

Lissa coaching Monica transcript

Coach 0:05 I think we're recording great. Okay. Alright, Monica, How are you doing today?

Client 0:09 I'm doing good today.

Coach 0:11 Wonderful. Wonderful. So how are you showing up for our session?

Client 0:15 I am showing up in what I need or?

Coach 0:20 Are you excited are you nervous just how, where are you today?

Client 0:24 I'm, I'm pretty excited because it's Friday. And um I am having a good day starting out, I mean, there's hasn't been any challenges that I haven't been able to deal with. So it's a good day.

Coach 0:38 Wonderful. So do you have challenges often?

Client 0:41 Oh my God, yes. <client laughed>.

Coach 0:47 So that makes you laugh. What is it about that that makes you laugh?

Client 0:50 Because uhm. Maybe I'm just trying to see challenges differently, and they're not as challenging as I thought they were before. Maybe, but the perspective is changed. Or maybe I'm not bringing them to life as much before because I don't talk about them really. I just kind of keep it going, keep it moving. [

Coach 1:15 Okay.

Client 1:15 If that makes sense.

Coach 1:17 So when you say you don't bring them to life, what, what does that mean exactly?

Client 1:22 Well because of things that. I'm learning, things that because I have so many stories, so many situations so many things I could say, for example, I would say yeah, got this health issue or yeah uhm I wasn't feeling well. I thought it was the flu, Debbie Downer I was that person um. In terms of feeling that way and just keep repeating these things out for whatever reason, because I'm realizing they don't matter. Those are the challenges I'm talking about. So I'm learning to just kind of take them all in and keep going. Yeah.

Coach 1:57 I understand. Life is full of challenges, that's for sure.

Client 2:00 Yes, these brief encounters we've had has helped with that, to be honest.

Coach 2:04 Good.

Client 2:05 They really have.

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Coach 2:06 So, what would you like to look at today?

Client 2:10 Uhm, just the progress that I'm trying to make with what we've been talking about the past few times, with uhm what I'm trying to do with this personal stylist styling stuff. I'd like to kind of follow through more on that.

Coach 2:25 Okay and when you say looking at the progress you've made, what exactly?

Client 2:29 Um talk about the progress basically that I've made since then because it's kind of helping me keep track of how I'm doing, and what I was doing before, and how I progressed since then, is helping me keep track of that.

Coach 2:43 Okay, so, so what I heard you say is that part of the progress is where you started and what you're doing. What exactly about that do you want to look at?

Client 2:53 Uhm. Where I am, how much I've done since then. It's an accountability process for me that's helping me.

Coach 3:00 Okay So you, you want to look at where you've been and where you're going and the accountability. What is it about that accountability piece?

Client 3:10 Well, because I've made up my mind that since we've been doing this coaching it kind of helped me set a standard to say, Okay, well, this is what you talked about in this session so let's try to see how you can get that done as homework. And then now that that homework is done. The next time Monica you need to make sure you have that finished, so that you would have made progress. And so the second session we've had, I had a new list of things that I came back to follow up with you on. And then at the end of that, that I completed, but at the end of that session, I had a new set of homework items to complete.

Coach 3:46 Okay.

Client 3:47 And then doing those items, brings us to the session now, the third session. [Right] And that for me has set the standard for an accountability process so that it keeps me on track with my goals and what I'm doing cause I've established them as goals now. And how I have progress with those to get closer to what I'm trying to do.

Coach 4:10 Okay. So, what would you like to share about what you've done so far?

Client 4:16 Uhm. So what I'm sharing that I've done. I've built a website, kind of like a personal blog but I made it the business Applied Look is what it's called. AppliedLook.com. So I found the domain. I purchased it. And I did the information. I put the information I needed to be inserted in there and created two blogs to basically brief cuz I don't like reading long blogs, I don't like reading them, because I don't want to read all that. I'll get a book. But just something that

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pinpoints a particular situation uhm to believe how beautiful women are to believe how beautiful you are.

