

INNER Freedom

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Inner Freedom Coaching Session Coach Dave with Player Leanne 03 of 12

Welcome from Coach Dave

This document was made especially for the Inner Freedom Discovery Page. I pulled a few elements together for you to get a powerful experience of the Method and how we learn it together. It is a companion for the audio of Session 3 of 12 with Player Leanne.



Coaching is practicing with your player to guide them toward playing better for their dream. Practicing Life with someone using the Inner Freedom Method could be described as structured play... or organized chaos!! We never know what will happen... just like Life! But by following the Method we ensure a complete coaching session with opportunities for magic to happen!

In this playsheet you will find:

- 1) The complete Inner Freedom Method graphic.
- 2) The coaching guide for Inner Freedom Method Session #3 that I used during the session. This was session 3 of 12; an abbreviated version of the Method using steps 1,2,3,5,8,9.
- 3) The transcript for the coaching session; with the steps of the method added in so you can follow along.

[Here is a link to the audio](#)

- 4) A few emails I received from Player Leanne 2 days after the session... BREAKTHROUGH to transformation!!
- 5) What to share on the Gamecard (optional)

Back Story

Inner Freedom Discovery - Coaching Method Demonstration

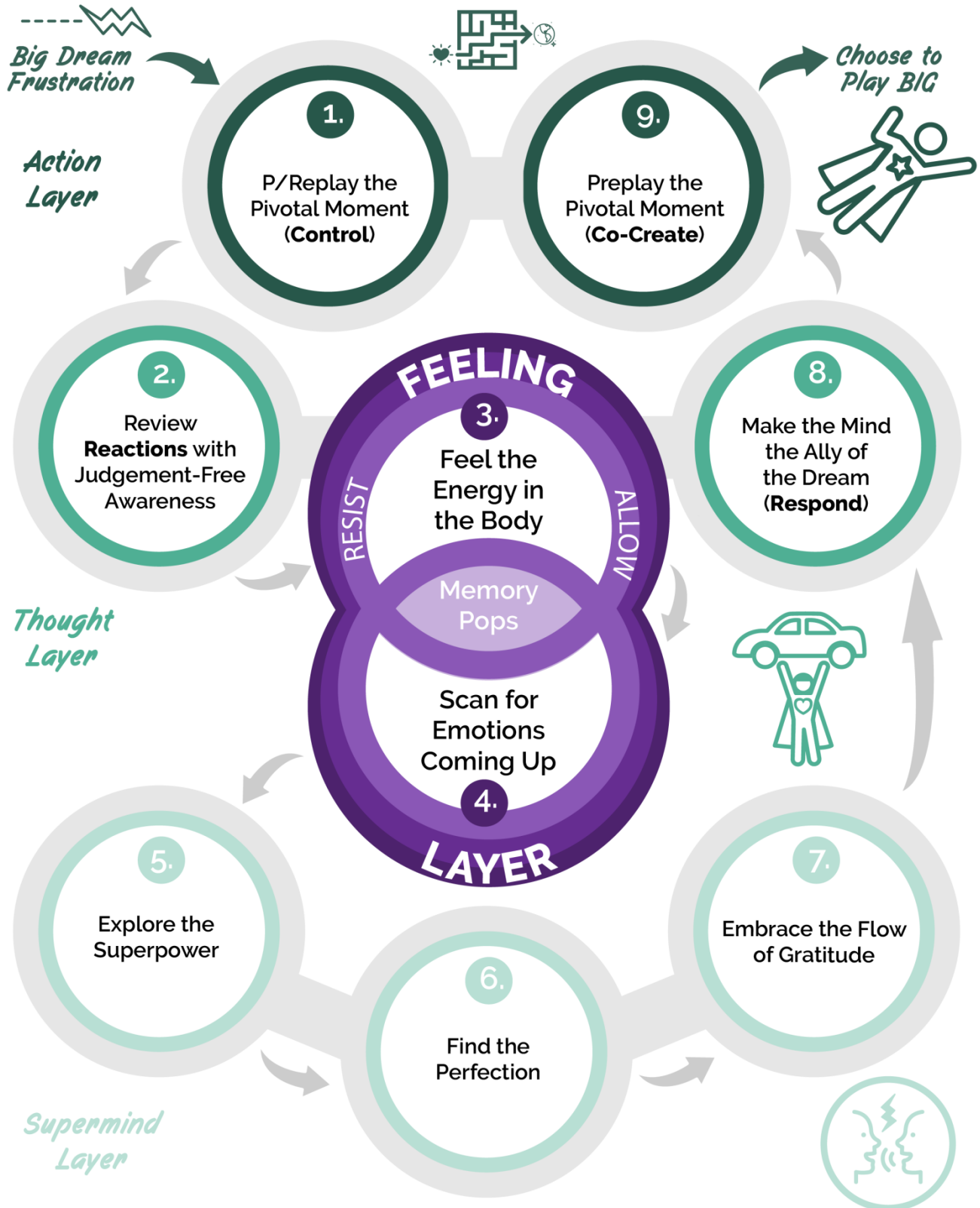
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The quick backstory on Leanne since you are reading / listening to this session without first hearing the Exploratory Session and Sessions 1 and 2. Leanne has a coaching business that is going well AND she has a strong desire to expand it. Pre-Covid 19 she was becoming an accomplished in-person networker. Her Covid 19 strategy is to become highly visible as a coach through writing and sharing.

She has had the desire to write and share on social platforms **for several years** but has not been able to do it. And she has been focused on this strategy in earnest since March... It is now August... **0 articles written and posted.**

In session 2 we got into the pivotal moment of writing. You will hear as we debrief this at the start of the session.

One last note: in this session I was planning to do Inner Freedom Steps 1,2,3,8 and 9. This is how I recommend you approach the first few sessions. Then go deeper as the relationship and adventure moves along. In this session the moment called for us to explore step 5 a little bit so I added it to the Coaching Guide so you can follow along.



03 Coaching Guide for Session 3

– Feel the Energy

[Here is a link to the coaching session audio](#)

WELCOME (and permission to coach)

A) WELCOME

SAY: "It's great to be back with you! I can't wait to see what we co-create together."

ASK: Do I have your permission to be your coach today? Are you ready to get started?

{wait for them to say, YES}

SAY: "OK. Let's go."

COACHING PLAN

B) DEEPEN THE DREAM

SAY: Today we are going to dive deeper into playing for your Dream and play with a Pivotal Moment where you are experiencing resistance or fear.

ASK: In every session I am going to ask you to share your BIG Dream with me so that we both stay connected to it in every session. Share with me your big DREAM is right now?

{Listen and clarify}

ASK: Is there anything you want to celebrate with me?

C) EXPLORE EXPERIENCES for pivotal moments

SAY: In each session we will explore actions and results that are happening and not happening to look for growth opportunities.

ASK: Share with me your recent actions from the growth / fear zone?

Listen for actions to champion as well as hesitation and uncertainty

ASK: Are there any key actions that you are avoiding or resisting?

Listen for hesitation and uncertainty

ASK: Are there any actions that you take through great resistance? Where you really had to power through and force yourself to do it?

Listen carefully.

ASK: What about results? Did you co-create any desired results?

Listen for results to champion

ASK: Are there any key results that are not happening?

Maybe something where you are doing what you need to do but the results are not happening or not happening often enough?

Listen. This is often where you will find the struggle.

PRACTICE ~ PLAY TOGETHER ~

{Explore the Performance-Possibility Gap}

D) START the Inner Freedom Method

1) Preplay (or replay) the Pivotal moment of choice

Action Layer

1a) Choose The “moment” to focus on

ASK: Of all the things we explored so far, *what is the Pivotal “moment” you want to play with together today?*

Coach: They may know EXACTLY what it is. OR they may not know!

