

WRITING YOUR MAGICAL LIFE ADVENTURE STORY [SESSION 10]

INTRODUCTION FOR COACHES

The power of story has become so obvious to us over the decades that we have been coaching THE KEY have with our clients.

We noticed that most of the time when we begin a session, people will often start by telling you, their story.

This is an obvious and good place to start and useful to get to know someone. That said, I soon realised that some people were very attached to their ‘old stories’ and repeated them session after session and often resisted the idea that it was story that they were telling themselves.

I discovered that this can be unconscious, emphasising that most people are not consciously aware of their stories or its power. We gain energy from telling our story over and over. It can help us make sense even justify our actions or help us feel better or affirm that the other ‘protagonists’ in the story are to blame.

Whatever the reason, from what you have already learned about The Key, you will know that repeating a negative life story over and over only serves to amplify its energy and vibration. It would be impossible to create a new story from the energy of the old one.

Let’s think about it really simply, from a KEY perspective

- Do you now see and understand that words are creative?
- Do you now know and agree that words joined up created sentences and at The Key we call them desire statements and would you agree that these are creative?
- Can you then see that sentences grouped together create chapters? Would they be creative?
- What about lots of chapters? What do they create?

... A STORY.

So now do you believe me if I tell you that your life is a powerful creative story and that every year, decade or era is a chapter and more importantly **YOU ARE THE AUTHOR?**

What will it be a HORROR story,
A Sad Story a tale of deception or a woeful story of REGRET?

YOU YES YOU have everything in you now to create the story you dreamed of as a child or wanted as you grew up.

YOU YES YOU ARE THE author of your life and the pen is in your hand.

This is what this client session is all about:

Looking at your life; one bit at a time. Taking all of the work they have been doing with you, their wheel, affirmation, new beliefs, revelations along the way, AHA moments and notes and using them as a CATALYST for new story.

It helps them to realise that what they tell themselves day in and out is just a story and that at any moment including right NOW they can change that story.

How powerful is that?

NOTE TO COACH – WHEN YOU GET CONFIDENT WITH THIS SESSION YOU CAN USE THIS INTRODUCTION TO OPEN UP THE CONVERSATION WITH YOUR CLIENT.

WHAT YOUR CLIENT WILL NEED FOR THIS SESSION

Email them **WELL INADVANCE** – with The Story workbook section and ask them to bring:

- **Wheels of LIFE & EMOTIONS.**
- **Desire Statements**
- **New Beliefs**
- **Meditation notes / AHA's**
- **Gratitude journals**
- **Any past Key Course Stories**

They will reflect on this to help them create their new story.

CLIENT SESSION - STORY

The power of story has become so obvious to us at The Key. We noticed that most of the time when we begin a session, people will often start by telling you, their story.

This is an obvious and good place to start and useful to get to know someone. That said, we realised that some people were very attached to their ‘old stories’ and repeated them session after session and often resisted the idea that it was story that they were telling themselves.

Most people are not consciously aware of their stories or its power.

We seem to gain energy from telling our story over and over. Repeating it, makes it feel truer perhaps. It can help us make sense of things, justify our actions, help us feel better or affirm that the other ‘people’ in the story are to blame.

Whatever the reason, from what we have learned about The Key, we now know that repeating a negative life story over and over only serves to amplify its energy and vibration. It would be impossible to create a new story from the energy of the old one.

CLIENT SESSION - STORY

Let's think about it really simply, from a KEY perspective.

Do you now see and understand that words are creative?

Do you now know and agree that words joined up created sentences and at The Key we call them desire statements and would you agree that these are creative? Great.

Can you then see that sentences grouped together create chapters? Would they be creative?

What about lots of chapters? What do they create? A
STORY

So now do you believe me if I tell you that your life is a powerful creative story and that every year, decade or era is a chapter and more importantly **YOU ARE THE AUTHOR?**

What will it be a HORROR story, A Sad Story a tale of deception or a woeful story of REGRET?

A repeated story with all of its sequels detailing disappointment after disappointment.

It's all most like you are reading the same book over and over and over again.

Where is the joy in that?

CLIENT SESSION - STORY

YOU YES YOU have everything in you now to create the story you dreamed of as a child or wanted as you grew up.

YOU YES YOU ARE THE author of your life and the pen is in your hand.

STORY is what our session is all about today:

It brings all of the work we have been doing together, like your vision wheel, positive affirmations, new beliefs, revelations along the way, AHA moments and notes.

By the end of it I know that you will completely understand that the stories you have been telling yourself day in and out are just that, a story, and that at any moment including right NOW they can change that story.

How powerful is that?

COACH EXAMPLE - CREATING YOUR NEW STORY

COACHES STORY – to give them an overview of how it sounds, feels, looks etc.

First let me read one of my stories that I created just like you are now during one of The Key sessions I have attended.

Pick a story that things have happened for you.

Your story should be a great example containing; your desire statements, visions, feelings imaginations, I AM, I am in the process of, I love how it feels affirmations and your purpose etc

Explain that some of your story has already happened because of The Creation Process but some is in the process.