Client 5:08 So I wrote it in a way that is directed at the person reading it, and hoping that it helped them feel better, hoping that they feel beautiful when they're done reading it. And then another one was about uhm why I created it or something, something that introduces the blog in general and the purpose of it. And uhm I connected it to an Instagram page I created. So it's tied to a social media platform right now and I think I want to stick with that. I might do a Facebook I don't know because I don't keep up with that stuff. I don't want to spend too much time on that, because that's not what I do. And it gave me the motivation to start writing a story about me start writing my story. And I'm going to do it through the blogs, in terms of ideas I can use to put in a book. And so it expanded my creativity, just because of this coaching.

Coach 6:06 So I can tell that you have become quite animated as you have shared that, and you're laughing even now, so tell me about that?

Client 6:13 Why I'm so excited because it, I guess I lit a fire in me to just really keep going. It's okay. And uhm I did. Monday, actually, let's see I did. So I came Monday. But I came home from work Monday. I thought I had the flu I wasn't feeling well, I was wiped out because I rushed to the thing that evening, but I have fever. I had chills and everything I stayed home from work Tuesday, because I didn't want to come in and spread anything and if I wasn't feeling well. So I think I went to bed at probably seven, 6:30pm when I went I got home from work. 630, I went to bed and woke up the next morning, and told them I wasn't coming in because I thought it was the flu. But I came back to work Wednesday, because I was feeling much better so like this. So I think I just needed rest. And so I've gotten rest I'm rested, and uhm I was able even able to have some time to just be still. And that helped open up clear some things in me as well. So, that's what the laughter is about. That's where the energy you probably see, that's what that's about. And because I have something to gauge from to work on from what I'm passionate about, I'm just excited.

Coach 7:33 Wonderful.

Client 7:33 Yes.

Coach 7:35 So as we look at today, and we look at the direction we focus, are there more things that you want to share about where you've come from before we start or do we look in a different direction? Where would you like to look specifically?

Client 7:49 So where I've come from is basically being discouraged. Just not having as much hope as I used to. Because I'm feeling more like myself now, this is my personality. Goofball, but I'm animated and I'm easily excited. And I haven't been that way probably almost three years. And where that came from is the struggles personally with within my family with my kids and with some just internal issues that I've been struggling with and I feel like I'm coming out of it now. So I'm excited.

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Client 8:22 So uhm, so I'm talking about that part because that's kind of the journey from what you're seeing I guess now. Not many people have seen it because I've isolated for so long. So it's been a journey and I feel really good about how I feel now, yeah, feel really good. And as a winner. Oh my God. I was so ready to just continue to be down in the dumps because this is the moment I'm in it. December January, February, is when I'm in those moments where I don't want to see nobody, I don't want to eat. I don't want to talk to anybody I just want to stay warm. [client laughed] And I want Spring to get here. And I feel that that is like is here I'm ready in my mind. So yeah.

Coach 9:10 That's exciting.

Client 9:11 Yes.

Coach 9:12 So when we look at today then you'd mentioned uhm that accountability. So as we're still continuing to look at where we should face today, what thoughts are coming to mind? What do we want to discuss?

Client 9:23 So we can discuss the continuing on with my goals and accountability up to this point. And then I can leave here hopefully with a new set of homework. Homework, homework and a new homework assignment that I can complete in this process. And so the next stage is to.

Client 9:46 Oh, more of what's happened since we last met from what my assignment was to do. So I updated you on what I done to that point. And then I just updated you now from now from then today. The website, Instagram and connected them. I was basically trying to create something tangible. Versus me just talking about it, which is that. I've also met with a person who um a friend who is going to be sending me information paperwork to complete so I can be on the Board for a Suite for Success, the volunteer force a volunteer program to be on the board for that, and I'll be the only African American female on there, on the Board. So I just emailed her yesterday and hey a follow up, Just to remind you, because the last time she emailed me went to the spam folder. So I'm like hey I'm reaching out. Don't forget to send the paperwork, because it's been about a week and a half now since she and I met up. And so I'm excited about that.