If it is not clear which action is THE most important, just pick one that seems really important right now. You may need to suggest one from what you have heard.

Clarify the Action and Desired Result

SAY: OK let's make sure we are clear about the action and the intention.

ASK: The activity that we are playing with is X (say the action)?

And when you do X (the action), what do you want to have happen?

Listen: It is important that you are both clear about the action and the intended results.

Preplay a future moment OR choose a RECENT moment to replay)

Coach: you can ask or suggest about doing a preplay or a replay.

ASK: Do you want to preplay a future moment or replay a recent moment?

Or suggest...

PREPLAY

ASK: *Can you imagine yourself doing the activity in the near future?*

REPLAY

SAY: *Let's explore this recent moment you were talking about earlier...*

1b) Start the Preplay Technique

SAY: we will use a visualization technique called: “P/Replay the Moment”. You know how in sports they use instant replay to slow down the moment so everyone can see what

REALLY happened? Well, we are going to use your imagination to do something similar right now.

Ensure a Safe Space

Coach Note: Make sure they are in an environment where it is safe to close their eyes for a few moments. Eg. Not driving. Not in a busy public place. Not watching something on the stove top. Not chopping vegetables.

ASK: Are you in a place where you can safely close your eyes?

Assuming they say yes...

Start the Visualization

SAY: close your eyes, breath naturally, and take a few moments to create (or recreate) the scene in your imagination.

{wait a moment}

ASK: Can you describe the scene for me?

Coach: Listen carefully and get into the moment with them.

Make sure you can “see” it with them based on what they are describing.

2) Use judgment-free awareness to Scan for Thoughts and Inklings (aka Reactions)

Thought Layer

SAY: Now we are going to look at the moment from several different perspectives. Just keep breathing naturally; keep your eyes closed and we'll talk together.

SAY: It is very important that you **maintain judgment-free awareness** during this exercise. Imagine that we are both looking at this situation together and we are both curious, open and caring yet detached. This will help us expand awareness more easily.

ASK: When you imagine yourself in the scene, do you notice any thoughts going through your mind? What are they?

Just wait and listen

SAY: Take your time. Continue to see yourself in the scene while being curious about everything that was going through your mind at that moment.

Just wait and listen

ASK: With the moment slowed down a bit is there anything else that you notice about the situation?

3) Feel the Energy in the Body

Feeling Layer

3a) Scan the Body

SAY: Take a moment to scan your body for physical sensations from the top of your head to your waist.

ASK: Do you notice any physical sensations? Perhaps in your gut or in your chest?

{Listen} **Coach:** They may have lots of words coming up; For many people feeling is something they have resisted for a long time. And talking is a common way to avoid feeling.

IF they are talking a lot,

SAY: “That is interesting. Try to tune into your body and notice what is happening there.”

CHOOSE A OR B

A = They DON'T notice a physical sensation.

B = They DO notice a physical sensation

A) {if they DON'T notice a physical sensation; this happens sometimes}

SAY: That is OK. The key is to get in the practice of paying attention to your body.

SAY: Often it takes practice to feel the subtle energies in the body. I want you to really quiet your mind and feel your body: check your gut, your solar plexus, your heart, your throat, your back, your shoulders, your head, a general feeling all around you.

{Wait a few moments; Stay quiet. Stay certain that they can do it. Give them time to get into the experience.}

ASK: Do you notice any physical sensations?

If they still don't notice any physical sensations

Say: That is OK. We will practice this again next time. It will come to you.

{Skip to 3C}

B) {if they DO notice a physical sensation}

SAY: I acknowledge your courage for noticing and feeling these sensations!

IF they mention more than one body sensation...

ASK: *Which sensation is most intense?*

{Let them answer to choose which sensation to focus on}

3b) Feel the Energy (Allow it to be there)

SAY: *Bring your full attention to the physical sensation. Feel into it as deeply as you can. ...{pause}... You may notice some emotions coming up. Just let them pass for now and focus on the physical sensation.*

ASK: *Does the feeling have a shape?*

ASK: *Does the feeling have a color?*

ASK: *Does the feeling have a temperature?*

Be very affirming and open to whatever IS there.

SAY: OK, now all you need to do is just allow yourself to feel that energy for 30 seconds. Just welcome it, allow it to be there and feel into it as deeply as you can.

ASK: Do you think you can do that?

{Wait for the “yes”}

SAY: OK, I will time you. I will be here if you want to SAY anything.

For 30 seconds. Here we go.

at 15 seconds quietly **SAY:** keep going

at 30 seconds quietly **SAY:** excellent. You did it.

ASK: What was that experience like? Did anything come up for you?

{If your player has a "Memory Pop"}

Often while FEELING physical sensations your player will have a memory POP of an earlier moment in life. This is because the physical sensations ARE memories! Here is what you do...

{Just listen! Don't judge the memory or try to fix anything}

3c) Explore the “body belief”

SAY: The moment we are practicing is bringing up a body belief because it resembles a social risk experience from your past. It is trying to keep you safe.

SAY: This is natural. Let's explore it together.

SAY: Try to fill in the blank of this statement:

SAY: It's not safe for me to.....”fill in the blank”

{Listen; if they are having trouble finding the words offer suggestions}

SAY: Great! You did it. That is excellent awareness for your first time doing this together.

5) Explore the Superpower

SAY: Let's explore this idea that in social risk situations, our fears are a treasure map to our Superpowers.

ASK: When you think about this earlier moment, what is the superpower that you were expressing or trying to express?

{Listen and co-create. Most people won't see the superpower at first. You might see it before they do; ask permission and share your perception}

8) Make Your Mind the Ally of your Dream (Respond)

Thought Layer

SAY: When your body feels a social risk your mind starts to produce thoughts based on that fear because your conscious minds' #1 job is PRESERVATION and SURVIVAL.

SAY: Next we want to focus your mind on your new HEART'S Intention to play BIG

SAY: What is your HEART'S intention in this situation.

Listen. Also you can remind them.

SAY: Let's create a short phrase that captures the essence of your HEART'S Intention to step into the Growth Zone.

PLAY WITH THEM! You can keep exploring examples until you feel that they have one that feels right when they say it;

This step is where you create new pattern language for the HEART'S Intention.

9) Preplay the pivotal moment with the Heart's Intention to Play Big

Action Layer

Create a NEW Picture

SAY: OK. Now we are going to create a new picture for your HEART'S intention to Play BIG for your dream.

ASK: How would you like it to be?

Coach: listen.

SAY: Close your eyes again for a few moments.

SAY: Next, THINK and FEEL your new HEART'S Intention using the Language we just created. {say the language pattern for them}

{give them a few moments}

SAY: Now preplay the scene the way you want it to be; imagine you have the freedom to express your power and the capability to co-create the experience you desire.

{wait a few moments}

SAY: See it turning out just right.

{wait a few moments}

SAY: Open your eyes again and share with me a little bit of what you saw.

Listen as they share about the new picture.

GROW

E) GROWTH MODE

SAY: “OK, this is a good time to switch into growth mode”

ASK: “What did you learn about playing for your dream today?”

{Coach: listen }

ASK: “What did you learn about yourself and your superpowers in this session?”

{Coach: listen }

ASK: “Can I share an observation?”

{Wait for them to say Yes}

{Coach: share an observation about how the Pivotal Moment exercise can move them toward their BIG Dream.}

ASK: “How do you feel about our progress in the pivotal moment we played with today?”

