

A woman with long dark hair, seen from behind, is walking across a wooden suspension bridge. She is wearing a dark sleeveless top with a geometric pattern. The bridge has wooden railings and is surrounded by lush green trees. The lighting is soft, suggesting late afternoon or early morning.

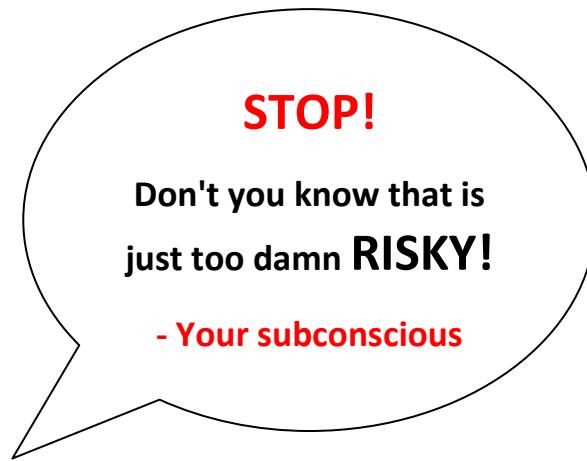
# Courage, Risk & Rewards.

A  
**5 PART COACHING PROGRAM**  
TO SUPPORT  
TAKING A CHANCE  
TO CHANGE YOUR LIFE

Tracy Twyman

# How To Use This Coaching Program

1. Do one section at a time.
2. Leave at least one day in between doing each section. This will let your subconscious mull over what you have been doing.
3. Resist the temptation to skip reviewing your previous answers. When you re-read what you previously wrote
  - you will think of more things to add,
  - start asking yourself more questions about why you act this way, and
  - possibly recognise patterns you have been repeating.
4. Set an intention to put your results into action. This is because when you make a firm decision to do something, rather than just thinking it would be nice, you keep doing all the things you need to do to actually make it happen.



## Section 1: Understanding Your Fear

99% of people, at one time or another, have held back from doing what they want to do, or having what they want to have, because their subconscious has served up all the things that could go wrong or why they shouldn't have it. This is especially true if your subconscious is aided and abetted by those who let you know in subtle ways (and sometimes not so subtle ways) that you are making a **BIG** mistake.

For most people this leads them to quietly resigning themselves to what is. Because let's face it, no one wants to fail or, even worse, lose what they already have.

The first step in overcoming this cycle is to understand just what your subconscious is thinking and why it is thinking this. Because without knowing this, it is unlikely you will ever find the courage to go on to the next step.



### **ACTIVITY 1**

#### **Instructions:**

In the following table, write in each column what the phrase means to you.

#### **Important:**

Write down whatever pops into your mind, no matter how stupid **or** irrational it may seem **or** wrong you consider it to be. It is what your subconscious thinks and is part of what is holding you back.

#### **Time:**

Approximately 2 minutes





Now you have considered what the phrases “Taking a Chance” and “Making a Mistake” mean to you consciously and subconsciously; answer the following questions.

Approximately 15 minutes

- [illegible]

- 
- This image shows a blank sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

4. What is the ONE thing you most want to do or have, but keep finding reasons not to do or keep sabotaging yourself from having?

[illegible]

- 5. What do you fear might happen if you actually did do it/had it? (List everything)**

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



### ACTIVITY 3

**Instructions:**

Take the things you identified in **question 5** and place them into the following squares.

You can place them in more than one square if you think your answers could fit into more than one.

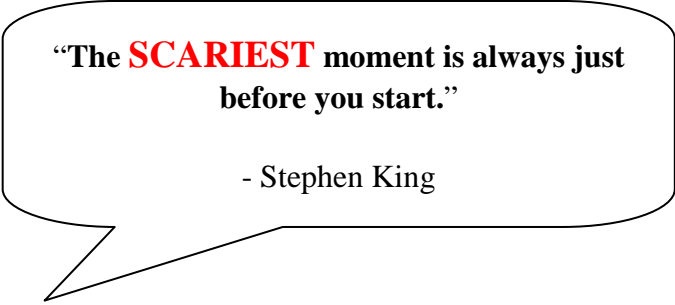
If you have items that don't fit under any of the descriptions, place them in the blank squares and give those squares a description that captures how you feel about them. (*Continue on a blank sheet of paper if you need more than two additional squares*).

