do you think?

Lisa: [26:26](#) I think that's a good challenge for me. I've gotta write it down because it'll go out of my head. Block a time, block two hours that I will ... What did you say? Would use for whatever I want.

Carly: [26:38](#) Right. You don't have to justify to anybody how you will use it. You just are asking for help.

Lisa: [26:43](#) Yeah.

Carly: [26:44](#) And you will get ... so that you can get at least one two hour block of time, and that you don't have to tell them what you're going to use that block of time for.

Lisa: [26:53](#) Okay. They don't even ask. The crazy thing, this is all in my head. These are not people that are ... Nobody's following me around with a magnifying glass or asking for schedules or notes or anything. So yeah, this is really a good challenge for me because I'm just trying to ... you know that. You know that.

Carly: [27:13](#) Okay. Good. So have you written it down in a way that's actually something you will do?

Lisa: [27:19](#) Yes, absolutely. I'm accountable.

Carly: [27:22](#) Right. May I ask, what have you written down?

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- Lisa: [27:24](#) I wrote down challenge, one block of at least two hours that I would use for whatever I want.
- Carly: [27:32](#) Okay, and the key is you have to ask somebody to take care of some things for you so that you have fully that two hours of time with no interruptions.
- Lisa: [27:42](#) Right, no interruptions. I'm writing that down. And I put ask someone.
- Carly: [27:49](#) That seems to be one of the keys here is asking ... being willing to ask for the thing you're unwilling to ask for.
- Lisa: [27:56](#) Willing to ask, right.
- Carly: [27:58](#) Which is being willing to ask for two hours of time for you, so that you can work on whatever you want.
- Lisa: [28:04](#) Okay. Got it.
- Carly: [28:13](#) Anything else that would support you to take that action?
- Lisa: [28:18](#) No. I think that's doing a good ... It seems so simple. Why would that be a problem. But if it is, it is. If the way to correct it is to do it, challenge it, then that's just what I need to do. It doesn't matter how big or small it is. It could be a tiny thing that is holding together a whole unhealthy structure. You know what I mean? So I'm looking forward to seeing how this works. Yeah.
- Carly: [28:46](#) Yeah, and it may be that you get insights into your own thinking that creates the habit that would have you not ask for time because you're the only one who, as you said in your mind, is making it up that you can't ask for it.
- Lisa: [29:04](#) Right.
- Carly: [29:04](#) I invite you to consider what perspective you maybe need to take as you consider taking this block of time that would be different than what you've been holding it, which is I feel guilty if I take this time because it's not whatever. Whatever comes after that.
- Lisa: [29:24](#) Right. Yeah. I think it's self importance. I think a lot of it is, I just need ... I just had a certain way of feeling important and being importing and I'm starting to shift that. You're helping me shift that to I just am important because I'm here like everybody else. If I think they're important, I look at the world and I make

them ... I make my son important, my daughter, my husband important. Then I get to make myself important in that world too, and that's a good perspective for me to shift to.

- Carly: [29:55](#) You are. You are absolutely as important as anyone else.
- Lisa: [29:59](#) Yes, thank you. I'm going to practice believing that. Believing it is one thing. Like you said, when do we get to the ... You challenged me to get to the action. That, I know, is what's key is the willingness and then doing the action to affirm that.
- Carly: [30:17](#) So another request is that no matter what you make this non negotiable, that it's not okay not to do. You have to do this.
- Lisa: [30:28](#) Okay, non negotiable. Yeah, I think I have to jump on it right away actually. I think I have to do this really quickly or I won't do it.
- Carly: [30:37](#) Okay.
- Lisa: [30:37](#) I'm jumping into cold water, so I'm going to commit to doing this in the next two days.
- Carly: [30:44](#) You mean scheduling it in the next two days?
- Lisa: [30:46](#) Yeah, just making the request in the next two days and scheduling it, both. Yeah, that's my goal. Things come up, but for my part, I'm going to do my part on that.
- Carly: [30:59](#) Alright. So I'm going to even request that you do it today.
- Lisa: [31:04](#) Okay.
- Carly: [31:05](#) That you actually, straight after our call, that you get off and look at when you want to ask for this block of time, and that you don't leave it more than an hour or two before, unless you've got something to do. I get a sense that it's something you need to do sooner than later.
- Lisa: [31:23](#) Yes. Yeah, it is.
- Carly: [31:24](#) Does that resonate with you?
- Lisa: [31:26](#) Absolutely. No, that's why ... yeah, I do have to do that sooner than later. I'm going to do it ... I think I'll be doing it as soon as we're off the phone. I'll be figuring out a way and who I need to ask. Then just doing it.

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Carly: [31:41](#) Okay.

Lisa: [31:42](#) Yeah.

Carly: [31:43](#) Well let's just check back and see. You wanted to identify a bad habit and come up with a good habit and some action. How do you feel it went?

Lisa: [31:54](#) Good. This ... I feel like a funnel. We put all this stuff in and it just kind of comes down to the point. It's where this feels like it went for me.

Carly: [32:05](#) Okay. How does this new habit ... How would it support you creating the balance that you're seeking?

Lisa: [32:14](#) It's going to empower me, again, to be in the driver's seat, like the first or second conversation we had. I'm going to be in the driver's seat because I'm going to take time back to myself. This is the time that was given to me and I'm going to take it back for myself through this action. I think that's huge. I think that's huge for what I'm hoping to do. So I have all these things, these aspirations, and I keep clunking along, kind of toward and away, flipping and flopping around them. It feels like this is what will be the driver. I need some kind of driver which is, again, this is my time.

Lisa: [32:51](#) So time is just this thing I'm getting to own because it's going to be the thing that will translate into these experiences that I want to have in my life. Does that make any sense?

Carly: [33:00](#) Mm-hmm (affirmative). Yeah. And the person it needs to make sense to is you.

Lisa: [33:06](#) Yes, right.

Carly: [33:07](#) That's who ... You're the person whose most important. Really, if it makes sense to you, that's the key.

Lisa: [33:15](#) That's the key.

Carly: [33:16](#) Yeah.

Lisa: [33:17](#) Okay, so time becomes my time that I get to choose what I do with.

Carly: [33:24](#) Yeah.

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Lisa:	33:25	Back to the driver's seat.
Carly:	33:28	Yeah. So anything else before we finish up?
Lisa:	33:33	No, I think that's great.
Carly:	33:35	Okay, well let me just stop the recording and let's put in another time.
Lisa:	33:39	Okay.