

THE CREATION PROCESS INTRODUCTION SESSION 6

SESSION 6 OVERVIEW

This session is quite literally the heart of The Key, where you will be sharing The Creation Process with your client.

Over the first few sessions you have been exploring how the client has been creating unconsciously up until now. This is the most important thing that you can share with The Client.

Equipped with The Creation Process, they have the technology to create deliberately for the rest of their lives.

In this Key Coaching Session 6 there are two main parts

PART 6A – NON DELIBERATE CREATION & WORKSHEET 1

**PART 6B – DELIBERATE CREATION PROCESS & WORKSHEET 2
PLUS CREATION PROCESS SLIDES**

Followed by **SESSION 7 - The Clarity Through Contrast Exercise.**

These are big sessions that can potentially:-

- Open your client up and potentially expose their vulnerability.**
- Challenge and most definitely take your coaching skills to the next level.**

NON-DELIBERATE CREATION CLIENT SESSION 6A

CHECKING IN

Client Session Start – Check-in

You should open every new client session with a brief check-in on the last session.

A great question to reinforce positive results is – ‘What has gone well for you since our last session?’. This will also give you an indication as to what your client has put in practice from your previous session.

We would never embarrass a client if they haven’t done anything, we might say something like well ‘today is a clean sheet’ or ‘perhaps let’s recap on what you could do.’

Then move on to the new session.

SESSION 6A – NON-DELIBERATE CREATION

[SAY TO CLIENT]

“Over the last few coaching session’s, we have been exploring what you have been creating in your life up until now. In our coaching session today, we will now begin your journey of creating what you want, what you really want, if life had no limitations.

We begin our journey of **DELIBERATE CREATION** and **THE CREATION PROCESS**. There is a reason that we call it **Deliberate Creation**. Because it means you need to be doing something deliberately.

BASED ON WHAT YOU LEARNED SO FAR.

You now know that create deliberately by:

- **THOUGHTS – THINKING ABOUT WHAT WE WANT**
- **FEELINGS – Our emotions and how we feel**
- **OBSERVATION – By what we are seeing in our life.**
- **RESETTING From WHAT WE DON'T WANT to what we do want.**

In this coaching session, I am going to share The Key’s process for creating deliberately.

SESSION 6A – NON-DELIBERATE CREATION

We create deliberately by using **THE CREATION PROCESS**
Let me explain The Creation Process to you... The Creation
Process **JUST IS**

It's how things are created!

Let me repeat that-

IT IS HOW THINGS ARE CREATED and have always been
created **RIGHT FROM THE BEGINNING OF TIME!!**

Most people are just not aware of that. That's why, in our last
few sessions together, we have been discovering that most of
the time, people create non deliberately or not creating on
purpose.

There are three steps in The Creation Process.

To help you understand how it works.

Let's think about worry.

Have you ever had a worry?

Let's think about The Process of worry!

It's just a creation process.

Let me break it down for you.

STEP 1

Think about what happens with Worry.

At the moment you first think about the worry does it
physically exist in your life?

[Answer] No.

So worry is just a thought.

Is it a thought about something you want?

[NO] of course not

Something you don't want, a negative thoughtBut it is
still a thought.

SESSION 6A – NON-DELIBERATE CREATION

STEP 2

Okay this is where we begin to give this worry our energy
[pause], focus [pause] and attention [pause]*

[We say these 3 words slowly and deliberately as they are the
3 words in step 2 of The Creation Process]*

... and how do we do this?

There are only three ways

- We think about it... Repeat the thought in our minds over and over again and again.
- We talk about it...

We tell ourselves the worry and in fact we tell others too. We share the worry.

We create PICTURES in our mind about it.... We actually begin to see it in other words visualise it happening.

YES?

STEP 3

When we do this consistently we actually begin to feel it.

And when we feel something we think it is true and then we believe it.

Guess what happens next? It shows up!

A Self Fulfilling Prophecy.

Are you beginning to see how this works?

THIS IS “TO ME” – NON- DELIBERATE CREATION

SAY This is where most people are at.

Perhaps where you were at before you started Key Coaching.