**Time:**

Approximately 5 minutes

<i>This has happened to me</i>	<i>I know people this has happened to</i>
<i>I have read about this happening</i>	<i>I will have to accept I am...</i>



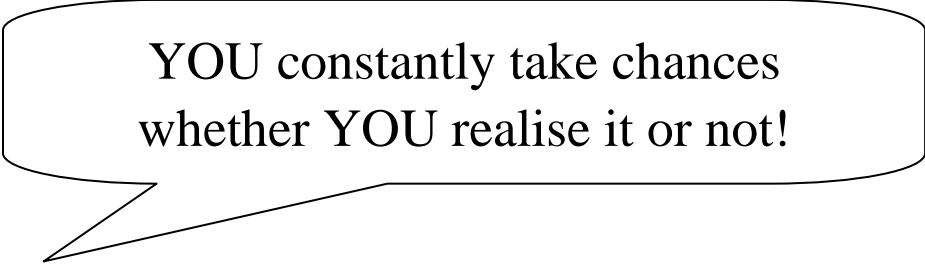


“The **SCARIEST** moment is always just before you start.”

- Stephen King

## Section 2: Loosening the Straightjacket of Fear

In this section, we will start the process of finding the courage to have what you really want.



YOU constantly take chances  
whether YOU realise it or not!

When you get on a plane, drive a car, or even just walk down the street, you run the risk of something bad happening. This is because, as much as we try, we cannot completely avoid risk.

Growing up we learn how to assess the risk of the things we just accept are part of everyday life. We accept that given the number of planes flying at any time, flying is one of the safest ways to travel, or that if we cross with the walk signal we will be fine, or as long as we keep an eye out for reversing vehicles we will likewise be fine walking down the street.

But we also grow up with others assessment of what is risky behaviour, especially where the result could equally be fantastic or catastrophic.

This means, our preparedness to take a chance is simply a matter of which perspective we have chosen to see the situation from: *there is risk but overall I am safe*, or *there is risk but it is more likely than not I will lose (even though I would really like to win...)*.

But THE GOOD NEWS IS, even if you are scared stiff

having what you want starts with a small baby step ...

... dousing the panic





## ACTIVITY 4

### Instructions:

1. Review your answers to **questions 1, 2 and 3**.
2. Take your answers from **question 5** and place them in the squares below

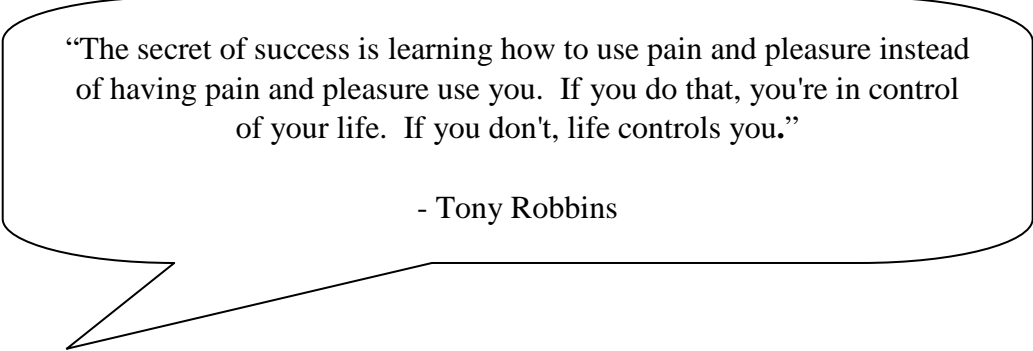
You can place your answers in more than one square if you think your answers could fit into more than one.

If you have items that don't fit under any of the descriptions, place them in the blank squares and give the squares a description that captures what you think a solution may be. (*Continue on a blank sheet of paper if you need more than two additional squares*).

### Time:

Approximately 15 minutes

<i>To overcome this fear I just need a technique to break my habit of responding this way</i>	<i>To overcome this fear I just need someone I trust to hold my hand through the process</i>
<i>To overcome this fear I just need to break it down into little steps</i>	<i>To overcome this fear I just need to change my limiting beliefs</i>



“The secret of success is learning how to use pain and pleasure instead of having pain and pleasure use you. If you do that, you're in control of your life. If you don't, life controls you.”

