

# The Coaching Homework Cookbook

14 RECIPES FOR COACHING HOMEWORK  
WITH A SPRINKLE OF MINDFULNESS  
AND A PINCH OF PRESENCE



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TO HELP YOU HELP OTHERS - 425 462 4369

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## A Note From Ragini:

Whether you're a coach, hypnotherapist, consultant, or therapist, you know you are in the honored position of helping another member of your own species. You know your job is to support your client as best you can as they find their way to the outcome or change they're desiring.

What I share in this ebook and at [ToHelpYouHelpOthers.com](http://ToHelpYouHelpOthers.com) is what has allowed me to run my private practice for over 40 years without spending even a dollar advertising for clients—and—without taking insurance either!



Having *more* happy and satisfied clients only results in *more* great referrals. And to your delight, more great referrals generates more dollars in your bank account.

*Skill should never be underestimated  
as one of the top components of success.*

Skill not only generates competence and confidence, it delivers satisfaction professionally, personally, and financially. Helping others is not about *who* you know or *what* you know. Rather it's about how well you've done 3 things:

1. Gathered the basic information essential to your profession
2. Transformed that information into personal knowledge
3. Sculpted your personal knowledge into exquisite skill

## So What's In This Book?

Clients are often pre-disposed to receiving homework. They expect it and want it. So I've designed this cookbook to help you fulfill that expectation—especially if you're like me and not naturally inclined to give homework at all.

I never liked homework personally, so I rarely gave it to my clients. However, when requests for it kept coming, I created some templates to guide me. I didn't enjoy creating something for them to do off the top of my head, hour after hour. Of course, the purpose of a template is to provide a structure AND the freedom to fill in the structure any way you wish based on the person in front of you. Structures also help you access your own creativity and keep the process of creating and delivering homework stimulating and interesting.



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I've divided the following 14 homework templates into 2 categories—outer investigation and inner imagination. Both are involved in almost all of the offerings, but your client will likely feel more comfortable with one over the other.

Feel free to adjust any of the ideas to meet the preferences of your client and the content of their situation. Use the recipes as they are. Or be creative and pick and choose or change things altogether so the assignment fits your client's world view as they've presented it to you.

## Your Client's Spiritual/Religious World View

Many people today will report some draw toward mindfulness, meditation, or some form of spiritual inquiry. If your client has a spiritual or religious view, and it's important to them, I recommend including that view as a part of any homework you assign. This aspect of your client's world is usually filled with powerful resources, so draw on them when you can.



My goal in sharing these homework assignments is to make your job easier. However, I do have **ONE CAVEAT**:

If you are personally religious or working with mindfulness, meditation, or spiritual inquiry, it's helpful to stay as non-specific as you can with spiritual content (other than what your client gives you).

You want to be 'specifically vague' in order to give your client maximum room to make the most powerful meaning out of their experience. You don't want them to feel they have to squeeze it into your version of what mindfulness, meditation or spiritual inquiry might look like to you.

So I recommend taking the time to find out how each client perceives this aspect of their world, and use it accordingly. It can be very powerful—for them and for you.

If you have any questions, please feel free to connect with me.  
Meanwhile, please enjoy.

Warmly,

*Ragini*



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## TEMPLATE FOR CREATIVE HOMEWORK ASSIGNMENTS

### STEP 1: CREATING THE STEPS

- ✓ Identify the most influential idea, perception, or emotion that is in the way of your client moving forward.
- ✓ Determine whether your client is naturally outgoing or more introspective & choose the most appropriate type of homework style
- ✓ Choose one of the homework examples as your basic template. Then do the following:
  - Change the content of the template to match the content of your client's issue
  - Following the sequence of the template, create the steps for them to follow in the coming week(s) when they encounter the idea, perception, or emotion in their way. Be specific about what you want them to DO.
  - Be sure to include some instruction for keeping track of how many times they are aware of this idea, perception, or emotion influencing them (journal, stones in their pocket, creating a memo on their phone, etc.)