Client 10:54 And um I've never been on the board for anything but it's something that's going toward what I love and where this is for this is going. And when she talked about it. She said what perfect you're perfect timing, because we're getting ready to have our annual fashion show, our Ball our fashion show. And you will be able to meet the designers and and help be a part of the process and putting together the fashion show because of course they've already started. So, it's not like I'll be doing much, but I'll be there to observe and I said I've always wanted to go to that because I would see it around. I didn't know what it was, and I didn't know this organization has something to do with it.

Client 11:36 But I'll be able to go and see how that works with a fashion show and talk to people. This friend had no idea of this stuff of what I'm trying to do. Again, I have no idea. So I'll

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be around people doing the same thing that I told you in the first coaching session that I'm want to put a fashion show together. Hopefully around people actually doing it every year. And I'll meet designers around the state.

Coach 12:00 That is so exciting to be on the Board, the first time you've been on the Board, anything, and the African American on the Board. Wonderful. And find exactly what you want to do, your excitement is palpable.

Client 12:14 Oh my gosh I'm so excited.

Coach 12:16 So, So, looking at that that we've talked about looking um at the things you've already accomplished looking at where you want to go. What else do we want to discuss looking at?

Client 12:29 Um let's see. Probably. So, I don't know what that's going to look like. And I don't even think about it because. Because it doesn't matter, it doesn't matter what that looks like, because uhm I'm just so excited I'm going to just take it all in at the time. Just let it bring itself to life when it happens. Because I'm, I'm going to put my focuses on things so. That is in motion is something that I don't have to work to do right now. It's something that gives me time to focus on the blog and the website I just did.

Client 13:07 I still need to input information about and come up with information to be able to put in a blog that I hope will touch someone so. Uhm I just want to make sure that I can stay encouraged and not get discouraged so soon. And I know life is happening. And I know more like will happen. I just want to be able to have the strength to take that and recognize it as that and know that is that God's got this for me. That's kind of something I want to focus on now.

Coach 13:43 Okay.

Client 13:43 Yeah.

Coach 13:44 So what I heard you say is you want to focus on um looking at those things that gives you strength to move forward. Is that correct?

Client 13:52 Yes, basically to have myself ready. And how to act and how to do that. That's exactly right. Yes.

Coach 13:59 So focusing on things to keep you motivated moving forward and how to do that. So, of the things that we've mentioned today, which one of those would you like to focus on?

Client 14:14 Not getting discouraged.

Coach 14:16 Okay,

Client 14:17 In the first place.

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Coach 14:18 Okay, so you would like to focus on not getting discouraged in the first place.

Client 14:22 Discouraged from life challenges. Yeah, yeah.

Coach 14:25 Okay, not getting discouraged from life's challenges. So, what would you like to have accomplish or learned at the end of our time today?

Client 14:38 Hmm. Having some direction and steps on how to face the challenges and keep moving, without it discouraging me.

Coach 14:53 Okay so I heard you say you want to focus today on uhm, as you go through life, to not get discouraged on those things that happen. And that you will feel like we have accomplished something when you have some direction and steps on how that works. Is that correct? Okay.

Client 15:08 And, and that ties into all that I'm trying to do.

Coach 15:14 Okay.

Client 15:14 I want to stay encouraged to stick with this. And when those life challenges come. So I don't want to give up.

Coach 15:24 What kind of life challenges cause you pause?

Client 15:28 Good Question, good question. It's things that deal with with my kids. Because I love them so much. And we've been through a really hard time with just life with personal issues that we faced in the past. And those things have impacted us today. And the healing process has been long. And I want to be able to stay strong for them because they're hurting. I want to stay strong for them. And because I know some of it I'm the cause of. So, when things come up sometimes those things brings me pause.