- Tony Robbins

## Section 3: The Pain of Inaction

Now you have quelled the panic at the thought of doing what you want to do or having what you want, it is time to consider what not taking action is costing you...

... because for whatever reason, at least once but most likely more than once, you have chosen to stick with your current situation.

However, if you are like most people there is a good chance this is because a variation of the following story is imprisoning you in your comfort zone.

**I WILL FEEL TERRIBLE** if I don't succeed.

And **EVEN WORSE** if **OTHERS** know I was trying they **WILL KNOW I AM A FAILURE**.

And they will tell others and I will be embarrassed that **EVERYONE KNOWS I AM A FAILURE**.

And **OH MY GOD** what if no one wants anything to do with me!

**DANGER!, DANGER!**

(cue your subconscious)

**What is wrong with you! Don't you know this is just too damn RISKY!**

But staying a prisoner of your stories isn't always the safest course of action. Sometimes that means you get left behind.

But even if you haven't been left behind yet, you are growing your reservoir of discontent which is affecting how you feel, which in turn is affecting how you act.



## ACTIVITY 5

### Instructions:

1. Using the squares on the next page, consider the negative consequences of continuing to put off doing what you want to do or having what you want to have.

Put down the ones you know you are already feeling/experiencing as well as the ones society tells you are waiting in the wings e.g. smoking - you may feel fine now but medical research says long term that is unlikely to be the case.

You can place your answers in more than one square if you think your answers could fit into more than one.

If you have consequences that don't fit under any of the descriptions, place them in the blank squares and give the squares a description that captures the consequence. (*Continue on a blank sheet of paper if you need more than two additional squares*).

2. Ask yourself: "Am I willing to continue with these consequences?"

*If the answer is yes*, ask yourself: "How bad does this pain have to become before I will no longer be willing to live with it?"<sup>1</sup>

(Acknowledge you are making the choice to stay where you are at this time and keep reminding yourself of this until the pain of your choice goes away or you are ready to take action.)

*If the answer is no*, continue to the next section.

### Time:

Approximately 15 minutes

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<sup>1</sup> Some people are shocked when they realise they are prepared to let things get really bad before they are no longer willing to live with it. If you fall into this category keep going and just know that you have some additional blocks to clear.

<i>If I don't do this <b>physically</b> I ...</i>	<i>If I don't do this <b>emotionally</b> I ...</i>
<i>If I don't do this <b>mentally</b> I ...</i>	<i>If I don't do this <b>financially</b> I ...</i>

“For every disciplined effort there is  
**MULTIPLE** reward”  
- Jim Rohn

## Section 4: Acknowledging the Rewards

OK, now you have seen there are choices other than throwing in the towel and decided you will no longer put up with the pain of your situation, it is time to focus on what rewards - **YES REWARDS** - are waiting on the other side of your fear.

Happiness in life comes from acknowledging the need for change and being willing to try something new.

When that willingness is combined with making informed decisions, we significantly minimise the chance of losing AND substantially increase our chance of winning.



### ACTIVITY 6

#### Instructions:

Take your answer from **question 4** and do a brain dump in the following squares of everything great that could come out of you doing or having what you want.

You can place them in more than one square if you think your answers could fit into more than one.

If you have items that don't fit under any of the descriptions, place them in the blank squares and give the squares a description that captures what you think could come out of doing what you would like to do. (*Continue on a blank sheet of paper if you need more than two additional squares*).

#### Important:

When doing this exercise, put aside any doubt about whether it would be successful, and just focus on what good COULD come out of you doing or having this.

#### Time:

Approximately 5 minutes

<p><i>If I do what I say I want to do/have what I want to have my mental / emotional / physical health would benefit because</i></p>	<p><i>If I do what I say I want to do/have what I want to have my financial situation would improve because</i></p>
<p><i>If I do what I say I want to do/have what I want to have my relationships would improve because</i></p>	<p><i>If I do what I say I want to do/have what I want to have the world would benefit because</i></p>



## ACTIVITY 7

### Instructions:

1. Review from **question 5** all the things you fear you might lose if you do what you want to do/have what you want to have.
2. Review from **activity 6** all the rewards that could come from doing what you want to do/have what you want to have.
3. Decide whether there are more losses than rewards or whether the rewards are greater than the potential losses.
4. *If you think the losses are greater than rewards:* consider revising what you want to do or have until your assessment of the rewards are greater than your assessment of the potential losses.