### STEP 2: SETTING THE FRAME

- ✓ Explore what frame will entice your client to choose a more positive perspective.
- ✓ Choose a frame that is bigger than the client's issue.
- ✓ Make sure the frame has a field of meaning bigger than the client's problem (something outside of the problem arena)
- ✓ Then place the client's problem within that field to shift perspective, expand possibilities, or gain insight.

People react to things depending on how they're presented. Paying attention to this detail is paramount to success. Using your frame to consciously creating a bias toward loss or gain can help motivate your client to actually DO the homework assignment.



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## TEMPLATE FOR CREATIVE HOMEWORK ASSIGNMENTS



Putting a new frame around a mental or emotional issue can affect how we handle it. This is another value of giving homework. It offers a way to repeatedly focus the client's attention on the new perspective, positive resource, or the *potential reality* of the desired goal.

### Examples Of Frames That Offer Opposite Perspectives

- When you remember your youth, do you see the opportunities it gave you to learn, or do you see how you lost your innocence?
- When you look at your age, are you akin to a classic model car or just an old beater?
- When you look into the future, is it sparkling because it's filled with golden years, or a bit grey and heading toward the end of the day as your twilight years?
- When you make an error, is it a lesson to be learned, or a mistake to feel guilty about and ashamed of?

If you've been listening carefully (and asking the right questions), you'll most likely know what bigger and positive frame would be useful to associate with the client's problem.

Once the association is made, the client's perspective will already start to change by virtue of your giving him a different angle of vision on the perceived problem. And, by identifying it consciously, you're sharpening your own perceptual skill as well.



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## TEMPLATE FOR CREATIVE HOMEWORK ASSIGNMENTS

### STEP 3: CREATING A CUSTOM DESIGN

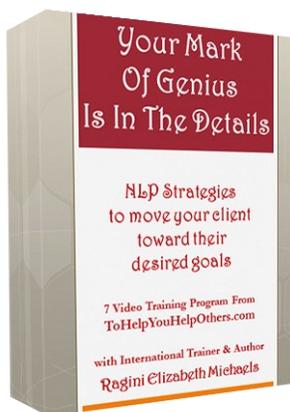
This requires some awareness of how your client processes information.

- ✓ If they primarily notice images, include 'looking' in your homework.
- ✓ If they talk to themselves a lot, or are impacted by words, make noticing their own inner and outer dialogue a component of the homework.
- ✓ If they speak of emotion a lot, include noting which emotions play a part in what they're working with.
- ✓ If you don't have any idea what sensory system your client pays attention to the most, just make your homework include some access to each sensory system—some visual, some auditory or working with words, and some feeling or emotional component.
- ✓ You can cover all of these in the request for them to keep track of their experience.



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Turn the dial on your skill level today. Move quickly from adequate to great—or—from great, right into exquisite!



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## TEMPLATE FOR CREATIVE HOMEWORK ASSIGNMENTS

### STEP 4: INTRODUCING THE HOMEWORK



Continuity is a powerful ingredient in freeing new behaviors to replace the old.

Because clients usually anchor their new insights and understandings to your office, or to you, they can easily forget everything they've discovered once they walk out the door.

Thus, homework is a great way to keep the new perspective, idea, or understanding in the foreground of your client's mind.

Don't introduce the homework as an arbitrary add-on. Help them grasp the notion that homework is really an integral part of their ability to create their new desired experience.

- ✓ Your 1<sup>st</sup> option is to introduce the steps and frame in a guided meditation or visualization process.
- ✓ Your 2<sup>nd</sup> option is to have your client run through the homework with you. Don't just explain the homework. Have your client actually *demonstrate* they understand it, can actually do it, and or willing to do it.
- ✓ If they have questions, concerns, or objections, here's where they can voice them – and you provide the most motivating and empowering answers you can.



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*Homework*  
*That Involves Outer Doing*  
*The Power Of Creative Investigation*



## Helpless, Hopeless, Paralyzed

### Your client is reporting:

1. Feeling helpless to contribute much of anything
2. Feeling hopeless about the future
3. Feeling paralyzed and unable to take any action in the present.