Coach 16:11 When you say stay strong, what does that look like?

Client 16:16 It looks like me, not breaking down and having the strength in that moment when they're weak. In that moment, to be strong for them encourage them. That's what that looks like. Instead of me shying away and isolating and getting down and depressed about it.

Coach 16:37 And when you stay strong, what does that do for you?

Client 16:41 It helps me help them. And it helps me be uhm. It helps me show the strength of my character to them to help give them strength.

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Coach 16:54 So I'm just curious I've heard the word strength numerous times, and I understand that that's very important to you. And I heard you say to not break down. How else would you describe that strength that you carry?

Client 17:11 Uhm, it would be the description of the strength would be, taking pause, not overreacting. And keeping my emotions intact. That's what strength is, because I break down, and then I overreact. And then, I'm not making sense. Cuz I'm overreacting. [client laughed]

Coach 17:40 And you're laughing about that. So, what are you thinking when you're when you're laughing?

Client 17:46 Because I am animated [client laughing] that's part of the over acting on me. Oh, the overacting in times of stress. So that's that's what that's why I'm laughing and I see it, I can, I can recognize it in myself. Its fun laughing and it is animated. [laughing]

Coach 18:02 Okay, So, is what you're saying that when you laugh is kind of a mechanism to help get you through those times?

Client 18:11 No, it's basically me realizing that is not that serious [client laughing] calm down. Calm down, because it's not as bad as it seems to me and it is tough sometimes it is kind of funny because uhm. My kids are like mama really [laughing], in a way that's more lighter side. You know people put, they put light on things. When it could be sad. And, and it's kind of like you know what that was kind of funny. In a funny humorous way. So that's what I meant by overact over I overreact. And the um light side of it is. I don't take a joke very well. And I'm so I'm told mama you're so serious, relax. It was just all for fun and laughter. Even though I'm always thinking something's wrong. I'm overreacting. If that makes sense. Okay.

Coach 19:19 Hmm hmm. So I heard you say that the laughter is kind of how you tell yourself that it's not that serious. Is that correct?

Client 19:26 No, it's basically. I'm uptight. And this this could be a situation to where it was meant to be funny. And I took it something that I'm made it to be something sad or something wrong or something to be worried about. The overanxious overreact and I overreact to that, when it's not even meant to be that way.

Client 19:52 My daughter to make for example. My daughter may say, mama can you call me back when you get a chance. And when I get that message, I'm automatically worried. When she might have just been she might one example she called me, and I'm like, oh my God is everything okay. I called her back. She's like mama no. Mama I just got to laughing because me and my other sister me and my sister were just thinking about the time when you dropped those box of books on my head or something. And I called worry and I worked myself up until she answered the phone and I couldn't, I could hear that she wasn't crying. I overreacted and I already, I was it really uptight and worried about something. When her message was just from her laughing, that's when I heard. Because I listened to how she sounded. And she had just

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laughed and called me, so she could tell me something that she remembered or a person she saw from a moment of being funny. I don't know if I'm making sense.

Coach 20:03 Well you are making sense. This is what I'm hearing, is that you're aware that when things happen, that sometimes you you respond quickly and you overreact, is that what you're saying?

Client 21:13 Yes.

Coach 21:16 Okay.

Client 21:17 Yes.

Coach 21:18 So the question I have since you're aware of you responding that way. [Yes] How are you changing your response since you're aware of it?

Client 21:29 Okay. I'm so long winded. Oh my goodness. I am changing it in a way that I take a deep breath. And I don't even let myself go to the worry. Yet. Because I'm worried. I don't let myself go there at all because it's exhausting for one. I allow myself the minute to just kind of take a deep breath. And most of the time is actually nothing to worry about anyway. I never recognize that.

