

## Karen coaching Nancy 1 transcript

Karen: 00:02 All right, Nancy, are you there?

Nancy: 00:04 Yes, I'm here.

Karen: 00:06 Perfect. And you can hear me perfectly?

Nancy: 00:08 Yes.

Karen: 00:09 Great and I can hear you too. All right. So Nancy, welcome to the call today. And again, just officially for everybody on the call listening in. I wanted to thank you again for participating in this, what shall I call it. Uhm learning opportunity for all of us. So thank you very much for that. And so let's get started. What would you like to work on today?

Nancy: 00:37 Uhm. Well, I had uhm a couple of go. I have my intake questionnaire here in front of me. And really what I'd like to work on is you know uhm. Well the first goal that I had was to have a regular exercise and routine habits, a program that will become permanent. And I think discipline is the common factor into everything else. Like my second goal is to be enrolled in a school program and that would be for me to start researching this. And uhm also having a solid transition plan at work, which was my third goal. Uhm, it's also all discipline. It's about getting started, it's about moving. It's about being in action. And having a plan, really. So uhm that's Yeah, getting started and having a plan and implementing discipline and better techniques.

Karen: 01:43 Okay, great. So you mentioned several, uhm obviously you have several goals. You have three goals that you wrote down. And what I'm hearing you say is that underneath all of that, excuse me, is really finding the discipline of being in action and moving forward and having a plan for all three goals. Is that correct?

Nancy: 02:06 Yes.

Karen: 02:07 Okay, great. So which of these three goals is the most important or the most pressing to you that we could work on in our time together today?

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Nancy: 02:18 I'd say having a regular exercise routine and program.

Karen: 02:22 Okay. Okay. So having a regular exercise routine and program. Okay so great. So tell me a little bit about what thoughts you've had around this so far.

Nancy: 02:39 Uhm. Well, really what's present for me is what's missing and the consequences of that. And the irregularity with which I actually exercise makes, it affects my balance, whether it's mentally, emotionally, physically. Uhm I get that my behavior and how I'm being and it's being affected by the lack of a regularity or exercise of moving right. And so that's what's going on for me right now. And uhm when I try to actually move every day I don't have a plan or something that is solid that I can say, "Yay, you know what. With presence, I'm taking care of myself with exercise." And uhm so what I really want is finding a way to stick to something that works for me and which right now I'm not too sure what that would be.

Karen: 03:53 Okay. So I heard two things. You, you mentioned one, the discipline aspect of it and also the plan. So which do you think is going to support you or which is the one that yah would support you most in reaching this goal? The plan or the discipline?

Nancy: 04:12 The discipline.

Karen: 04:13 The discipline. So is the discipline at the root of the issue?

Nancy: 04:22 Yes.

Karen: 04:23 Yes. Okay. All right. So Nancy, I know that we've had this conversation you know before. And so this is not a new phenomenon for you, I believe. And my question for you is, in the past when you've stuck to your exercise and you've stuck to your plan, what was different?

Nancy: 04:58 Uhm. What was different. I think uhm. Well, first I was single and that makes a huge difference for me, because that's when my focus is there. It's on exercising. It's on work and I don't have a relationship to worry about or think about or to you know all that. So to me that makes a difference. And I believe as well that, I really was more

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aware or present to the importance of exercising. So then I would commit to it, and get that if I don't, well then the consequence could actually be sometimes disastrous right. So yeah, I think that's what was different. As opposed to right now, I'm very soft on myself and I allow myself to just avoid doing it.