{Coach: listen and share}

PLAY PLAN

F) PLAY PLAN ~ FOR THE DAYS AHEAD

SAY: “OK, let’s make sure we have a Play Plan... And try to get at least one thing from each of the play areas: Relate, Create, Explore and Experiment...”

ASK: “What are the **ACTIONS** (or perspectives) you will focus on?”

{Coach: listen for the Pivotal Moment Action you just practiced: Listen for: Relate for Influence, Create to Share, Explore and Experiment}

Coach Note: this next part you will say the first 2 or 3 times you use the method with them. After that they will know what to look for. Skip to your Observation.

SAY: I have an important exercise for you:

SAY: As you play this week, take a time out from time to time to NOTICE Pivotal Moments AND JOURNAL about the experience using judgment-free awareness

ASK: “How will you keep our play plan alive between now and our next session?”

{Coach: listen their need for support or structure}

G) SUPPORTIVE OBSERVATIONS

SAY: {Share a supportive observation about the player’s progress in the session}

{Coach, remember to make a few notes on the Inner Freedom Playsheet for this player AFTER THE SESSION}

H) ENDING

SAY: “Great! Have a great week of play. Talk to you soon”

Inner Freedom Coaching

Coach Dave Buck, MCC & Leanne Linsky

Session 03 of 12

Coaching Session Date: Friday, 2020-08-21 • 53:20

SUMMARY KEYWORDS

superpower, writing, laughs, article, celebrate, intention, love, write, feel, words, share, people, deep, explore, pivotal moment, fear, belief, moment, coach

The color coding

The headings in green follow the Coaching Guide sections.

The lines in blue are the actual text of the Coaching Guide

WELCOME (and permission to coach)

A) WELCOME

David Buck 00:00

All right, Leanne, coach Dave here.

Leanne Linsky 00:03

Hey, Coach Dave.

David Buck 00:05

Hey, how are you doing?

Leanne Linsky 00:07

I'm all right. I am. I am so glad to be here with you today. You have no idea.

David Buck 00:13

Yeah. Okay. Well, I look forward to learning about that idea. So it's great to be back with you. And I can't wait to see what we co-create as always. Do I have your permission to be your coach today? {Yes, please.} Okay, awesome, And are you ready to get started? Sounds like Yes.

Leanne Linsky 00:30

Yes. I'm ready. Okay, I was up at 2am. I am ready.

David Buck 00:35

Wow. All right. That is good. That is really good. All right.

Leanne Linsky 00:39

Yeah, I did go back to bed but I was up at two.

COACHING PLAN

B) DEEPEN THE DREAM

David Buck 00:45

Okay, I can relate to this. All right. So let's jump in. today.

Our coaching plan is we are going to dive deeper into playing for your dream. And we're going to play with a pivotal moment where you are experiencing some resistance or fear?

{Yeah}. Okay. That always sounds like fun. And we're gonna start our trek into the unknown and use this treasure map of fear.

Okay, so in every session, I am going to ask you to share your big dream. So share with me how you describe your big dream right now.

Leanne Linsky 01:23

To be more visible in the online world as a coach through writing.

David Buck 01:32

Okay, through writing, right, okay. visible in the online world. As a coach. Got it perfect. And is there anything about that, like, what is your intention for what that's going to mean for you or for the people that you inspire?

Leanne Linsky 01:56

Yeah. So my intention is to... I'm thinking of our notes from last time and it's like clear intention with no expectation. Right? And my heart wants to be understood. And I want to play without judgment.

David Buck 02:17

Okay. All right. That's good. And so part of what we're endeavoring to do together is to continue to hone in on what your heart wants to say. {Yes.} Okay. I think that's good. You know, a lot of times in a coaching scenario, we think, Okay, well, you have to know what you want, and then we'll go and do it. But that's not always the case. Sometimes you just have an intention. And you need to go on the adventure to discover what it's all about.

Leanne Linsky 02:53

Yes.

David Buck 02:55

we just know your heart wants to be understood. We don't quite know yet. What your heart wants to say. We're going to find that out.

Leanne Linsky 03:03

Oh, no. (laughs) that is making me laugh. Oh no, be careful what we wish for.

David Buck 03:14

Yeah, we will. We'll be careful. Don't worry. We'll be careful but we're still gonna go on the adventure all the same. Okay, sweet. I'm all in. This sounds super fun. I really appreciate your authenticity and your realness in this and, and yeah, we're gonna we're gonna do it.

Okay, so is there anything you want to celebrate with me for the past week?

Leanne Linsky 03:38

Mmm hmm. I don't know if there's any. Ah, no, I can't think of anything.

David Buck 03:52

All right, I'm putting you on a mission. Yeah. From from this session forward, I'm going to ask you that every week, so be ready with a good answer. {Okay. Yeah.} When you think about it, and this is one of my more overarching life coaching missions is for people who grew up in the Industrial Age. We didn't celebrate ourselves. You know, we celebrate birthdays or like when our team wins or something, but we don't celebrate ourselves.

Leanne Linsky 04:35

Oh, yes.

David Buck 04:37

Right. So this because you're just supposed to do your job and shut up about it. {Right} So I want people to celebrate life, celebrate themselves, celebrate their challenges, their discoveries, their growth opportunities, celebrate it. So is there maybe you can just think of what is one growth opportunity that came up in the past week?

Leanne Linsky 05:02

Uh, well, there's a couple of things that came up as you were saying those things. {Okay} so one thing I could celebrate is I ran 10 miles on Saturday.

David Buck 05:10

Whoa, all right.

Leanne Linsky 05:12

Yeah. And it felt pretty good because I didn't even check my mileage until I was at 9.3. And I was scared to check because I thought if I'm only at six, I'm gonna die.

Leanne Linsky 05:28

9.3 I'm like, Oh, I can still get to 10 and be done. That was awesome. {That's awesome. Wow.} Yeah. excited about that. That felt really good. And, and I felt good afterward. You know, I mean, I did. I did. I was productive for the next few hours. And then I took some time for my body to recover, you know, on the couch, but, but I felt good. So that was a big deal because I'm just always amazed at what our bodies are capable of.

David Buck 06:00

Yeah, that's so good. All right, what's one other thing?

Leanne Linsky 06:04

So, one other thing is I had some really good coaching sessions this week. So that I'm excited about. And the other thing that came up is I had a lot of awareness. I guess I could celebrate this about my writing. So, I'm not gonna judge it, whether it's good or bad. I just was very aware of it.

David Buck 06:26

All right. I'm sure we'll be diving into that in a moment. Okay, as a little sidebar. This is a really good thing you're bringing up okay, I want... coaching... You had good coaching sessions. {Yeah.} Your players. {Yeah} That is something to celebrate. Yes, you're not an industrial age worker. And you say, Well, I'm a professional coach. I get paid to coach. It should be good. It's nothing to celebrate. Come on. LeBron James who scores a million points in basketball can get a high five every time he makes a basket. You can get a high five when you have a great coaching session. {Yeah!} So high five. Okay.

Leanne Linsky 07:15

High five.

C) EXPLORE EXPERIENCES for pivotal moments

David Buck 07:19

All right. That's good. Celebrate your awesomeness. Having a great coaching session is actually not that easy to do. So well done. {thank you} All right, so this is exciting. Thank you for thank you for playing with me in this realm of celebration. That's one of my little things. I want people to celebrate themselves.

Okay, so now in each session, we will explore actions and results that are happening and not happening. So share with me some of your recent actions in the fear / growth zone.

