



health  
dynamics  
coaching

FEBRUARY:

Why You  
Must  
Coach  
Yourself to  
Grow

**FEBRUARY**

WHY YOU MUST  
COACH YOURSELF  
TO GROW



# Contents

- 1 Major Lessons We Will Read, Learn, and Discuss This Month
- 2 Why You Must Coach Yourself to Grow
- 3 Understanding The Model vs. Coaching Yourself
- 4 Monthly Assignment



# Major Lessons We Will Read, Learn, and Discuss This Month

- 1 Why You Must Coach Yourself to Grow
- 2 Understanding The Model vs. Coaching Yourself
- 3 Taking actions daily



# Why You Must Coach Yourself to Grow

**Growth is hard.**

It's not something we do naturally or willingly.

If left to our own devices, we will stagnate.

It's not because there is something wrong with us. It's because of the motivational triad.

We have evolved only to be motivated by survival.

Our goal as humans has been three things:

- 1. Seek pleasure**
- 2. Avoid pain**
- 3. Expend minimal effort**

This type of motivation has worked for thousands of years. It kept our species alive and well.

**And now it's killing us.**

**Literally.**

We are no longer forced to survive. Seeking pleasure and avoiding pain is what sends us into addiction, obesity, and disease. Avoiding pain keeps us from moving forward with creating and contributing. And expending minimal effort has us doing very little to evolve.

To grow, we have to adopt a new motivational triad. We must be willing to move towards discomfort to keep evolving and growing. Our newfound comfort seems safe, but it is the opposite of safe. It's the effect of surviving, but it's also the opposite of what we need to keep moving forward in our evolution.



Here is a new way of looking at your personal motivation towards growth:

- 1. Seek growth**
- 2. Embrace discomfort**
- 3. Expend massive effort wisely**

The way that I have learned this is not just by understanding it. I have learned this by applying it to my life over and over. I have to overcome my desire to seek comfort with minimal effort because it is an outdated algorithm in my brain.

I have to go against my brain's tendency and direct it otherwise.

That is the privilege of being a human. We can use our brain to manage our brain. This is where self-coaching comes in.

One of my favorite teachers, Steve Linder taught it to me like this:

## **Commitments require courage.**

**If your commitment doesn't require courage, it's not a big enough commitment.**

Another way of saying this is that commitments that make you grow are going to take you out of your comfort zone. This is why we have the monthly lessons and you are in this group. To keep stretching you.

**If you are feeling doubt, fear, and confusion, you are doing it right.**

Those are the emotions that your brain presents you with whenever you are putting yourself against the outdated motivational triad. That is when you have to tap into your courage to overcome the discomfort. Each time you do this you get better at it and you grow.

When we move to a new identity we step into our greatness and see what it is like to grow.



# Understanding The Model vs. Coaching Yourself

It's one thing to understand the Model. It's a very different thing to actually coach yourself on a daily basis. Coaching yourself daily involves two steps:

1. A thought download
2. Running at least two models

So, you decide you want to grow.

You pick a goal and make a commitment.

You feel doubt, fear and confusion. (You are doing it right.)

You get stuck. (Right on time.)

Self coaching will give you the awareness and the relief you need to keep moving forward towards the goal you want.

At this point, most of us go unconscious.

We start thinking of other things.

We decide we are too busy or overwhelmed or stressed to pursue our dreams and grow.

We decide that getting through the day is hard enough. We decide to seek immediate comfort instead.

But what I want to teach you is that this is the time where self coaching is the magic elixir. Self coaching will give you the awareness and the relief you need to keep moving forward towards the goal you want.

**When you get stuck, sit down with a journal. Write for ten minutes. Don't judge your thinking; just write it all down until you run out of thoughts or time.**

**This is the power of you managing your mind and seeking to not control.**



Breathe through this process. You are basically just cleaning the brain. Remember that your brain is designed to scare you and generate doubt and confusion. It doesn't mean to. It just wants to keep you alive.

**Your brain will most often tell you, YOU ARE GOING TO DIE, every time you do something that isn't part of its original programming of seeking pleasure, avoiding pain, and expending minimal effort.**

Pick the thought that seems the most interesting to you.

Now that you have this list of thoughts, you want to pick the one that seems the most interesting to you. Don't try to find the right one or the most intense one — just pick an interesting one. (It honestly doesn't matter what thought you choose; we are just cleaning one room at a time.)

I often use the example of a house with the lights off. This is similar to a brain that we aren't paying attention to. So we go inside the house and turn the lights on. This is the equivalent of a thought download.

Now, notice that turning the lights on doesn't provide relief. It just shows us the mess. The same is true when we show ourselves our thinking. It can be overwhelming and scary at first.