- Karen: 06:20 Hmm. So when you say discipline, what does that mean and look like to you?
- Nancy: 06:28 Discipline is uhm I would say being my word. So I say I'd do something and I do it and then that's nothing that's going to get in the way of that. And that's also creating little rituals and uhm that are repeated. So then it becomes like part of my habit and it's really sticking to it. To me, discipline is that.
- Karen: 07:00 So if you think about. Put yourself at the end of this conversation today, Nancy, around this issue of discipline. What would you have at the end of the session that you don't have now?
- Nancy: 07:26 Uhm. What I would have is a clear understanding of what's creating the un-motivation I'll say. And also what it is to do to be committed to it. Understand the impact, or like really have, I don't know how to explain this Okay. So really what's not there for me right now is that I don't feel like I want to do it. Doesn't matter. I know it's important. I know it's ... and I'm still not committed to it. And what I'd like is having like an Aha moment that just makes me, "Oh my God. Yeah, yeah. Totally want to do this and now I'm going to do it. Oh my God. And I'm starting now." right. And Yeah.
- Karen: 08:23 Okay. So I want to go back to the beginning of our conversation when you said you know when I said, "What would you like to get out of the session?" You said, "A regular exercise routine and a program." And now I'm hearing that you sort of want more of a clear understanding of what's creating the un-motivation. So I want to check which direction are we going to go in?
- Nancy: 08:46 Hmm. Good point. Well, you know what. The second one, because I think it's actually underneath. And for me to be

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able to create a regular exercise routine and great habits for myself which is not hard to do, really uhm needs to first uncover what's underneath the why I'm not doing it right now. And it'll make like easy for me after to see clearly, "Okay, so what is it that I could do to create that routine or those habits." Uhm. If I don't deal with the root cause, Uhm, I'm just going to drop. I'm going to start something I won't finish.

Karen: 09:40 Okay so excuse me. So you said the root cause and that you want to uncover what's underneath. Uhm. And you also said that you wanted a clear understanding of what it is that's actually creating it. Tell me a little bit about what understanding you have right now about what it is and let's start there.

Nancy: 10:05 Uhm. What it is, what it is. Huh. There's a lot of answers that come to me actually, quite frankly. So my understanding of what it is right now is that uhm I just think that I'm actually already fortunate enough to be healthy. So if I have moments where I don't do anything about my health, doesn't really matter. So I let myself go. And what I see also is avoiding taking responsibility. Like a little bit of the law of the lesser effort, I'd say right. It's okay not to make an effort. It's good. It's okay to be lazy. So it's okay. You know it's easier. And uhm I allow it for myself.

Nancy: 11:35 Uhm. And deeper than that, what I say as well and has to do with my relationship is it's somewhat a way of uhm, of being righteous. And why I say that is that I know that exercising and having great discipline and habits and, totally creates a balance. A body, mind, soul balance. And in my relationships, whether it's with friends, with colleagues, but mainly with my lover, my man, uhm it's uhm, I know that being at my best in terms of health and fitness and so on, uhm creates the best uhm relationship and interactions and my mind is clear and then there's this conflicts or. And if that happens, well I'm uncovered. I'm out there. And by me not exercising or uhm sometimes fighting over things or creating arguments or like I get to be justified in my story, really. Uhm. Because yeah, I don't know if that makes sense at all.

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- Karen: 13:17 Uhm. Not completely, but I'm going to sort of dig a little bit. Uhm. When you said that uhm, that if you were healthy in your relationship and you were doing the things, you said that you would feel that you're uncovered, that I'm out there. Tell me more about what that means, what the challenge is with that.
- Nancy: 13:41 Yeah that means that I'm playing life full out. I'm unstoppable. I'm just out there being at my best and yeah. And then there's no excuses or justifications that, that are really allowed right. It's I'm just out there playing life full out and yeah. And being happy and.
- Karen: 14:15 [crosstalk] And, and what's the risk of that?
- Nancy: 14:24 There's no bad risk and I think the downside to it right now that I'm seeing which is a good side, but right now it doesn't feel like that for me is taking responsibility, right. Is that so if things go wrong or uhm if. Then it's as if I don't have an excuse. I don't know how to explain it.
- Karen: 14:50 That's okay. I want to go, I want to just take a step back and maybe this will sort of uncover what you're trying to say. Uhm. Is, when you. What does being fit and being healthy uhm give you? And why is that so important to you?
- Nancy: 15:20 Uhm. What does that give me? Uhm. It gives me a clear mind. And having a clear mind allows me to have better interactions. [Coach: okay] And I'm happier and things are amazing. I'm on the roll. Like, "Let's go, go, go, go." And it's just moving. And there's no clutter. And that's what it gives me and when I'm in that space as well, I've got discipline and I know that because I know how it is. I've done it for a while. For like seven months, I had like a great exercise program and I was just going and going and going. And uhm, everything worked in my life. Things go fast, right. Things go fast, and I just take on more. So I expand. I go, I go, I go. And uhm, and to me yeah. That's what it provides for me.
- Karen: 16:25 Yeah. It sounds like it's the fuel. If I think about a car, you know the way it moves and runs is by having fuel. And