Leanne Linsky 07:53

Okay, so I opened up that auto transcription And then I spent some time here and there moving words around. Yes. So I did do that. I thought about it a lot. I did spend time getting back into my more regular routine of my journal and gratitude list every day. So that's pen to paper writing. {Okay, great} so I've been pretty, pretty committed to that.

David Buck 08:33

Alright, [let's move along then to the actions that you are avoiding or resisting.](#)

Leanne Linsky 08:39

Yeah, so that would be like really writing those two articles I wanted to write. Yes. Okay. {Yeah, right}. I I found that as I moved some words around, I was very uncomfortable and I felt some frustration. And confusion. And yeah, it was just immediately. Like I had nothing. I just had nothing.

David Buck 09:15

Mm hmm. That's how it felt. You felt like you had nothing? {Correct.} Okay, awesome. Really good awareness. Okay, so that's, uh, that's what we call a pivotal moment when you have the intention to do something, because that was our big action. That was in the growth zone, which is writing these articles. {Yeah.} And you. You sat there, which is the playing field of writing articles. You sat there, you played with the words, but an article didn't come out.

Leanne Linsky 09:46

Correct. And then so then I did some Google searches to do some, you know, research and, and that was fun, but then I still had nothing to write. Because you can't take other people's words. You know, or without citing the source or something? And how, like how how, like, it's just an article. It's like not a research paper. What am I doing? Yeah, right. Yeah.

David Buck 10:16

So okay, but this is, but this is awesome. I mean, I thank you, you're doing great. You know, most people... especially again, we grew up in the industrial age so we fear failure. We fear mistakes. We can admit failure, because you're supposed to be able to do it right every time. So it takes a lot to be able to say: Yeah, I set out to write some articles, I move words around and no article came out. That is powerful, right? That's being able to say: Alright, my energy is not flowing in the direction of this article. And that's when you need Inner Freedom. If you have a desire for something, and you put energy in but the output doesn't come out. That means there's there's something clogging up the energy in the middle. Right? So we've got to get through that. {Yeah.} It's Okay. It's Okay. Yeah, it's okay. It's really Okay. Again, if we take the fundamental premise of Inner Freedom, which is our fears, and all fear-adjacent experiences like frustration, confusion, doubt, overwhelm procrastination, these are all just names for fear. And all of these kinds of experiences are a treasure map that will lead us to our superpowers. So if you have a strong desire to share, and it's just not coming out, then we know there's a big superpower in there somewhere.

Leanne Linsky 11:48

I hope so. (laughs)

NOTE: I skipped the questions: powering through resistance, results, and no results. These topics were covered in the conversation about resisting.

PRACTICE ~ PLAY TOGETHER

{Explore the Performance-Possibility Gap}

D) START the Inner Freedom Method

1) Preplay (or replay) the Pivotal moment of choice

Action Layer

David Buck 11:53

I am certain of it. I'm certain of it. There's treasure in there. We're going to find it. Okay, so this is good. We're going to play with this moment some more, this moment of you writing.

Note: there was no need to ask about which moment to play with because it was clear.

So let me think here. Okay, so let's just make sure we're clear. It's always good to just speak, you know, abracadabra create as we speak.

So let's make sure we're clear about the action and the intention. So the activity we're playing with is you moving words to create an article. And what is the intention that you have for this article?

Leanne Linsky 12:45

I would like to put out my thoughts on a topic without expectations. Without expectations one way or the other about judgment or engagement or anything.

David Buck 12:58

Okay, what's the intention?

Leanne Linsky 13:00

Ah, I want to be understood.

David Buck 13:04

Okay, Got it! I appreciate that it's important. And I want to add to it though. It's: you want to be understood, but you're writing for other people. So what is the intention you have for them? It can be it can be just an inkling because you don't have clarity on that. But what's your inkling about how you want to move people?

Leanne Linsky 13:35

I want to help them provide something of value or help something that will help them or compel them to want to know more of even what it's like to work with me. I want my articles to get them thinking. Like maybe ... you know ... Arghh,

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David Buck 14:09

You're doing good keep going, keep going. What is your inkling of the intention? So you want them to think, you want them to be curious. You also said you want to compel. So you want you ... let me see if I can... Let me try to put some words into your mouth for you. All right, I'm just gonna be really clear, Okay, I am going to attempt to put some words into the energy I'm feeling from you. Alright, so, this is not meant to be correct. This is meant to be an energy transfer.

David Buck 14:46

What I'm feeling you say is: you want to write and share what's in your heart with the intention of creating curiosity, creating desire. And having the other person feel: "Oh, I wonder what it would be like to coach with Leanne? I should check that out." Yeah, I mean, that's what I'm feeling. Does that resonate at all?

Leanne Linsky 15:18

Yeah, right. Yeah, and I would like to I mean, I'd like to sound knowledgeable.

David Buck 15:28

Ah ha! now we're getting into some dangerous territory. (laughs) glad you said that.

Leanne Linsky 15:37

Yeah, I would like to sound knowledgeable and that I know what I'm talking about, you know that it's not just a bunch of... not necessarily an opinion but is also backed up by information.

David Buck 15:55

Ah Ha. okay. Okay, now we're getting somewhere. I think we are now understanding this maze that we're trying to maneuver through to get your articles out into the world. {Right} That's actually a pretty high bar. You're trying to create curiosity. You want them to have some interest and some desire and learning more about what you're doing. You want to sound knowledgeable, you want it to seem like what you're writing is backed up by some solid information. That's actually a pretty high bar.

Leanne Linsky 16:40

Yeah. It's a little different than joke writing where I have to be funny. Um, you know, it's different. Because with writing comedy, it can come from my own. I've feel that when I write comedy, it comes from my own personal experience. {Yes.} And it's just reflecting that with a different perspective. But when I'm sharing something as a coach, yeah, it can come from my experience and a different perspective. However, I also want it to be taken seriously. That Yeah, so that it's not just like, you know, I'm not doing a parody of a coach. So...

David Buck 17:34

All right, all right. So I'm hearing a belief. Okay. {Yeah.} And this is Inner Freedom is all about exploring beliefs because your beliefs are in your non-conscious, and that's what we're exploring together. Because you're non-conscious inside of you is just a reflection of the world around you. Alright, so the world is so mysterious, and alive and wild and our non-conscious is also mysterious and alive. And, and magical, okay? And we get we cultivate these beliefs and you have a belief that you won't be taken seriously, unless your article has some quality of like, real information.

Leanne Linsky 18:29

Yeah.

David Buck 18:31

Okay. Okay, so that's that belief is worth questioning.

Leanne Linsky 18:41

Hmm.

David Buck 18:44

That might could maybe use an upgrade. So well, let's explore that. Okay.

Leanne Linsky 18:55

Okay.

David Buck 18:57

So, again, we have your intention. Your first intention was all about compelling and creating curiosity, which was awesome. But then oh, I have to sound knowledgeable. I want to be taken seriously. So therefore I have to have solid information. The beautiful thing is your words are as you just started riffing on your intention. This brought your non-conscious beliefs into light. I mean, it wouldn't take too It wouldn't take too much imagination to think of people or a person who speaks with no facts or relevance whatsoever. But a lot of people take this person seriously. Right?

Leanne Linsky 19:49

Yeah. I don't want to be that.

David Buck 19:52

No, you don't want to be that but the point is the belief that you have to have solid facts to be taken seriously. Clearly not true.

Leanne Linsky 20:02

Good point. Good point,

David Buck 20:06

clearly. not true.

Leanne Linsky 20:08

Wow. Oh, that's so scary. Yes, but true.