This validates and reaffirms The Key and it works.

- Ask The client is this something that you would like to hear?
- After reading your story – ask them what they think?
- Get some feedback?

REVIEW

SAY It's now your turn to be the super star in your new exhilarating story.

Ask them to take out their magical Life Adventure worksheet or direct them to the page in their workbook.

Take your client through the following steps to help them create their new powerful creative story.

Have the slide up so they can use it as a reminder of what to draw on as they write.

KEY REVIEW

REVIEW

1. Look at your wheel of life and emotions – what is it showing you?
2. What about your home, your family, your work? Your career? Your business? Your hobbies etc think of; all of the areas of you vision wheel – go back and look at it now – what is it telling you, you deserve for life?
3. All your affirmations and desire statements.
4. Your new beliefs about you? your life ? emotions?
5. Think about what the above are telling you about how you would love your life to be.
6. What about notes you have made or any AHAS you have had through our programme that give you an insight into what you want?
7. Make notes and descriptions of how these things make you feel, describe in great detail.
8. Write a statement of why they are important to you – go to town on that!
9. You may even have some stories you could use from Key Courses that you have attended in the past, write them back in to re -energise them.

REVIEW

I want you to review the work in the sessions we have done so far.

- Look at your wheel of life and emotions – what is it showing you?
- What about your home, your family, your work? Your career?
- Your business? Your hobbies etc think of; all of the areas of your vision wheel – go back and look at it now – what is it telling you, you deserve for life?
- All your affirmations and desire statements.
- Your new beliefs about you? your life?
- Think about what the above are telling you about how you would love your life to be.
- What about notes you have made or any AHAS you have had through our programme that give you an insight into what you want?
- Make notes and descriptions of how these things make you feel, describe in detail.
- Your Why? and Purpose statements from previous Key sessions.
- You may even have some stories you could use from Key Courses that you have attended in the past, write them back in to re-energise them.

REVIEW

Review these and jot down notes and ideas first on your worksheet – memory joggers – bullets to get your creative flow going.

Give the client 20 minutes at least to make their review.

They will do this privately in their home – ask them to keep cameras on but turn sound off.

155 POSSIBILITIES

OKAY it's your imagination, your space to create – let's expand your thinking and creative power.

This exercise is called 155 possibilities.

Leave slide up for the client to look at as they so do the exercise and for you to discuss from.

155 POSSIBILITIES

Think about and LIST 20 things you would love to experience ~~and~~ ~~with~~ family, people in your community.

Think about and LIST 20 things you would want to experience that would prove to you that you are healthy.

Think about and LIST 20 hobbies you would like to try

Think about 10 places that you would love to travel to in the next 10 years.

Think about 2 things that you would like to make.

Think about something you thought about inventing that would help and make money.

Think about and LIST 20 things you would want to do but never thought you could or would be able to.

Think about 10 things that you have seen someone else do that you have said I wish I could do that?

Think about 10 things that you regret not doing but realise now that it is still possible.

Think about and list 10 things that you would buy if you had £10,000 extra

Think about and list 10 things that you would buy if you had £50,000 extra

Think about and list 20 things that you would buy if you had £100,000 extra

Think about 1 CAUSE IN YOUR OWN FAMILY that you would love to get involved with if you had time and why?

Think about 1 CAUSE IN YOUR OWN COMMUNITY that you would love to get involved with if you had time and why?

Think about 1 CAUSE IN YOUR WORLD that you would love to get involved with if you had time and why?

155 POSSIBILITIES

- Think about and LIST 20 things you would love to experience in LOVE – romantic, family, people in your community.
- Think about and LIST 20 things you would want to experience that would prove to you that you are health
- Think about and LIST 20 hobbies you would like to try
- Think about 10 places that you would love to travel to in the next 10 years.
- Think about 2 things that you would like to make.
- Think about something you thought about inventing that would help and make money.
- Think about and LIST 20 things you would want to do but never thought you could or would be able to.
- Think about 10 things that you have seen someone else do that you have said I wish I could do that?
- Think about 10 things that you regret not doing but realise now that it is still possible.
- Think about and list 10 things that you would buy if you had £10,000 extra
- Think about and list 10 things that you would buy if you had £50,000 extra
- Think about and list 20 things that you would buy if you had £100,000 extra
- Think about 1 CAUSE IN YOUR OWN FAMILY that you would love to get involved with if you had time and why?
- Think about 1 CAUSE IN YOUR OWN COMMUNITY that you would love to get involved with if you had time and why?
- Think about 1 CAUSE IN YOUR WORLD that you would love to get involved with if you had time and why?

The worksheet for this is inside The Story worksheet.

Give the client 20 minutes to do this and then feedback some of the things they imagined.

UNIVERSAL LISTENER

To finish the session ask to hear some of what they have written. Praise and encourage and get excited for and with them as positive energy is creative.

Remind them that they are now deep in The Creation Process, creating this by uttering the words into The Universes.