### Setting The Frame:

In order to feel helpless, hopeless and paralyzed, you've probably told yourself a story – whether consciously or unconsciously - that is focused on the darker side of things and relatively depressing. The quick remedy is to take a look at the other side of the coin. It may sound Pollyanna, but it truly does balance out your perspective when you can identify the things that are also going right. That naturally leads to hope and then to a renewed sense of purpose that can once again lead to action.

Be aware that for awhile you may have to corral your cynic. But even the cynic has to concede that in a garden, the thorns naturally come with the roses. With the lighter side in view, it is much easier to remember to breath and allow yourself to become big enough to embrace both sides of the coin – the dark and the light - and the rim that connects the two sides without interruption – that's the place that gives you an additional overview and a much more grounded place to stand.

### Homework:

- Put together a bag of stones or small pebbles—make half of them white and half of them dark.
- Every time you feel this emotion (or any part of the accompanying story), take a dark pebble out of the bag and put it in your pocket.
- Then take a white pebble out and verbalize a thought or feeling that is completely opposite, purposefully changing your inner dialogue from negative to positive
- Place the white pebble in a different pocket.
- At the end of the day, see how many pebbles are still in your bag. The fewer you have left, the more aware you've become of your feelings and how to move yourself in a different direction.



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## Anxious, Angry, Sad About The World Situation

### Your client is reporting:

1. Feeling anxious about the world situation
2. Feeling angry and hateful about the world situation and wanting to blame someone, anyone, for the mess that it's in
3. Feeling sad and despairing about the world situation and wanting to give up, or find someone, somewhere, who could give them hope

### Setting The Frame:

The external content of each moment in your life is not nearly as powerful in determining the future as finding your own inner peace of mind. What determines how you make sense of the world is actually the attitude you bring to each moment. And your attitude is determined by the story you bring to what's unfolding around you. The ability to embrace and accept your moment for what it is, brings you closer to finding the understanding, the hope, and the sense of security you seek arising within yourself – on the inside. You can then distinguish between what is actually happening in the world and what is your story about possible futures unfolding. Once you can find the moment—the actual, un-interpreted events unfolding—you can verify for yourself the difference between that and your story. This is how a sense of inner peace can more easily arise, freeing you to be more present, and accepting, of the world as it is.

### Homework:

- Find at least 10 different people this week who feel stressed about the world situation but are handling it in a positive way so the stress isn't disrupting their life
- Talk with them and learn exactly what they are feeling
- Discover how they are managing their negative emotions so their daily life is not being lived under a cloud of fear, anxiety, sadness, or anger.
- Notice how their story ABOUT the world situation is different from yours.
- Keep a journal or notes tracking the answers you receive to your survey.
- Every day, write a short note identifying what, if anything, you learned from others that is of help to you in managing your own emotions about the world situation.



## Fat, Unsuccessful, Ugly

### Your client is reporting:

1. Beating himself up for once again reverting to old, unwanted, and unconscious behaviors that keep him fat and unsuccessful
2. When he sets a goal for a new self-image that looks like it's reachable, he finds himself convinced he can never reach it
3. He is pushing himself to change his appearance despite the belief that he is inherently ugly

### Setting The Frame:

It's much easier to live with the negative things in life when you understand they are just part of the scenery on the way to experiencing the positive—and—visa versa. You cannot entertain the concept of ugly without also bringing up the notion of beautiful. When you claim ugly as YOU and beautiful as NOT YOU, you've created a problem. When beautiful arises in you, you will miss it, negate it, not believe it, or throw it away. When ugly arises, you will claim it without a thought because you have chosen it as the truth about how you look, and perhaps who you are. When you understand that all people are *both* ugly and beautiful, it is much easier to relax and enjoy the ride. What if you could know that you were both? I know you don't believe you could, but if you did, would this impact the situation that's distressing you?

### Homework:

- Pick an object that you perceive as ugly—a cracked dish, a pen, a scarf, a painting, an art object, some chatzky you dislike
- Sit with that object for 10 minutes and open to the notion that it is both ugly AND beautiful and you have not yet found its beauty
- Jot down how your perception of this object changes over the 10 minutes, if it has.
- Continue to do this with the object every day until you feel you have honestly found its hidden beauty emerging into your perception.