David Buck 20:15

that's true. You might say, Oh, I don't want to be that. Okay, that's true. But that doesn't mean conversely that this belief is true. You don't need facts or real information to be taken seriously.

Leanne Linsky 20:28

Right?

David Buck 20:30

There's a lot of ways to be taken seriously. Okay, so that's the beautiful thing is by you speaking your intentions, it brings your beliefs to light and then we can at least explore them and question them, okay. Is this belief serving you? Or is this belief blocking you? In this case, it's clearly a block because there's some block between your desire to inspire people and compel them to want to talk with you. And you have this strong desire. You sit there with the words, but the article doesn't come out. {Right.} Right. So there's a block in there somewhere.

Leanne Linsky 21:12

Right? Yes.

David Buck 21:14

So you're doing great. And we've explored this before, but in Inner Freedom, sometimes we explore the same moment, you know, 5 or 10 times, and it keeps we keep chipping away at the clouds to find the clarity.

Leanne Linsky 21:36

Okay.

NOTE: Here I did not ask if it was a replay or a preplay. It was clear we were going to replay the writing moment.

David Buck 21:37

All right. So, are you in a safe place where you can close your eyes?

Leanne Linsky 21:42

Yes.

David Buck 21:44

All right beautiful.

So close your eyes. Breathe naturally. I just want you to take a few moments. as frustrating as it might be to put yourself back in the scene.

You're sitting there with the words you're moving them around. your intention is to have this article come out. And it's just the it's not turning into an article. Right? So, but just put yourself while you're sitting there moving the words around thinking and trying to figure out what to say. Just be in that scene. Can you see it?

Leanne Linsky 22:23

Yes.

2) Use judgment-free awareness to Scan for Thoughts and Inklings (aka Reactions)

Thought Layer

David Buck 22:24

Okay. I won't ask you to describe it for me. I think we know what this is about.

Alright, so very important.

We're going to look at this moment from several different perspectives. I just want you to keep breathing naturally. Keep your eyes closed, and we'll talk together we'll explore it. And very important to maintain judgment, free awareness.

Okay, we just want to imagine that there's Leanne moving words around. And you and I are watching this moment to see what we can learn about the situation sort of like we're watching a game film. Okay.

Okay, so when you imagine yourself in the scene, do you notice any other thoughts going through your mind?

You gave me quite a stream of thoughts. But is there anything else that comes to mind when you really place yourself in the scene?

Leanne Linsky 23:21

Yeah. Ah, I think I should go walk over the Starbucks and get a coffee.

David Buck 23:28

Yes.

Leanne Linsky 23:30

I think maybe I should do a little Google research. I think... I see myself moving the words around. How many times do I say the same word? It's very redundant. So I find myself like noticing those things. And then I see myself going: maybe This article is only two sentences. So that thought goes through my mind. But then I thought, even if I did this in video format, I'd still have to think through what I was gonna say,

David Buck 24:19

yes, it's true.

Leanne Linsky 24:21

And then I'm like, maybe I just need to walk away and come back. Then I walk away and come back and then the words are still there. So I shuffle those around a little bit more and repeat the cycle.

3) Feel the Energy In the Body

Feeling Layer

David Buck 24:35

Got it. Okay, very clear, very clear.

Okay, I think you have very good clarity on the situation. So we don't need to go any deeper into that.

Let's take a moment next to scan your body for physical sensations. So I want you to scan from the top of your head down to your waist.

Really paying attention to your body and see what you notice.

Leanne Linsky 25:09

It's kind of like a buzzing

David Buck 25:12

Yeah. Where any anywhere in particular?

Leanne Linsky 25:16

kind of like t shaped through my head down to my waist and across my, my shoulders and chest.

David Buck 25:27

Aha. Wow, that's a big area of buzzing. Yeah, so like goes all the way down your energy centers like down your spine then across your shoulders. Okay, I want you to really feel into this T shaped energy buzz and just see if you can notice if there's any place within that T where the energy is more intense or is it all the same

Leanne Linsky 26:02

Maybe my throat.

David Buck 26:05

Okay, like at the crossroads of the T?

Leanne Linsky 26:08

Yeah.

David Buck 26:10

Okay. All right, awesome. Let's start there and see what we can discover. Okay.

So, what I want you to do next is bring your full attention to the physical sensation, this whole T but I want you to focus mostly on your throat and just feel into it as deeply as you can. You may notice some emotions coming up. Just let them pass for now and focus on the physical sensation.

David Buck 27:01

Does the feeling have a shape?

Leanne Linsky 27:07

Kind of like a nail?

David Buck 27:11

Like a nail, okay.

And does it have a color?

Leanne Linsky 27:17

gray?

David Buck 27:19

Does the feeling have a temperature?

Leanne Linsky 27:22

No.

David Buck 27:25

Alright, so you've got this gray nail in your throat. That's really good body awareness.

Okay, so now all you need to do is just allow yourself to feel that energy for 30

seconds. Just welcome it, allow it to be there. Feel into it as deeply as you can.

Do you think you can do that? Yeah. Okay, I will time you. I'll be here if you want to say anything. So for 30 seconds. Here we go.... Keep going... okay you did it.

What was that experience like?

Leanne Linsky 28:29

Ah. It was different. It was like, all my... everything left. Like my thoughts kind of went away. And I don't know though. One thing I noticed as I was thinking of like secrets.

David Buck 28:59

What kind of see Secrets? Like the secret that you don't tell or like finally the guru reveals the secrets.

Leanne Linsky 29:13

No, the first. Hey, don't tell. Yeah, like important things aren't talked about. {Okay.} You know the... Yeah, it's just interesting like yeah. Yeah did that to overtalk things or, you know, just sticking to facts don't dramatize, don't... those things come up. You know, like I think of family those kind of memories come into play. Like just the facts. Don't make a mountain out of a molehill. Keep the emotion out of it.

David Buck 30:05

Right. Right. That was good old fashioned industrial family life.

Leanne Linsky 30:12

Yes. I had a weird memory that popped up this came... the same memory popped up after we talked last week. Okay, when I was really little, I would spend a lot of time writing. And then I, you know, as a kid, I'd have like little notebooks and I practice my penmanship. And I would write and I wrote a letter to my family telling them how much I loved them. And then I wrote at the bottom and I mean what I said but I went and presented it to them and read it out loud. And I did it I guess so passionately because at the end when I said I mean what I said I yelled it: "and I mean what I said". (laughs) That's the exact reaction I had for my family. They about fell off the chairs. There. We're laughing so hard they were crying. Because I was so intense and so into what I was telling them that I thought they were making fun of me, but I just took them by surprise. And so I ran into my room and cried because I thought they didn't like what I you know that they that I said that? Because I was telling him how much I loved them. I still have that paper my mom put it in my scrapbook.

David Buck 31:27

Wow. Okay,

Leanne Linsky 31:29

They still laugh at that.

David Buck 31:31

This is awesome. Yeah, this is a really powerful memory pop. I really appreciate you sharing that with me. And it's... this is one of those pivotal moments of life. It's so it's so powerful. So let's, let's explore this a little bit. We can explore this a little further. Yeah. **So we have this idea in Inner Freedom called a "body belief"**. Okay, so we we get beliefs into our body, which is our non-conscious mind from these intense life experiences. This is a really intense life experience that you just shared. So let's try to understand what your body came to believe from that moment.

Okay, so try to fill in the blank of this statement. It's not safe for me to... fill in the blank.

Leanne Linsky 32:36

Share my writing or put my feelings into writing.

David Buck 32:43

Right? Exactly.