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what I'm hearing is that exercise is that fuel for many, many other aspects in your life.

Nancy: 16:43 Yeah. It's the foundation, definitely. And uhm the image that I had in the past, that actually worked for me is, I used to have a boxer dog. And boxers are very hyper dogs. And they're big and they need to run. And if you do have a boxer dog in an apartment and you don't get them to go play in the park or run or release the energy that they've got, they go crazy. Like they do stuff inside the house. They chew things and they have weird behaviors. Because they need to release that energy. They need to actually have that balance, right. So they need to go run outside. And I feel like I'm the same way. If I don't exercise, there's clutter, there's like. And then I have weird behaviors. And then I create fights. So for me, that's the same concept. So I just feel like I have. I go nuts right? And going to do exercising is definitely something just releases the energy and clears my mind for me. Which allows for my life to work.

Karen: 17:56 Yes. And let me check with you if that's what you were trying to say earlier, when you perhaps got stuck in your words. That what I'm hearing, what I think you meant at the time was exactly this. That you're like this boxer that needs that has this hyper energy. And you need to run, you need to get out. And when that energy is released, your life just simply works better.

Nancy: 18:24 Yeah.

Karen: 18:27 So what's keeping you from taking yourself out for a walk?

Nancy: 18:34 Uhm, I listen to my I don't feel like it. [crosstalk 00:18:37]

Karen: 18:37 And I'm assuming that's not unfamiliar.

Nancy: 18:46 Exactly. I don't feel like it. It's too cold. I'll do it tomorrow. Procrastination. Yep.

Karen: 18:53 So what would need to be in place to pull you forward? You mentioned earlier about a regular exercise routine and a program. I mean, I'm wondering if that is part of it, although it may not be all of it.

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- Nancy: 19:27 Hmm. Uhm. I don't know that I want to go back to what I had uhm in the past. I still have that program and it allows me to do it over and over again whenever I want on my own. And uhm I still have it and I'm just not doing it. That it actually requires me to go and exercise almost every day and uhm early in the morning. And uhm I don't know that right now my goals are the same as last time, actually, that program was built for me. And I don't know that that's really what I want to do.
- Karen: 20:11 Okay. So it sounds like your goals have shifted, is that what I'm hearing?
- Nancy: 20:18 Yeah, a little bit. I'd say a little bit. But not my goals in terms of what the program creates in terms of you know being disciplined about it. Really being focused on the benefits of all this and. And uhm make it happen right. That gives me the drive to make it happen. So that exercise program that I already had before, that I still have, definitely creates uhm that in terms of the physical goals that I'm not sure that, that's where the first, right. So uhm. But you know what, I mean, that's just an excuse.
- Karen: 21:06 I'm sorry, say that again, Nancy.
- Nancy: 21:08 That's just an excuse. [laughter] That's just an excuse not to do it, really.
- Karen: 21:18 Yeah. So yeah, uhm. And I just want to check in here now to see where we are in the process uhm of uncovering what might be underneath ah that's blocking you ah in getting back on track and you know taking yourself out for a walk. So let me check, where are we now and where do you think we need to go from here?
- Nancy: 21:45 Uhm. Well, really, I guess everything that I've mentioned so far, like uhm it's not unfamiliar. So I know it and expressing it makes it more, okay, now that that's what it is right. And uhm. And I don't know that I really uncovered so much what. I get that it's me not wanting to really take responsibility or being soft on myself and just finding excuses not to do it. And the why I'm doing this, that's actually, I'm not sure that that's clear.