The most obvious answer that will come from your brain is this:

**Turn the lights back off!**

**This is when we shove our thoughts down and this ultimately causes disease.**

But don't be tempted to stop or stay unconscious of your mind. Pick one of those thoughts and put it into a model.

**The thought will go into the T line.**





Then you ask yourself the following questions:

To get the C: What are the facts (and only the facts) of this situation?

To get the F: How do I feel when I think this thought?

To get the A: When I feel this way, what do I do? How do I act?

To get the R: What is the effect of this action on me?

C

T

F

A

R

The reason we take the time to go through an entire model is that we need to constantly remind ourselves that the thoughts in our brain are optional. We need to remember that we have the power to manage our thoughts and change our minds.

Once we see the effect of our current thinking on our lives, we can change that model to something different.

When we look at our thoughts, and we do a model to examine the effect of our thoughts on our lives, we can begin to understand why we get stuck and why we don't transform our dreams into reality.

Self coaching gets us through the doubt, fear, and confusion to the other side.

**We use courage to coach ourselves.**

Once we see the effect of our current thinking on our lives, we can change that model to something different.



We can ask ourselves what we want to feel instead and then fill out a new model and live into that new model on purpose.

**Then you ask yourself the following questions:**

- To get the C: What are the facts (and only the facts) of this situation? This is the same as the previous model it does not change.
- What is a new thought that is POSITIVE, SELF and FUTURE
- To get the F: How do I feel when I think this NEW thought?
- To get the A: When I feel this way, what do I do? How do I act? This will change from the previous one
- To get the R: What is the effect of this action on me? This will move you forward and not have you stuck.

**Give this a go now:**

C

---

T

---

F

---

A

---

R

---

We have the power and privilege to decide what we want to think and feel. We don't have to succumb to the outdated programming of our primitive brain. We can access our prefrontal cortex and override it.

We can tap into courage, excitement, and motivation and possibilities of what is possible to move ourselves from our commitment into action. Once we start taking massive action, then we start developing our capabilities.

Capabilities are created from taking action. We overcome negative emotion to take action and that builds our emotional muscle, and we learn what we are capable of.

**Capability creates confidence. Once we create confidence, then it becomes easier and easier to harness the skill of courage. The skill of self coaching.**



# Monthly Assignment

Remember that there is a difference between agreeing with something intellectually and actually gaining insight from doing it.

It's the difference between doing a math problem for a test in school vs. calculating what you want to spend on your personal mortgage. One can literally change your life.

You will take 10 minutes and empty your brain on paper by doing a thought download.

In the following exercise, you can literally change your life by:

1. Increasing awareness by thinking about what you think about.
2. Understanding the impact of your thinking on your life by doing a model on your current thinking.
3. Working on consciously and deliberately creating your life by choosing a model you want to create in your daily life.

**It takes twenty minutes per day.**

**For the next 29 days do a thought download and two models.**

Take the time to complete this model daily. Bring any questions to the Live Coaching calls or post in the group.

You will take 10 minutes and empty your brain on paper by doing a thought download.

**Fill the lined page with your thoughts. Keep writing until the page is filled.**

Then, choose one of the thoughts, put it in the Model, and complete the model.

Then, decide what you want to feel instead and create a deliberate thought model that gives you a more desirable result.

**Repeat.**





# Unintentional Model

C:

T:

F:

A:

R:

# Intentional Model

C:

T:

F:

A:

R:



# Thought Download

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....



# Unintentional Model

C:

T:

F:

A:

R:

# Intentional Model

C:

T:

F:

A:

R:



# Thought Download

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....





# Unintentional Model

C:

T:

F:

A:

R:

# Intentional Model

C:

T:

F:

A:

R:



# Thought Download

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....



# Unintentional Model

C:

T:

F:

A:

R:

# Intentional Model

C:

T:

F:

A:

R:





# Unintentional Model

C:

T:

F:

A:

R:

# Intentional Model

C:

T:

F:

A:

R:



# Thought Download

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....



# Unintentional Model

C:

T:

F:

A:

R:

# Intentional Model

C:

T:

F:

A:

R:



# Thought Download

A series of horizontal dotted lines for writing.





# Unintentional Model

C:

T:

F:

A:

R:

# Intentional Model

C:

T:

F:

A:

R:





# Unintentional Model

C:

T:

F:

A:

R:

# Intentional Model

C:

T:

F:

A:

R:





# health dynamics

[support@healthdynamics.health](mailto:support@healthdynamics.health)

[www.healthdynamics.health](http://www.healthdynamics.health)