Client 22:02 But now that I recognize how I'm reacting overreacting. I'm timing it with. Okay. She's probably calling me about something random nothing's wrong. I'm allowing myself to breathe first. So that's how I'm handling it. Sometimes it is something to worry about. And this has been going on going, and this has been going on for probably about three months now been kind of recognizing it in myself and practicing. Just breathe first. Maybe they call or if they just call me randomly.

Client 22:40 My daughter just left here. And I knew she was coming. But I just pause and that's worked for me. And it's just pause and breathe. As simple as that has been all these years. I know I've stressed myself out with things that probably shouldn't have or couldn't happen I learned it that way. And just taking a deep breath, has helped me acknowledge that it's okay to worry. It's okay to stress out, but I'm not over reacting. So that's how, that's what I've done to help it to recognize it more. If that makes sense.

Coach 23:24 [shared laughter] It does and that's wonderful.

Client 23:26 Okay, good. I hope it ties all together, my Lord I'm like what. I don't want a transcript of this. Because I'm gonna give myself a headache. [client laughed]

Coach 23:43 So these are great. So share with me, I mean obviously you find that uhm. I felt a release as you were laughing. [Yes] What was the release from?

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Client 23:52 The release is from. I'm constantly working on myself. The release was from me realizing how to get a little bit more brief brevity and try and learn brevity because it's going to help with my story, my writing my story. I'm trying to learn the brevity of things because I know I'm long winded, I know how I know, I know I do it doesn't bother me but I'm trying to learn to be more clear and concise. And I laughed because I recognize that oh my gosh, my goodness this is hilarious, who listens to you. It's funny to me in my own making fun of myself, is funny because it's like oh my God this is really what you sound like, Oh, so it's just making light of myself. Goodness gracious.

Coach 24:41 I mean there's something healthy and that when we can each look at ourselves with an honest perspective.

Client 24:46 Yes, yes. And I'm glad. I hate that it's taken me this long but I don't care. I'm glad I'm recognizing finally. Gosh I know I wore my kids out with this. [client laughing]

Coach 24:57 So with that new recognition. We've talked about life happening and how you address it so with this new recognition, how will you be different?

Client 25:09 It has helped me see things differently because my mouth is shut. I'm not speaking up so soon to things I don't need to speak up about. It uhm, it's helped me to change the way my faces look looked because I look angry, and I'm not. It has helped me relax. So my face is not so uptight. Therefore I'm not looking as angry. So it helps so many different components of my life in a way that I didn't even know. other things were going to change. Um, I laugh more, I'm smiling more I feel lighter. And I feel more like myself. It's helped in all those different ways that I've recognized, just because I just stopped to take a deep breath. It's crazy.

Coach 26:02 This sounds like a wonderful tool that you have, so you're not discouraged when life happens.

Client 26:08 Right because of that this simple thing. That's crazy.

Coach 26:14 So what other simple thing might you need to look at?

Client 26:23 Hmm. Another simple thing for me to probably look at would probably be what's gonna come out of my mouth next.

Coach 26:33 Okay

Client 26:35 Because taking that deep breath. It stops me from overreacting, stops me from initially worrying. And it helps me unwind and not be so uptight. But it's what's coming out of my mouth will probably be the next thing. So that's probably taking a deep breath. Yeah, I get that. But you said it best too when you asked me a question and the way you can made it. What makes me pause, so pausing is probably the next thing I do before I speak. Pause before I speak. Yeah.

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Coach 27:14 And during that pause, what will you be discovering about yourself in that situation?

Client 27:23 I will. I'm guaranteeing, I'm going to discover that most things that I'm saying may not necessarily need to be said in the first place. Whatever that may be, because sometimes the silence is better than saying anything at all. And I'm learning that as I observe, uhm, because the pause definitely is what I need to do. Because I know that I say things and it's like oh my God somebody else just said than me. I wasn't even listening to them I was so busy thinking what I was gonna say. And I didn't hear that. So that's why that's that's how that's what I'm gonna discover more of. [client laughed]

Coach 28:00 Alright. You mentioned as we started out that you wanted to, to look at discovering how to not get down when life happens, and then find the steps. Are we still facing in the right direction? Are we still going where you want to go?