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- Karen: 22:36 Yeah. It doesn't seem quite clear. So I'm curious, Nancy, in the past when this situational behavior has occurred before, where you've maybe perhaps for some time done a lot of exercise, really been disciplined, et cetera, and then, let's call it falling off the wagon, to use that expression. What has in the past, that you can leverage for the future moving forward, to get back on the wagon? Because maybe the reason is just you don't feel like it. Maybe that's why.
- Nancy: 23:18 Yeah. But it's deeper than that. And it's a pattern that I've got. It's me being in a relationship. Like it's completely related to that.
- Karen: 23:30 So tell me more about that, about this pattern.
- Nancy: 23:34 Well yeah, well I would choose to. Instead of exercising, I would choose to. Hmm I think I just got it. Okay sorry. So bottom line is that, for me to exercise is a personal thing. And it's something that like I know I'm on top of my shape when I'm single. And being in a relationship and exercising, it makes me feel like it's something that I'm doing when I'm on my own. And I refuse to be on my own being in a relationship because I don't want, I want it to work. So it's as if I have associations. That exercising, being on top of my shape, I do that when I'm single. So if I exercise the same way is I'm not going to be in a relationship. [Coach: hmmm]. And I'm afraid. I want it to work, so I would actually choose to spend time with the person or you know adapt my lifestyle to that relationship and let it dictate my life.
- Nancy: 25:02 Uhm. And yeah, I think that's actually, it looks something like that. [Coach: okay, yes]. And that I've never seen before.
- Karen: 25:10 Hmm. So it sounds like you've had a little bit of an Aha moment here that you mentioned earlier that you'd like to get out of this session as well.
- Nancy: 25:18 Yes. Yeah. Uhm. Yeah 'cause I really totally relate exercising with something I do on my own. And I just feel like if I'm doing that, I'm not present in my relationship



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with the other person because it's an activity that I do on my own.

- Karen: 25:37 And may I share an observation with you around this? That, so you have this you know belief that exercising is something you do on your own and that if you have a relationship, then you're taking away time from that relationship. And yet at the same time, what I'm hearing is when you don't exercise your inner relationship, that you're not the best version of yourself in that relationship. [Client: Exactly. Yeah]. And that would seem to have an impact on your relationship, if I heard that correctly.
- Nancy: 26:18 Big time.
- Karen: 26:21 So with that insight that you have in this Aha moment, what needs to shift for you, Nancy, in this?
- Nancy: 26:30 Well, what needs to shift is definitely dismantling that belief. Uhm. Yeah [laugh], just really understanding that it's not true. It's definitely not true and in that the opposite is that when, I was still working out at the beginning of the relationship and I had the full energy, that's when it was amazing, the most amazing. [Coach: hmmm]. And then go back to that yeah. So what needs to happen is for me to deal with that belief. Dismantling it and yeah. [Coach: hmmm, wow]. And then putting that plan, like from that, creating a plan that is just like. Even though I know that not feeling it is not an excuse. And I'm pretty good at, I don't feel it, I'm going to do it anyway, usually.
- Karen: 27:43 Yes, you are. [laugh].
- Nancy: 27:46 And I think that's what needs to happen. Is that stay consistent with that kind of unreasonableness, I'd say. Because I know to do it, and I do it. And sometimes I just choose not to. And that's when I choose not to, that things don't work. [Coach: yeah]. And so it's really being present to "Well, I don't feel like it, I'll do it anyway." And remembering that it's not true that if I exercise, I'm going to be single. [Coach: hmmm hmmm]. That if I spend time doing this, I'm just going to be single. At the opposite is it's

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going to make my relationship so much more extraordinary.