## Judgmental, Anxious, Angry About Everything

### Your client is reporting:

1. A mind filled with unending judgements
2. Anxiety about life in general
3. A lot of anger without an object to throw it on

### Setting The Frame:

When your client is filled with any form of negativity, they are usually focusing on the difficult and often ugly parts of life. Moving their attention to the opposite can be powerful. Beauty has an untapped power that can release positivity. If you can find some *hint* of beauty wherever you are, you are already on your way to remembering that all your negative thoughts and feelings are part of your personality's story - and does not include everything that is actually happening, or present in the moment.

If you can do this, that hint of beauty will grant you the awareness to step back and change your *relationship* to the negativity you think is unfolding in you or around you. Then, everything will shift as you perceive once again the freeing power of seeing *through* your past conditioning as the final take on truth. This attitude and view creates an invitation for those moments of inner peace, so sweet and so freeing, to come for a visit.

When each moment arrives, it is what it is. There is nothing you can do about *the present moment* except relax into it – and that is when inner peace arises and how a better future is also invited to appear.

### Homework:

- Take a moment, breathe, and step back from your story about you, others, and life
- Shift your attention to the outside environment and look for a spot of beauty
- Focus your attention on that spot of splendor – no matter how small – be it a glimpse of the sky out the window, a flower, a splash of sunlight on a desk
- Breathe it in and take a second step back from the situation upsetting you
- Then, with fresh eyes, discern how what is really happening differs from your personality's story *about* what's happening.
- Jot down in a journal any insights, shifts, or changes you experience.



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# Exhausted, Overworked, Underappreciated

## Your client is reporting:

1. Feeling exhausted and physically tired
2. Feeling overworked and running on an empty tank
3. Feeling underappreciated

## Setting The Frame:

We intuitively know life has a rhythm, even though we usually forget this completely. Instead we try to control the rhythm, which is where the problem arises. Tension and relaxation naturally flow back and forth between each other, creating and maintaining the prime directive of life—balance or homeostasis.

The ability to navigate this rhythm rests in a specific perspective. A coin has two sides plus a rim holding them together. This rim is where your freedom to enjoy life rests. This is where awareness of balance arises. From this place, you can allow the tension *and* relaxation, work *and* play, to each continue to show up their 50% of the time. Once you realize the rim is also there, you can step up onto it and watch the tiredness naturally take you into rest – the work take you into play – and the lack of appreciation from others move you into loving and appreciating yourself. All you have to do is move to the rim of the coin and watch the rhythm of your life unfolding—and take these emotions as signals that it’s time for a change.

## Homework:

- Take 5 minutes every day. Pull out a quarter and place it in front of you.
- Place your hand on your heart, take a deep breath, and focus your attention on the coin.
- Say to yourself, “Tension & relaxation are the two sides of this coin of life. I feel tense. It’s time to relax.”
- Tap lightly on your heart area and take a few deep breaths.
- Say to yourself, “Work and play are two sides of the coin of life. I feel overworked (exhausted). It’s time to play once again.”
- Now place the quarter in your hand and let it play over the two sides—heads and tails—and then feel the rim—the thin edge circling the entire circumference of the coin
- Imagine as if you can step up onto the rim and see with clarity the natural rhythm unfolding between tension and relaxation as well as work and play.
- Keep notes of your experience.



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## Taking Work Life Too Seriously, Attached, Can't Let Go

### Your client is reporting:

1. Taking work life so seriously that it feels like life or death
2. Completely attached to an outcome that she intuitively senses is not going to happen, but continues to fight for it and demand that life deliver
3. Can't let go of something that happened that she feels harmed her in some way, and now she secretly wants revenge.

### Setting The Frame:

Don't worry about what is going on in your mind. Just keep coming back for a minute or two to this experience in your body of your breath's teaching. It is showing you how to bring air in, how to hold it in, and most importantly, how to release it out. Without the release, no more fresh air can come in. Without the release, movement cannot resume. Let your awareness just be present and slowly open to receive this deep wisdom revealing the inherent rhythm of life. Your mind will not like it, but your body, heart, and soul will find it relaxing and freeing. Let's explore another place where this need for movement is also operational.