*If you think the rewards are greater than the potential losses:* continue to the next section.

### Time:

Approximately 15 minutes

### ***THOMAS EDISON***

*is one of the most famous inventors of all time.*

*Yet he*

***FAILED THOUSANDS OF TIMES***

*before he created a working light bulb.*

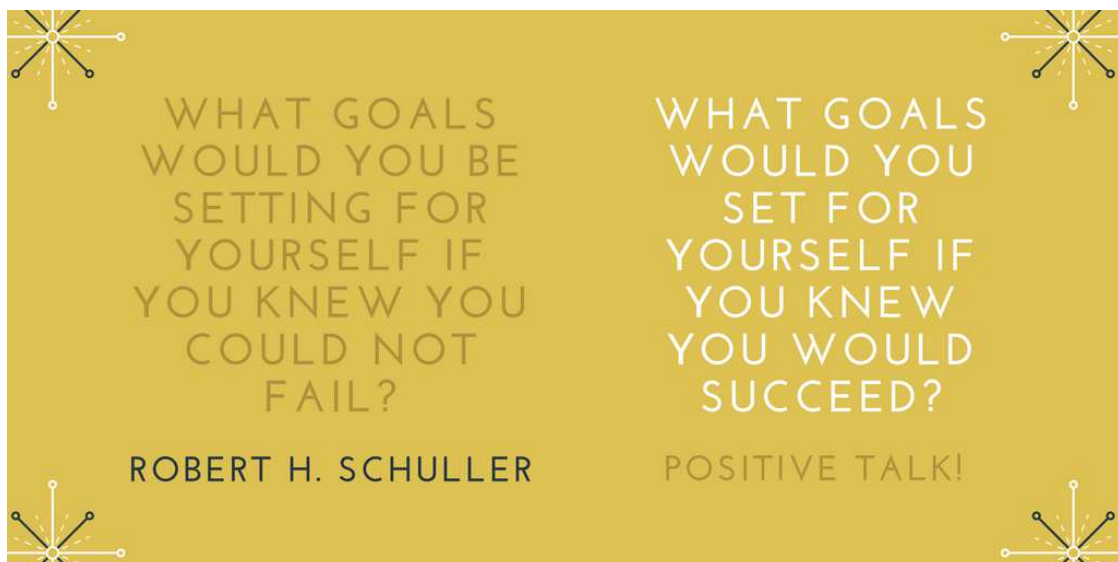
***HE PERSISTED BECAUSE HE  
KNEW HE ONLY HAD TO  
SUCCEED ONCE.***



“Stop focusing on what you have to lose and start focusing on what you have to **GAIN**.”  
- Unknown

## Section 5: Create the Path to Your Rewards

OK, now you have seen there are choices other than throwing in the towel, decided you are no longer prepared to put up with the pain and recognised the multiple rewards that could come from doing or having what you want, we will now delve deeper into finding the courage to actually doing it.



The above example, shows you two ways to say the same thing. However, one leaves the subconscious focused on FAILURE while the other leaves the focus on SUCCESS. This is important because our thoughts dictate the actions we take.

It is also why we are more likely to take a chance if we keep our mind on what we will gain. Therefore, to support you feeling courageous enough to keep putting one foot in front of the other, the next step is to create a map that shows you how to get from where you are to where you want to be.

In addition, if you break each step down into all the actions necessary to complete that step, you will also prove to yourself that no one decision is catastrophic and you can course correct as you go.



## **ACTIVITY 8**

### **Additional Resources Required:**

2 sheets of blank paper.

### **Instructions:**

1. On the sheet on the next page fill in what you want to do or what you want to have.
2. Next, on the same sheet, fill in where you are starting from in relation to what you want.
3. Using a separate sheet of paper brainstorm all the things you think you will need to do to get from where you are now to the outcome you want.
4. Using another sheet of paper, group all the items from (3) into five or fewer action steps
5. Give each action step a name that captures what all those individual actions will achieve e.g. Investigate Options
6. Write the action step names in the left hand column of the sheet, with action step 1 being the first group of things that need to be done.
7. Group each of the items under action step 1 in the order they need to be done. If there is no specific order they logically need to be done, put them in the order you will find the easiest to the hardest.
8. In the right hand column for action step 1, list the actions to be taken in the order they are to be taken.
9. Repeat steps (7) and (8) for the remaining action steps.