- Karen: 28:32 Yes. It's almost like I hear a paradox. On the one hand, if you exercise, uhm you'll be your best self. And yet if you don't, uhm you're not going to be your best self. So yeah I'm not quite sure what my thought was there, what I was trying to express, but it's something, something around that that is sort of this paradox it seems.
- Nancy: 29:07 Hmmh, Yeah. I get it. Yeah. [Coach: right]. And being my best self is definitely. Like it's is I separate, I separate the both, right. It's, I cannot exercise being in a relationship. Yeah. [crosstalk] Because I cannot put the two and two together because one will disqualify the other. [Coach: yes]. And I need to create the possibility of having it done together. Making it that it's harmony between the two, really. And what does that look like I'm not certain.
- Karen: 29:44 And that's certainly, you know I'm just looking at our time here together. And what I'm thinking, what I see emerging here is the opportunity to, in future sessions, to really look at how you know you mentioned that you wanted to look at how to dismantle that belief and create a new possibility. So I would you know think that that might be something that we could work on in our future sessions together. Hmm. Yeah. Sounds like you had some great insight, Nancy today.
- Nancy: 30:27 Yeah. [crosstalk]./
- Karen: 30:29 So, yeah. Great. So just summarize for me, as we come to a close of the session, Nancy. Just summarize for me what it is that you're taking away for yourself.
- Nancy: 30:47 Uhm. Well, what I'm thinking away for myself is that uhm. I guess that uhm. Well first I've got a belief that exercising means I'm single. And that being in a relationship and exercising, means that it's not going to work. So for me it's really like I do have that strong belief and, and that's for me to explore a little bit and dismantle it. So that's one action that I want to do. I want to do work around that. Now uhm also, what I'm taking away is that I need to really trick my brain and the, like. I am not what I'm feeling. It's

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just really something that that is in the way to me not being the greatest. [Coach: hmmm hmmm]. And just understand that that's not true. And then that I can do it anyway.

- Nancy: 31:49 So pay attention to the moments where I don't want to do this. Oh, I don't feel like it. And really, okay so now do the opposite of that. Do the opposite of what you don't want to do or you don't feel like it and force myself to do that. Uhm I think that's going to kind of drag me out of the mud right. And slowly I'm just going to be totally fully out there. And yeah. So that's also an action item that I can take on and. [crosstalk 00:32:24]
- Karen: 32:23 So when you say tricking, I'm sorry, I interrupted.
- Nancy: 32:27 No, that's fine.
- Karen: 32:28 So when you say tricking your brain, what you're saying is that when that feeling or that thought or that belief that comes up is "I don't feel like it." To say to yourself, "Well, just because I feel like it or don't feel like it, I can do it anyway." So that it's a choice. Is that what I'm hearing?
- Nancy: 32:48 Yes.
- Karen: 32:49 Hmmm. Okay. Great. Excellent. Good. So then I look forward to uhm hearing about uhm how this goes during our next session. But before that, I want to check with you. Who do you have you know in your life that you can lean on as a support system as you go exploring, dismantling this belief system, and in supporting you in, as you say, tricking your brain into, into exercising?
- Nancy: 33:23 Uhm, my sister's one of them. [Coach: Hmmm hmmm]. Uhm my sister for sure. And then, uhm well, I'm actually starting this program on Friday. And uhm I'm pretty sure that that's going to come up as well uhm, and that will definitely support me in uncovering all that. And yeah go to the root of that belief, for sure.
- Karen: 33:53 Okay, great. So you have your sister and you have this program that you start, excuse me, that you're starting on Friday uhm, that you see as a support system for you.

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Great. All right. So in closing, before we close up the session and I stop the recording, is there anything else related to the session that you ah need completion on?

Nancy: 34:18 Uhm, no, actually.

Karen: 34:20 Okay, great. Wonderful. Then I'm going to stop the recording, stay on the line, Nancy, and then let's just have a quick chat after this, okay?

Nancy: 34:29 Okay.

Karen: 34:30 Okay. Thanks.