Leanne Linsky 32:47

Oh, wow, some. So can I share one other thing that's just coming up as we're talking about this. When I was in high school, my senior year our English teacher had us keep journals and we had to keep that And so we had to put them in a spiral notebook. And then she locked up all those notebooks every day after class. And then we'd come in the next day and she pulled them all out, we'd have to write for 10 minutes, and then she'd collect them and put them back. I still have that notebook to this day. I was so fearful that someone would read what I wrote that I never puts anyone's real name in there. And I wrote in code. I have no idea what the heck I was talking about. When I read about my senior year. I'm like, What? Who was I talking about? What? I did it in such a way that I can't even figure it out because I was so fearful someone reading it.

David Buck 33:42

Right. That is juicy. That's really juicy. I feel like right now, when you're writing this article you're trying to write in code.

Leanne Linsky 33:55

Yes!!

David Buck 33:58

You look at it and go, I don't even know what I'm saying?

Leanne Linsky 34:01

Yeah!!!! So true. Yes.

David Buck 34:06

This explains a lot of things.

Leanne Linsky 34:09

Yeah.

David Buck 34:10

Okay. It's not safe for me to put my feelings in writing.

Leanne Linsky 34:15

Yeah,

David Buck 34:16

That is really powerful. That's really powerful. Okay, so one thing is just to recognize, okay, you have this very strong belief in your body, that it's not safe to put your feelings into writing. And when you attempt to write an article, which is coming from your personal experience, your feelings would be involved in that and so it's scary. It brings up a feeling of, hey, it's not safe to do what you're doing. Don't do it. Right. Like that's not safe what you're doing, right? But it is safe to write a book report for school that's based on facts. Right? {Yeah.} So this is why you try to research and find some facts, but then it's like, well, I'm not writing a book report. I can't just write what someone else wrote in their book and call it an article. So it comes becomes very confusing. Your dream wants you to write from the heart, but your safety preservation instinct is saying, No, just write a nice safe book report that is based on other people's writing; that is based on sound knowledge and facts. So you can see the conflict.

Leanne Linsky 35:37

Yeah.

David Buck 35:39

I mean, I can see the conflict. Can you see the conflict?

Leanne Linsky 35:42

I can. Yes. Yeah, that's pretty significant.

Note: I wasn't planning to do this step in this session but since it came up we went with it.

Supermind Layer

5) Explore the Superpower

David Buck 35:48

It really is. It really, really is. Okay, so first of all, that is beautiful. You're really doing this well. I mean, you're really you're exploring very powerfully and effectively. And I can tell you how you really were in the moment of sitting there trying to write in your imagination because the true depths of what's going on inside of you really emerged. Okay. So now, let's just talk about this idea - big idea - that our fears are a treasure map to our superpowers. If you sat there as a little girl writing a love letter to your family, what kind of a superpower is that?

Leanne Linsky 36:53

I don't know like willingness to share feelings or to Love.

David Buck 37:01

Yeah. I'm gonna put you in the DEEP LOVE Super Power Team.

Leanne Linsky 37:11
There's a team? (laughs)

David Buck 37:13
Yeah, there's a team.

Leanne Linsky 37:15
Okay. (laughs)

David Buck 37:20
Yeah, yeah, you're on the deep love superpower team you can find your super friends at any bookstore in the poetry section. It's like, oh, you're reading poetry. You're on the team. Wooo Hooo!

Leanne Linsky 37:39
Yeah!

David Buck 37:42
Yeah, tell me how does that resonate with you see, let's just see. This is a little bit of an advanced technique that we would do a little bit down the road. But we can just, we can just pop into it here for a moment. I just want you to try to imagine Leanne writing that love letter to your family. Can you remember about how old you are?

Leanne Linsky 38:05
Yeah, I was probably only like, five or six,

David Buck 38:09
five or six, right? So there you are five or six. When you're five or six, you just put your power out there. That's what we do. Little, little four or five, six year olds, their little powerhouses, they just go for it. Right? We just go for it. When we're that age, we're just stepping into our power and becoming, you know, our unique selves and our power just comes out. Now usually what happens is we get in trouble for our power. And that's why we learn to fear our power. It happens that everyone, but it's always a unique experience because everyone's power has its own unique flavor. But you clearly have some kind of a power for expressing love in both written and spoken word because you wrote it and then you went and recited it for them. Yeah. And your comedy is the same idea. Like that was that superpower came through in your comedy. {Yeah} In writing your comedy routines and then going in front of people and sharing them. So this is your superpower Leanne. But I think what we thought of it at first we thought Oh your superpower is humor. But while you do have that as a superpower, this is slightly different. I I feel like this is the superpower of deep love.

Leanne Linsky 39:50

Okay.

David Buck 39:53

Or something. Well, how would you call what how? What do you think five year old Leanne was really doing there?

Leanne Linsky 39:59

It was deep. Like it was... I was serious. I wanted to tell my parents and my brothers how much I loved them. Like, I wrote so hard. And I mean what I said. Like that paper has like the darkest pencil marks in it. You know, and it's all big and yeah, and I wrote, yeah, it wasn't meant at all to be funny.

David Buck 40:23

No, correct.

Leanne Linsky 40:26

Although, I guess my timing was impeccable.

David Buck 40:29

Your timing was impeccable.

Leanne Linsky 40:31

My delivery, I guess. They thought it was hilarious. But I remember being so upset and my mom was like, we are... we just didn't know that you were gonna yell at us. We didn't see that part coming.

David Buck 40:49

Yeah, so on the one hand, you could see: Oh, that was my comedic timing. Already at the age of five. But at that time, I wasn't even trying to be funny. And so when they laughed, that hurt your feelings. {Yeah} So then you got the idea. Oh, it's not safe to put my feelings into writing in a serious way. It seems like it needs to only be humorous. If it's funny, it's okay. But if it's serious, no good,

Leanne Linsky 41:20

Correct because my family was very witty and funny. So that was our form of communication. My dad was, was jokes and puns and witty zingers, you know. And that was that was how we talked to each other.

David Buck 41:39

Okay, let's say this, okay: This often happens, you have a superpower that's within you, you start expressing it. And then in the environment that you are in, oftentimes, our superpowers get sort of morphed into a form that our environment will accept. {yeah} So your deep love had to sort of reformulate into comedy in order to fit into your family.

Good news is, you became a brilliant comic. {Yeah} bad news. You lost your capacity to share deep love. {Yeah.}

David Buck 42:24

In writing,

Leanne Linsky 42:25

right.

David Buck 42:26

And in probably in spoken word. Also, I don't know that we haven't gotten that far. But we'll get there at another time. All right. So this is really great. You're really doing well with this. For now, I just want you to hold on to this notion that your superpower is deep love. And if over the course of the next few weeks, it emerges into a different set of words or a new understanding of it, that's beautiful. It doesn't have to ... you don't have to stick with deep love. That's just a starting point. Okay to explain this superpower. But clearly there's something special in there. That is powerful and beautiful and scary.

Leanne Linsky 43:13

Yeah, yes to all that.

8) Make Your Mind the Ally of your Dream (Respond)

Thought Layer

David Buck 43:16

All right.

So when your body feels a social risk, your mind starts to produce thoughts based on that fear. Because your conscious minds number one job is preservation and survival.

This is why you come up with thoughts like Oh, go to the Starbucks, no, don't share this feeling. Let's get some research and have some facts in here. Like that's just your mind reacting to the social risk you feel in your body. {Yeah}

But what we want to do is focus your mind on your heart's intention to play big and to express deep love.

Alright, so how would you describe it if You allow yourself to feel into this deep love idea. How would How would you describe your heart's intention?