Client 28:18 We're going in the direction because I am creating a whole new process of how Monica is gonna work to become a better person. Because I've realized people see me in this way. I'm realizing now that I'm talking about it. Yeah. Because I'm learning taking a deep breath has taught me a lot. As we just talked about. The next step is to pause and listen, pause, pause before I speak. Because that's going to help me listen better. Cuz I'm not a great listener. Yeah.

Coach 28:58 Those are all great tips to get you in that position though. What other areas do you think you need to look at in order to stay up when life happens?

Client 29:13 Some other areas would be to uhm. Probably to, know that whatever it is that it is that I get worried about uptight about anxious about overreact about all those things to just realize and remember that in the end it's always okay. Instead of me reacting overreacting and all the things I just named. It's always okay in the end. That's another that's one thing that I'm going to discover and learn and just realize. So yeah, that's basically it.

Coach 29:58 When you say it's always okay in the end, what is that, okay? What's that mean?

Client 30:04 It's not the end of the world. And now I look back, as I'm looking back on things that has made me every overreact in those ways and feel that way that I can name those things and they were, they eventually were okay. Namely, my son, tried to take his life. He's still here, he's healthy, and he's going to get better. It's okay. [client laughed]

Client 30:29 And now, other things are not even, you know, I don't know if there's a range or level of whatever. But all of those things are nothing compared to that is the example right there for me. He's still here all the little things under there, they were okay too. But my son is still here. And they happen for the reason that they happened has got to me. But they happened the way to they happened in that way for him to still be okay for me to say that today. So Yeah. So that's all that's the lesson for me that it's going to be okay, that's where that comes from.

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Coach 31:10 So as you say that and part of, we started here we were talking about the steps of life, especially as you're going forward with your business as I recall. [Yes] Moving forward. You had mentioned that. Is that something that you would like to look at all your steps now in line with that?

Client 31:27 Oh my God yes I have a plan already. Sorry. [client laughed]

Coach 31:30 Great

Client 31:30 Already. Because of just this right here, bringing this out I have a plan is, is going in my lifestyle plan, is part of the steps that from before we talked about. That's part of the plan that I know I mentioned it can remember I know I did this is going to be added to the plan as well, because this is. Yeah. And I can talk about it a lot because I can relate to it. I've been through it I've experienced through it. I am a master at this. [client laughed] I'm so sorry. I'm so excited. You have no idea about to cry. I'm about to cry because this is awesome.

Coach 32:13 Do not apologize.

Client 32:14 No it's emotional to me, this is awesome. You have no idea.

Coach 32:21 So, what is it that's making you emotional?

Client 32:25 Because I was so lost. I couldn't think of. I couldn't even think of what month it was you know because it was so much in there. And I realized that's how deep the discouragement gets, that's how deep it can be for people for me. I couldn't go that deep to I can't even focus I couldn't even focus and be creative. That's part of my personality is creative being creative. And I couldn't even. I couldn't, think of anything. It's like a writer who has writer's block I get I don't know, I've experienced that so I don't know but I can imagine because that discouragement set in that deep. To the point to where I was like, how did I write a screenplay. Get characters for a movie. Buy a camera. Shoot the movie. Find locations, edit it, put it in film festivals and make another one, with three little kids. I cannot think how did I can do that, because there's no way in the world I can even think of anything to do in that regard right now. It was God. And I did that with three kids and they're all adults. I'm an empty nester and I can't even think of a blog to write, at that time. But it's opening up so much so that's what the emotion is opening up its pouring out as I'm just going on and on right now it's pouring out and I'm so excited because I feel it again.