### **Time:**

Approximately 60 minutes

MY REWARD STEP-BY-STEP ACTION PLAN

	What I Want	
What I need to do to eliminate the gap	Action Step #5	
	Action Step #4	
	Action Step #3	
	Action Step #2	
	Action Step #1	
	Where I am starting from	

# What To Do Next...

Everyone is different, so consider the following statements to identify the next best step for you.

☐ **I feel comfortable that I can implement My Reward Step-by-Step Action Plan**

Congratulations. Let me know how you get on.

☐ **I am not sure that I have identified all the things I need to do to get from where I am to where I want to be OR How I am going to do it.**

You have several options. You can

- Ask someone familiar with the result you want to check if you have missed anything / to help you
- Start the process and see what else you identify as being required / identify who can help you when you need help
- Our working together may be the answer. To set up a SKYPE session to see if one-to-one coaching is what you need, I can be contacted via my website: [www.transitions.net.nz/contact](http://www.transitions.net.nz/contact)

☐ **My problem is actually taking the action I know I need to take.**

Our working together may be the answer. To set up a SKYPE session to see if one-to-one coaching is what you need, I can be contacted via my website: [www.transitions.net.nz/contact](http://www.transitions.net.nz/contact)

## Testimonials

*With her knowledge and expertise Tracy reignited the passion I had lost for my business. She helped me to realise that there were actions I could take to get the results I wanted. BC*

*I cannot express how useful and exciting it is to clarify your thoughts and better understand your next steps to get you to where I want to be. I highly recommend Tracy for anyone who wants to better their life in any way. JRK*

*Tracy has been invaluable in assisting me to break the patterns holding me back from achieving my goals. SM*

*I find sessions with Tracy incredibly helpful, both to focus my mind clearly on my goals and how far I have come. LD*

*Tracy's coaching has helped me set and achieve goals that previously felt were out of reach. I'd highly recommend her to anyone wanting to grow their business. JK*

# My Story



I grew up surrounded by rules. Some of them made perfect sense - the "stranger danger" type - but others seemed nonsensical: why was roller skating considered masculine, so OK for my brothers but off limits to my sister and I?

Mostly it was in my nature to be a rule follower but sometimes I would find the courage to try and assert myself. However, I learnt early on that it was far easier to just go along with the rules, whether I liked it or not, and somewhere along the line I told myself all the things I thought would be great were for "other" people.

As a consequence I spent years wanting one thing but always doing what I was told I "should" be doing.

When I was 27 I finally had one of those "a-ha" moments: I was "other" people!

I would like to say that everything changed then, but the only things that did change were the things that were already within my natural comfort zone. I therefore spent the next 20 years becoming unhappier as I threw myself into gaining qualifications in business, financial planning, health and coaching; as well as reading numerous books covering a spectrum of different subjects, to try and find the key to breaking out of my self-imposed chains and the failures I was stacking up.

Then one day, a friend made an off the cuff comment about how they wish they had my gift for turning complicated 'business' speak into easy, understandable and relatable examples that they could apply to their business that day.

This was a revelation because despite the fact that I had always known I was able to take and turn it into something better, it had never occurred to me it was something "others" wished they could do.

Then not long after, I heard the description 'Guide on the Side' and I realised that is what I am: a person who helps others to find their key to whatever cage they are locked in. Suddenly all those notes I had made when reading books, all those articles I had devoured I suddenly saw as solutions or a potential mosaic of solutions that I could bring to the attention of others in a easy to understand way without them having to read the books or articles etc. themselves or spend hours trawling the internet!

I have been fortunate to work with a number of different people who are now well on their way to living their lives, their way. And I want to keep doing this because sometimes all that is needed is a Guide on the Side.

However, even more than that I want to keep doing this because it is amazing to see people go from thinking they have few (or possibly no) options to suddenly realising there is actually a lot they can do. It makes being a Guide on the Side a great place to be.

Thank you for being part of my journey.



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