Leanne Linsky 44:12

Wow, I feel like it's to my heart's intention is to communicate clearly and be understood not to be. Not... to be laughed at only when I intend it to be laughed at. When? I don't know.

David Buck 44:33

Okay, well, we ... it's okay. We can just keep ...

NOTE: rather than ask for a new heart's desire phrase, the one we created in the last session still fit so I went with that.

we can stick with what we know so far "your heart's desire is to be understood".
{Yeah.}

But you're also... You're... one of the flavors of your heart's desire is this deep love for family and, and people.

Leanne Linsky 44:55

Yeah, now you think you know what, okay, so as soon as you said that, it's like, Yeah, I don't want to hurt anybody with my words? That's a thing. Like, I want people to know that what I write is because I truly care. And I, it's sent with love. And that's the other thing. So, talking about all of this, it's like, I feel when I look at those words, I'm like, but I don't want to hurt anybody with these words when any of these words offend anybody or be misconstrued into something. They're not.

David Buck 45:31

Yes, I get that.

Leanne Linsky 45:34

So there comes that thing of like, I guess so. Yeah. Wanting to be understood as I express that. I'm doing something out of love.

David Buck 45:42

Okay, good. And what is the punch line?... "I mean, what I said!"

Leanne Linsky 45:52

Can I send you a copy of that letter?

David Buck 45:55

Of course, you can.

Leanne Linsky 45:56

You're gonna die. I want to see it. Oh man.

David Buck 45:59

I promise I won't laugh.

Leanne Linsky 46:01

Oh, yeah you will. It's okay if you do because I look at it and I just chuckle and shake my head.

David Buck 46:09

Well, I think we want to just have, yes, I get that. And yes, it's it's, you know, maybe laughter and sort of like it's cute, but I don't think it's cute. I think it's your superpower.

Leanne Linsky 46:21

Okay.

David Buck 46:22

And we want to treat it with some reverence. Like this was your five year old version of your superpower. Now we're trying to find the adult version of your superpower.

Leanne Linsky 46:33

Yeah.

9) Preplay the pivotal moment with the Heart's Intention to Play Big

Action Layer

David Buck 46:34

Okay. So my heart wants to be understood. That's your heart's intention right now.

So now let's create a new picture. Let's try this. Let's do this again. So I want you to just see yourself there, you're in front of the computer, you're with the words and you have your heart's desire to be understood. There's probably a little flavor of deep love in there. So when you picture yourself in that scene, how would you like it to be?

Leanne Linsky 47:07

I would take out the cuss words? (laughs) Because.. So, I would like it to be maybe like where I approach it as I'm talking to somebody specific.

David Buck 47:24

Right? So great.

Leanne Linsky 47:26

Think of somebody I would like it to maybe make it more personalized though I'm speaking to a specific person with an idea for the masses. I just realized...

David Buck 47:38

So you would like it to be heard. The way you mean it, which is

Leanne Linsky 47:43

personally

David Buck 47:44

Personal, deep love. I mean, you weren't talking about generic love. When you read that letter. You're talking about your love for those specific people.

Leanne Linsky 47:55

Yeah.

David Buck 47:57

So that's a brilliant point. Now on the web. And that might be the scariest thing, right? Because when it's personal that makes it even more scary, but at the same time that also could tap into your superpower.

Leanne Linsky 48:11

Right?

David Buck 48:14

Okay, so close your eyes again for a moment. Okay, just want you to think and feel this hearts intention. My heart wants to be understood. I have deep love for people. And I want you to now pre play the scene of you writing and I want you to see it going just the way you want it to be. Imagine you have the freedom to express your power and the capability to co create the experience you desire. ... See a turning out just right. ... All right, you can open your eyes share with me a little bit about what you saw.

Leanne Linsky 49:18

I saw me writing a letter.

David Buck 49:21

Yeah, great. I love that.

Leanne Linsky 49:28

Yeah. It became less clinical or technical and more personal.

David Buck 49:37

Awesome. I love that. That's beautiful.

GROW

E) GROWTH MODE

David Buck 49:42

All right, so what did you learn about playing for your dream today?

Leanne Linsky 49:47

I... Wow. I learned... This is big. I feel like I really connected with a part about sharing personally and the deep love part of it. And that it's not a... Yeah, it's about sharing my heart's intention of being understood when I when I share a deep love for people. Yeah,

changing my superpower around, you know, like something that that's been hiding that would be a big thing that's hiding in there.

David Buck 50:26

Yes. Yep. 100% {Yeah} awesome. That's really good.

David Buck 50:35

What did you learn about yourself and your superpowers? So speaking of superpowers, what did you learn about them today?

Leanne Linsky 50:41

I wouldn't have ever guessed it was deep love. But when I think about all of the things that I write and have kept them secret, like all of my biggest feelings and those kind of things, and never shared that makes a lot of sense because yeah, I don't know this is this gives me a lot to chew on for sure. And when we did the the pre play for this week of looking at it that way, as I sit down to write again, I felt relieved. Like, I like if I just think of one person as I write this versus so many people and do it and it just changes that a little bit. I don't even know if I can. I can't even put it into words.

David Buck 51:29

That's all right. It's a feeling at this point. That's {Yeah, yeah} it's good. Yeah.

If I could share a quick observation...

I think this is really profound, you know, just this, seeing that you have this superpower of deep love or something like that. That's been sort of covered up by the, by the comedy. You do have a comedic ability, for sure. But I think you also have this deep love power. And that's what we're really Really trying to get out into the world at this point of your life.

Leanne Linsky 52:04

Yeah. Yeah. Yeah.

David Buck 52:10

It is, to me, it's becoming very clear. It's pretty awesome.

Leanne Linsky 52:15

It is!

David Buck 52:17

How do you feel about our progress in your pivotal moment of writing?

Leanne Linsky 52:22

I feel good about it. I'm, I'm excited about doing, you know, experimenting with this again, and seeing what happens, and seeing how this changes things.

PLAY PLAN

F) PLAY PLAN ~ FOR THE DAYS AHEAD

David Buck 52:34

Awesome. Perfect. All right, really good.

So just remember, keep doing this thing of, you know, you, you have your intention. You go on and play for it. And then just notice, and journal, what happens when you try to play that will keep exploring the different pivotal moments that come up, and if it's the same pivotal moment, we'll play with that again, maybe there's some new ones, but that's the idea. Just keep Playing for your dream and then noticing those key moments of what's happening and not happening.

Leanne Linsky 53:06

Okay. I will for sure.

David Buck 53:09

All right, awesome. You're doing great.

Have a great week of play and I will talk to you soon.