Coach 33:55 Great

Client 33:56 Yeah

Coach 33:57 So when you were talking I was when you ask yourself that question before about how did you do that. How do you answer that question now?

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Client 34:09 Oh my gosh. How did I do that. If I would ask myself how did I do that before. I did it because I felt free. And I believed I could do anything at that time. And life wasn't in the way. Wow, life wasn't in the way.

Client 34:38 I don't know how I felt at that time because let's see. Let's say I said I had three little kids. My son is 20. So let's just say that was 20 years ago, just for practical purposes. 20 years ago I don't know how I felt at that moment then, but I knew that I could do that. And I knew I wasn't discouraged because discouragement would have stopped that. So I wasn't discouraged. Nothing in life was in my way. Uhm. I had resources, then I still have them today. I don't know how I would answer that today, but I'm gonna think of an answer. That's a little bit more contained to be able to answer freely. So that if I'm asked a question again I will have a response.

Coach 35:29 The reason I asked that is because one of the statements you made just a few moments ago, is you felt that you were back to the person that you used to be.

Client 35:38 Oh my God. Yes. Yes. And I need to describe what that person was that I used to be that I'm becoming more of now. Oh my goodness. Who are you? Oh my goodness yes.

Coach 36:11 I think for a lot of us that question Who are you, this one we never completely answer and it changes often.

Client 36:18 Yeah oh my God yes. Oh my word, because I am 20 years, 20 years of growing, 20 years of more experience, 20, years of life experience. 20 years of personal growth. Wow.

Coach 36:36 So when you think of answering that question, what's that doing for you?

Client 36:41 It's helping me to define who I am. It's helping me. It's helping me think of how far I've come. And it's helping me build on a path of, hey this is where you were. And this is where you're going. And you're preparing yourself to even go further. Because yes, we are constantly changing. Yes we are.

Coach 37:17 One of the questions that we had I asked earlier about how would you know, if you had achieved your goal for today. And what you would had said is that you would have some of those steps to keep you focused on where you're going. Do you have some of those steps?

Client 37:34 Absolutely. And I think I'm going to call it The Personal Growth Journey or I'm going to work with that. But those steps are definitely from just starting today accountability for one. Um, accountability is a step to know that I'm. Something's keeping me accountable to getting this done for the betterment of my personal growth, for starters. And the steps would be on what do I need to do to make that happen? And how will I go about doing it? And what is the end result of that?

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And that could be a package of realizing, who I am. I like that. I like that. I can't find that in a package anywhere. I can't go in a grocery store or even Target, I can't go and get that from anywhere. I gotta experience it only. Yes, that's my passion to help others with this life and maybe to keep the prison's from growing. Or the cycle works from growing.

Coach 38:57 Some great goals. I can tell that you're as you're telling me about that, your energy has changed. What's happening?

Client 39:07 What's happening is I'm just kind of really discovering. I'm putting the puzzle together, the puzzle of life. And it's just pushing me closer to the realization I've always had to help others. I'm close and I feel it.

Coach 39:22 That's exciting.

Client 39:23 I feel it and it's so exciting because, oh my gosh, I needed the fire behind me to help me. Because when I'm talking to people and speaking to people and helping helping people. They'll see the same thing you're seeing right now. And they'll believe it. Especially those who know me, they'll be like, oh. Maybe even you, meeting me not too long ago to see me now I don't know you might see a difference in me. Oh my god. Imagine the people that haven't seen me because I've isolated. And, man yeah. [client laughed]

Coach 40:00 That's exciting.

Client 40:01 Yeah.

Coach 40:02 So have we attained your goal for today then, have you?

Client 40:06 Above and beyond.

Coach 40:08 And so what have you learned about yourself?