### Homework:

- Take a deep breath and put your hands out in front of you.
- Think of the specific situation causing you trouble.
- Close one hand into a fist and leave the remaining hand open.
- Contemplate how the hand closed into a fist cannot receive what you're actually looking for—no matter how or when your desire comes across your path
- Contemplate how the open hand cannot hold onto anything—old or new—no matter what you feel drawn to grab onto
- Contemplate how the hand closed into a fist must be able to open in order to actually receive the new object it wants to hold onto (holding onto a glass staying empty when you're thirsty won't make the glass fill up with water)
- Contemplate how the open hand must be able to close itself up in order to grab hold of what it wants to make its own (your boss hands you a bonus check but you can't grab hold of it)
- Keep a journal and note any insights and/or understandings that emerge each day as you explore more deeply the value of both holding on and letting go.



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## Empty, Hollow, Closed Heart

### Your client is reporting:

1. A sense of emptiness amidst the busyness of his life
2. Feeling hollow on the inside
3. Feeling his heart closed to the happenings around him

### Setting The Frame:

An empty glass can be viewed as devoid of fulfilling its purpose. It can also be seen as full of potential. Once the glass is filled, it's potential has been manifested. But then it's potential is gone until the liquid in the glass is removed. Thus, the rhythm of the emptiness and fullness keep the glass's potential and fulfillment re-emerging fresh and new.

A bamboo flute, hollow on the inside, simultaneously carries the full potential for music. This fullness only comes alive when the musician fills the emptiness with the breath of life.

What causes us to head away from our hearts is our insistence that life be **only** full, alive and comfortable, and never empty, hollow or painful. In the presence of whatever happens moment to moment, remembering that life embraces **all** that arises can bring you back to the heart. This return allows you to expand and comfortably hold being both empty and full, hollow and resonant, open and closed.

### Homework:

- Place a clean glass in front of you.
- Ask yourself, "Is this glass empty of its purpose, or filled with potential to hold a liquid?"
- Jot down your answer to the question.
- Note whether you choose one option and not the other, or the 3rd choice of the glass holding both options simultaneously
- Notice if your first perception remains steady or shifts back & forth between the 3 possibilities
- Now focus on your problem and notice if your perception of the problem shifts when you perceive it as empty of purpose vs. full of potential.
- Make a note of any objections you experience to perceiving either an absence or presence of potential and purpose, or the presence of both options as your choice.
- Contemplate what you've gathered from this exercise & jot down your insights



## Negative Thoughts, Resistance, Self-Flagellation

### Your client is reporting:

1. A mind filled with so many negative thoughts , it's driving them crazy
2. Cleaning the bathroom seems more appealing than meditation
3. A mind engaged in self-flagellation (hostile & mean criticisms)

### Setting The Frame:

You've undoubtedly heard about our stories and how they influence our lives and the way we feel about ourselves. But very few of us realize HOW the story is created and how it draws on one of our most powerful and often unconscious capacities for imagination and creativity. Where there is nothing, we will *have* to create something. When I draw 4 lines for you and they don't connect, your eye and mind will connect them for you—and in this case, you will perceive a rectangle instead of 4 lines, disconnected, and hanging in space.



This exercise will give you a front row seat to this process in action—and help you learn the same process is happening inside of you! Once you understand the power of this capacity we all have, you will be drawn to use it more consciously to create the view of life that brings you the most happiness and joy instead of negative thoughts, resistance, and beating yourself up with harsh self-talk.

### Homework:

- Pick an object that you feel neutral toward—neither like it nor dislike it (like a spoon, or hair clip, or notebook, etc.)
- Carry this object with you (religiously) *everywhere* you go for the next 2 weeks
- Using your camera phone, take pictures of it in different places as it becomes your traveling companion for the next 14 days
- Each day, write a paragraph or so about how you feel towards this object (a pain in the behind, a companion, an annoying albatross around your neck)
- Create a real or virtual picture album and place the pictures you take each day into it, creating a record of your 2 week travels with this object. Then write how the story of you and the object unfolded.



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## Critical/Angry With Self, Envyng Others

### Your client is reporting:

1. Criticizing herself for making mistakes
2. Being angry with herself for not listening to herself.
3. Envyng someone else their life, their career, their gifts and talents, their successes, or their physical form.

