

CHECKING & MATCHING

CLIENT SESSION 4

COACH NOTE

**So this session is like a little recap on what you have done with the client over their last few sessions.
Consider it a little fun but important catch up.**

CLIENT SESSION

Hi [Clients Name]
Great to see you today. Etc etc
[Make your own welcome back chat]

I thought today we could recap on what we have learned in our last session about vibes and energy etc and check in on what that means in terms of creation and attraction.

Does that sound okay?

Okay great so what we know is that

*Creation & Attraction responds to whatever vibration you are sending out
Giving you more of it whether it's positive or negative.
It simply responds to your vibration.*

ASK CLIENT TO WRITE THAT DOWN IN THEIR NOTES

In other words ...

Creation is simply CHECKING & MATCHING & GIVING YOU MORE OF WHAT YOU FOCUS ON AND AMPLIFYING IT

ASK CLIENT TO WRITE THAT DOWN IN YOUR NOTES

[PAUSE give them time to write these down repeat them to remind them]

[SAY]

Are you beginning to see that your life is a perfect CREATION of what you are vibrating?

Pause and let client respond

CLIENT SESSION

[SAY]

So what DOES this really mean?
Let me explain

You know when somebody wakes up in the morning feeling
anxious and irritated?

[ASK]

What kind of vibes are they are sending out?

YES

A negative feeling and vibe and given what you have been
learning...

What is happening to those vibes?

SAY CHECKING and ???

[Wait for answer] MATCHING

YES, CHECKING & MATCHING.

So is it any surprise that they then stub their toe on the bed, burn
the toast and are late for work?

Now you are coming to understand why their day got worse and
worse.

CLIENT SESSION

So let's look at the other side of things!

The Key way!

How about a person who starts off their day in a space created for stillness with:

- Gratitude in their heart
- A positive intention for the day
- A vision for a magical day
- These are all things we are and will be doing during our Key Coaching sessions.

Back to the examples. In both cases Creation is at work... but with very different outcomes.

Can you see and feel how this works?

Do you think that preparing your day and applying this would make a difference to you?

[Let the client respond here encourage them to tell you what they think and feel]

Spend time chatting through their thoughts.

FILLING IN THE BLANKS EXERCISE

To let your client know how much they have taken in – do the fill in the gaps exercise.

Send your client the FILL IN THE GAPS worksheet VIA zoom chat / file.

You should have the worksheet on your desktop or somewhere easy to find so that this exercise goes seamlessly.

Ask them to get the worksheet visible on their screen.

After the count of 3 tell them ‘we are going to read it out together’

1, 2, 3

Begin to read through it.

Important Note – The coach should be silent at ‘the gaps’ to allow the client to answer.

If they struggle that’s okay by going through it again with them in this way they will have learned more.

EXERCISE – FILL IN THE BLANKS

At every moment including right n__

Everybody has a mood or a f_____

Which causes you to send out a v_____

The word *vibe* comes from the longer word v_____

and we learn that Creation is about this vibrational energy.

How many types of *vibe* are there? t__

And what are they? p_____ and n_____

When are you sending a vibration? a__t__t_____

And how can you tell what the vibration is you are sending?

You can tell by how you are f_____

So that means you are all sending out a vibration positive or negative and you will be sending this vibration either deliberately or not.

Creation is doing two things. The first thing it is doing is checking and when it finds the vibration that you're sending, then what happens?

It matches it by giving you more of what? The s_____

The same positive or negative vibrations!

WRITE DOWN THE KEY PHILOSOPHY:

I C_____ M_ L_____ B_ W_____ I G_____ M_ A_____ TO
_VE OR _VE.

I A_ A C_____

CLIENT HOMEWORK

SOMETHING TO DO:

Congratulate yourself on your amazing memory and give yourself a pat on the back. Really do it! Allow the positive vibration of celebration to resonate through you and keep this magical feeling all day long.

THINK ABOUT:

This week be very aware of what vibrations you are sending out and make a mental note about what happens when you keep yourself in a positive and high vibration.

Take every opportunity to celebrate your little successes. Remember small consistent positive vibes amplify to keep you on a BIG positive state of being.

GRACE – VISION EXTRACT

The word VISION is mentioned 19 times in ‘Grace’ –
The Key Book, that’s how much of our focus and
attention is on vision.