Client 40:11 I've learned that is good to talk this out. It's good to speak it out because I'm hearing myself. And it's okay that I'm going on and on, because it is helping me figure it out. And uhm I'm glad, this is happening because it's a blessing in disguise. Because I wouldn't have known that it needed to be done this way to realize it, because it helped me get to this point. And had it not, I don't know what other method or way would have come. But I knew it was not far.

Coach 40:46 It's exciting.

Client 40:47 Coz I believed in it.

Coach 40:49 One of the things that you mentioned was the accountability, and the things that you've worked on. So, what will you commit to yourself to do between now and the next time?

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Client 40:59 I'm committing to myself to stick with this. Take a deep breath before I overreact. And pause before I speak and listen more. That has helped me because I'm realizing it's helping me. And I know that from that I'll be able to help others better because I'll be able to hear what they're saying.

Coach 41:25 Exciting.

Client 41:26 Yeah

Coach 41:27 Maybe at the end that's what we all want isn't it, is to be heard.

Client 41:30 Right, exactly.

Coach 41:31 Is there anything else that you want to commit to do between now and next time?

Client 41:37 I want to be able to commit to this. To stay committed stay with it, just stick with this. That's really the main goal for me is to stick with it. Yeah.

Coach 41:55 I just kind of sense you just kind of have relaxed.

Client 41:57 Oh my God, yes.

Coach 41:49 Just kind of that's sinking into that.

Client 42:00 Yes

Coach 42:02 Wonderful. So then what I heard you say is between now and next time that you have your scripts, of what you're going to do, you're going to really practice into that, and make sure that something that you're embodying.

Client 42:15 Yes. Great.

Coach 42:15 Is there anything else that you need to share before we're done today?

Client 42:21 No, I'm just excited to go home today. Get to pen and paper, doing more so I make so I'm so excited for my thank you for just allowing the space to do this. Because it's helped, it's definitely helping. And I just hope other people can realize the things that they need to do for themselves. And I just hope that that's what it's doing to other people, for whatever the reasons are. And I just thank you.

Coach 42:54 You're welcome. Is there anything that I could have done today to support you better in our time?

Client 43:00 I just wish it was. I don't know I wish it was more time.

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Coach 43:08 Well, that's the fun thing we can always take the stuff that we're learning and I love what you said. We learn, we discover, and then we can practice. [Yes] And then we discover more.

Client 43:17 And yes, and I'm glad I can. Like have to say it out loud, because that just so helps.

Coach 43:27 Well, I want to thank you again for allowing me to record our time so I can send to the supervisor, that means a lot for me as well. You are such a joy to spend time with and I, I get encouraged to see how you're on that road of self-discovery.

Client 43:43 Yes, yes. I like that [client laughed]. Cuz I wrote self-discovery last time. And that completes it. Wow. I'm starting to call it, I was reading my devotionals and as I call the. Because I have adventure, or they get adventure you know that the things people think stick on their walls, for whatever decorations or whatever. I have adventure. And then I found this thing, you know the wooden things they have words. You can set them on your fireplace whatever I found one it says fearless. So I put up fearless adventure. And I was like oh my God and our read something today The Message Bible scripture and it was God saying you're spirit you're spiritual adventure. I was going, Oh my God, I now have a spiritual adventure, a fearless adventure that goes a part of along with the journey.

That was just this morning. [Oh my]. Because I have adventure on the wall now I took a little wooden thing or hung up above adventure so I could say fearless adventure, and then reading my devotionals. It was the Message Bible version of saying, I forgot what the scripture was about, but it was about spiritual adventure. And I was like I'm taking it right from the Bible. I just need to translate what it says in the King James Version anyway anyway. But I'm like okay I get that fearless adventure spiritual adventure and it's part of the journey.

Coach 45:11 You are wrapping it up in a beautiful package.

Client 45:13 Thank you

Coach 45:14 Thank you so much. And we will do this again next week.

Client 45:19 My kids they are like Oh god, my mama, calm down. Oh my God, that's why I love you so much.

Coach 45:28 That is beautiful, thank you.