### Setting The Frame:

Consider the possibility that this criticism, anger, and envy is necessary for the next expansion of your own personal reality and learning how to be accepting of yourself as you are, moment to moment. Remember that your feelings are not telling you the total truth and you are more than your thoughts, feelings, emotions, and mind. A first grader may criticize themselves for not being as smart as a 6th grader. But you can see they are neglecting to honor the reality that you can't get to the 6th grade without first completing the previous 5 grades. When you pay attention to this experience, the contraction in your body and heart will dissipate. You will find yourself lifted into a felt sense of relief and an expansion of your freedom to be at ease with yourself – as you are – imperfectly perfect, or if you prefer, perfectly imperfect. And then – if you can – have a good laugh!

### Homework:

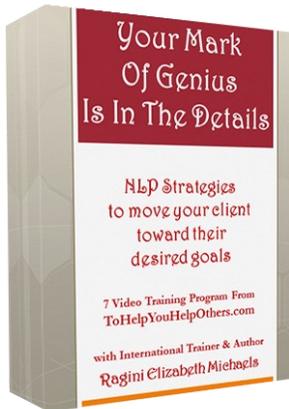
- Any time you feel critical of, or angry with, yourself, or envyng another, pull out a box of crayons (NOT colored pencils) and a pad of blank paper.
- Start to draw what you're feeling using one or all of the following 3 options. Each option utilizes a different part of your brain.
  1. Draw while holding crayon with both hands on the crayon
  2. Putting crayon in one hand, draw with it until you want to pick it up off the paper. Then put crayon in other hand, and draw with that hand until you want to pick it up off the paper. Keep switching the crayon(s) back and forth.
  3. Put a crayon in each hand and draw with both hands at the same time.
- Keep drawing what you feel until you can feel its strength dissipating in your body
- Then contemplate how you're feeling and write down in a journal any awareness or insight that arises revealing what you've been missing and not paying attention to.



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*Homework*  
*That Involves Inner Doing*  
*The Power Of Creative Imagination*



## Lost, Alone & Unable To Keep Going

### Your client is reporting:

1. Feeling lost and directionless
2. Feeling alone in the world without a single person to talk to who he believes would understand what he's feeling
3. Feeling that whatever inner strength he had is gone and he simply can't keep going

### Setting The Frame:

Feeling lost, alone, and weak are a part of the emotional pain that simply comes with the experience of life, as is physical pain. But suffering (pain due to the presence of pain) can be released by allowing, accepting, and relaxing into whatever is arising in your inner experience.

As you practice this, you are discovering how to engage in an act of self-love and self-acceptance. You are exploring what it feels like to be a good host to your guest—in this case, the emotional pain.

Give it a try and remember the content of the unwanted experience is actually not that relevant. Just be present to the *experience* – whatever it may be. And if you can, give yourself a pat on the back for being so courageous and daring to face and embrace “what is”.

### Homework:

- Stop for a moment and take a breath.
- Notice how you are struggling against experiencing these very unpleasant mindsets and their debilitating and painful emotions.
- Notice the struggle and explore where you can feel it in your body.
- Keeping your focus on these sensations, breathe into them and just allow them to be there for a few moments, remembering they are a part of life for *all* human beings
- Explore being present to them, and accepting that they are here, visiting you in this moment of your life.
- Take a moment and write down your experience. How many times you do this during the week and how your experience of the unpleasant mindsets changes or stays the same.



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## Greedy, Jealous, Envious

### Your client is reporting:

1. Feeling greedy and unwilling to share what they have with others, whether food, money, or time
2. Feeling jealous because someone else has gotten something they want and feel they should have gotten instead
3. Feeling envious because people are getting things they want and you aren't

### Setting The Frame:

These are the moments when greed, jealousy, and envy are in the driver's seat. As you become aware of their presence, breath into the sensations in your body and welcome these pesky visitors (yes - that's right – welcome them) with a sense of understanding that they are a part of the rhythm of life that can bring you directly to generosity, sympathetic joy, and kindness.

You can begin this exploration by noting what it is you *do* have, what it is you *do* value, and what it is that brings meaning to your life. Perhaps the “things” that you do or don't have hint at something deeper. By relaxing into whatever arises, jealousy, sympathetic joy, or gratitude, you can begin developing a deeper appreciation of the richness of your life as it is.

### Homework:

- Make a list of all the things that you have, material and otherwise
- Make a list of all the things you're envious or jealous of others having.
- Contemplate why you think others should not have what they are getting
- Reflect on why you think you should get what you want
- Imagine you could feel sympathetic joy for the others and notice what happens to you on the inside.
- Imagine you could shift your attention to the experience of gratitude for what you do have, noticing if that changes how you feel on the inside.
- Write down why you think 'more' is necessary to be happy.



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## Angry, Hurt, Entitled

### Your client is reporting:

1. Feeling angry because someone did not acknowledge their input or contribution
2. Feeling hurt because rejected by someone's negative comments on their actions
3. Feeling entitled and better than everyone else.

### Setting The Frame:

These are all signs that you are perceiving some form of rejection coming your way and it is more than likely that your sense of self feels at stake because it then feels separated, isolated, or attacked.

This is an excellent time to remember that although the *feelings are real and valid*, the *story* that is generating them is not the final reality about what is unfolding. The story you are telling yourself about the situation is generating the feelings of not being ok, of somehow being personally maligned. Separating the story about what is happening *from* what is actually happening is one of the most direct and efficient ways to come back to your sense of your deepest and most valuable self. Once back to yourself, you can assess the rejection with an eye for any constructive criticism and then let go of the rest. Give it a try and discover the freedom and joy of recognizing your story for the single point of view that it is, rather than the bigger and broader view that comes with a 360 degree perspective.

### Homework:

- Identify the story you're telling yourself about the situation or circumstance each time it arises.
- Then recount what actually did happen *without* the story—just the facts that everyone would agree on.
- Ask yourself, “Which is the truth? My story OR the facts without interpretation?”
- Write down your answer to this question each time you're feeling entitled, rejected, or unacknowledged.
- At the end of the week, explore what conclusions you can make
- Write them down & contemplate the power of purposefully separating the actual events from your story *about* the events.



To Help You Help Others

## Passive Aggressive, Manipulative, Controlling

### Your client is reporting:

1. Being passive aggressive
2. Manipulating another so they will do what they want them to do
3. Feeling stressed out and exhausted from trying to control others, situations, or themselves

### Setting The Frame:

When we're upset with life because it's not going the way we want, it's powerful to remember the impermanence of all life's experiences. "This too shall pass" is a powerful thought to contemplate. This action can begin the process of surrendering to whatever life is presenting to you in the moment, while, paradoxically, remembering you can still follow your desire to make a better life. A quick cure for the pain of a moment is breathing into your heart space until it is large enough to hold both what you want and also what you're getting in the moment. This will actually deepen your personal experience of what it really means to "go with the flow" and accept "what is".

### Homework:

- When you feel yourself moving into passive aggression or its opposite of openly trying to control or manipulate, freeze for a moment
- Take a breath and become aware of whatever posture your body has assumed.
- Then breath right into the contracted feeling.
- Contemplate the notion it is not the external situation causing the problem but your 'NO' to allowing it to be what it is.
- Imagine as if your passive aggression, or desire to control or manipulate, are signals you have pitted yourself *against* the flow of life in that moment.
- Since you cannot win the fight—because 'what is' is already there and unfolding—breathe into your heart space instead.
- Write in your journal any insights, experiences, or shifts in understanding or perception that arise.



To Help You Help Others

## Feeling Hateful, Disappointed, Isolated

### Your client is reporting:

1. Feeling hateful toward the world and everyone in it
2. Feeling disappointed or disgusted with herself
3. Feeling alone, isolated, and abandoned.

### Setting The Frame:

Allow a sense of curiosity to arise about the fleeting nature of emotions. First joy and then sorrow, and then a wave joy comes again on the heels of sorrow. Like the waves that crash into the shore and then go out again, emotions come and they go. The waves that hurtle onto the shore don't belong to the shore, just as the emotions that move through you are not yours. They do not define *who you are*. They are human experiences that we all have by virtue of living in this dualistic reality. As odd as it sounds, emotions are not personal to you, nor is your story—*even though they definitely feel that way*.

Can you remember (believe ) there is something larger out of which the breath arises, like the vastness from which the waves arise? The vastness that is *you* can allow the flow to continue, moment to moment. You have the right to rest in that vastness with a deep sense of relaxation and peace with what is arising within and will shortly, pass away once again.

### Homework:

- Breathe into the emotion & press the 'hold' or 'mute' button on your accompanying story
- Pull up an image of walking on an ocean beach, entranced by the rhythm of the waves, continually coming in and moving out
- Allow your emotion and story to become like the waves—here and then gone—arising and falling away, arising and falling away
- Focus on the source of the waves—the ocean itself—remind yourself emotions are like the waves—they come and they go—sometimes they're clean, and sometimes they're filled with seaweed and driftwood.
- Realize you are free to walk along the beach and remain unaffected by these comings and goings.
- Explore the mantra, "I have the right to remain undisturbed."
- Jot down any changes or shifts you feel in how you're now relating to those original negative notions and emotions.



To Help You Help Others

## A Final Note

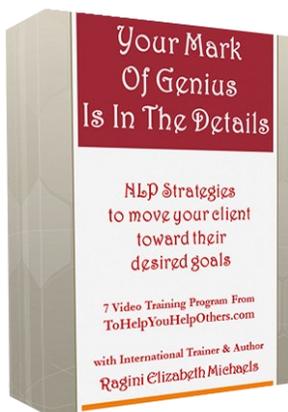
Thank you for your time and energy. I hope this e-book has helped you feel more at ease and creative with customizing coaching homework. There are an incredible array of details to attend to in this field, so I hope you will continue your quest to be the best you can be. Other free resources are listed on the next page.

If you're not getting the results or referrals you want, you could be overlooking some critical elements vital to your success. These vital elements are often resting in plain sight—inside the details. **Your Mark Of Genius Is In The Details** will help you quickly begin to remedy that situation.

Of course the effort will have to come from you, but the guidance I am more than happy to provide. You have the power and the privilege to turn up the heat on your skill development, creating more competence and confidence. And I can guarantee that will allow you to connect with that sense of deep satisfaction—professionally, personally, and financially.

Here's to the emergence of your exquisite skill.

Warmly,  
Ragini



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Turn the dial on your skill level today. Move quickly from adequate to great—or—from great, right into exquisite!

My Video Course **[Your Mark Of Genius Is In The Details](#)** provides 7 fun, animated videos focusing on 7 details crucial to enlivening your strategies for success—and to move your clients toward their desired goals. This program accelerates your journey from beginner to expert, allows the seasoned 'pro' to dip back into the joys of the beginner's mind, and increases confidence *and* competence quickly. You'll have more fun, get results faster, better referrals, and, as a result, more paying clients.

**[CLICK HERE](#)** to find learn more.

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## Free Resources

- [Got What You Need To Help Others Create Mental & Emotional Balance?](#)
- [Moving From Fear To Love](#) (Audio)
- [The 4 Pillars of Today's Mental & Emotional Well-Being](#)
- [A Video Tour Of The Psychology Of The Mystics](#)
- [Can't Keep Going & Can't Stop Either](#)
- [How Many Shoes Can You Easily & Quickly Step Into?](#)
- [Why Being Willing To Be Wrong Is The Path To Peace](#)



Ragini (pronounced liked mahogany) has earned an international reputation as a masterful, inspiring, and generous teacher, as well as a brilliant practitioner, always engaging with curiosity, presence, and humor. She is an international trainer certified through the Society of NLP, the IANLP, and various hypnosis associations. Ragini has authored 3 books on [mystic psychology](#), and created 2 [Meditative Hypnosis](#) series, each offering 4 different mp3's. She is also the creative

force behind her forthcoming video program ***Setting Yourself Up For Success: 7 Steps to Get Reachable Outcomes for your Coaching Clients*** coming soon! She lives in the beautiful Pacific Northwest working with clients and students from around the world.