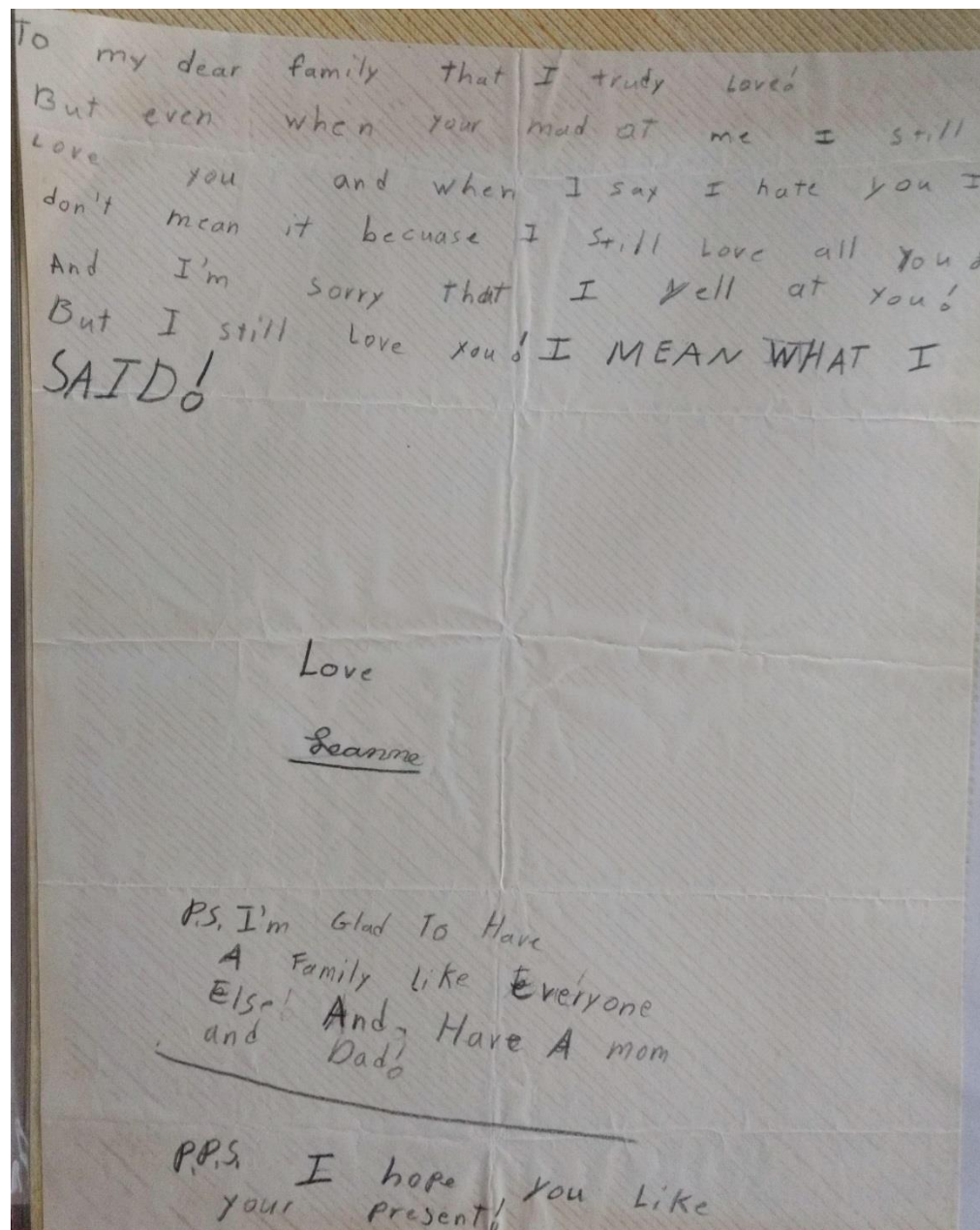
Leanne Linsky 53:14

Thanks Coach Dave! Okay, bye

{Transformation on the next page!}

WOW! It happened!

2020-08-22 Leanne sends a picture of her 5 year old letter!



2020-08-23 Leanne writes the letter / article #1!!

Dear Coach Dave,

I keep hearing people say how we should push through our fear. "Just push through the fear!", they say.

But should we really do that? And what would be the point of a good scary movie if we ignored fear?

Inner Freedom Discovery - Coaching Method Demonstration

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Fear is a human emotion tied to the very animal instinct and intuition that helps protect us. It alerts us when we are in clear and present danger. Fear is like the best friend who yells, “Look out!” just in time so I don’t get hit by a car (or step in that giant pile of dog poop). I’m pretty sure you’d agree that this is a friend we want to keep around.

Of course, fear has also been known to show its face when we sense a social danger, real or imagined, or a previous danger triggered by past experience. This fear is like a friend who calls and tells me all the reasons I shouldn’t quit my job or write a tell-all book about my dating life. Do I push our friend (aka fear) aside? Do I try to ignore her...and do that thing anyway?

Hell no! She’s my friend and I trust her. So instead, I get curious. What are her reasons? Are they valid? What is she trying to keep me safe from? Am I really in danger?

This friend (aka Fear) knows me well. I can always count on her to remind me of past mistakes and to play out all the what-if scenarios for me. That’s a good and honest friend.

And although we might conclude that I do need to move forward and take a certain action, we may also agree that I go about it in a much different way than I would’ve in the past.

Honestly, I can’t imagine wanting to, “push through” a relationship, a ski trip, or six months of training for a marathon. It makes it all sound quite miserable.

Instead of just “pushing through” and forcing myself to do something. It might be easier and way more fun, if I try a different tactic, get a new perspective, or put a whole different set of skills into practice.

So why not take my friend Fear by the hand and let it guide me. Together we can get clarity on what it is I’m afraid of and what it is that I’m trying to protect or preserve. What if my old ways of responding to this fear are no longer serving me? I want to know!

A good friend is someone who brings out the best in me. Isn’t that what my friend Fear is doing, too?

Cheers!

-Leanne Linsky
Life Coach, ACC, CVACC
www.LifeAfter.com

2020-08-23 Leanne writes letter / article #2!!

Another one... TEAM DEEP LOVE is on a roll! What do you think?

Dear Coach Dave,

I've been noticing that sometimes we get so caught up in finishing a task or accomplishing a goal, we miss out on all the good stuff in-between. I often witness my clients getting impatient and growing frustrated when things don't turn out perfectly the first time.

I totally get it. And, it's awesome. That's exactly when good things start to happen.

It reminds me of when I ran my first half marathon last February. It was terrible! It was so bad that when I received the professional photos a few weeks later, I immediately filed them in the archives never to be seen again. Yikes!

I started training for it in September. Although I used to run pretty regularly, I had never run more than 3 miles a day. I knew that running a race was going to be different so I did a little research. I found a suitable schedule, recruited my neighbor to join me on the long runs each weekend, and even met up with a few local running groups along the way.

In just a couple of months, I started to feel better and more confident in running. I began to eat healthier and lost a few pounds. And you know me, I didn't miss an opportunity to shop! I invested in some new running shoes and shorts. I was suddenly motivated to do better.

Halfway through the training, I decided to get a practice race under my belt. I registered to run the 10k Turkey Trot on Thanksgiving. It was pouring rain that morning and there wasn't much of a turnout. There was nobody there cheering anyone on. In fact, when I crossed the finish line, the crew was already dismantling the booths and packing up the truck.

It was pretty anti-climatic, but I didn't care. I threw up my hands and yelled out "Woohoo!" as I crossed the finish line. A few crew members glanced over to make sure I wasn't calling for help. Other than that I didn't receive any acknowledgment unless you count the t-shirt they handed out at check-in. It was included with my \$35 entry fee.

So I walked myself home with the satisfaction that I had run a 10k in 1 hour flat. I was feeling pretty confident the half marathon would be a piece of cake.

Boy, was I wrong! It turned out to be a classic case of, "I don't know what I don't know." Unlike the turkey trot, nearly 16,000 people had shown up to run. The street was packed. From the time we started until the time we finished, I was filled with road rage and regret. Some people were walking. Some people were stopping abruptly in front of me to take selfies. It was worse than trying to maneuver a Winnebago with a boat trailer in a Trader Joe's parking lot after work on a Tuesday.

I had completely worn myself out by mile 8, visited the medical tent to apply generous amounts of Ben Gay on my aching legs, and finished the race with another t-shirt, a medal, a little bit of a limp, and a whole lot of disappointment.

As I slowly and painfully made my way back to the car, I realized that the race wasn't nearly as important as the journey had been. I had spent months improving my health, enjoying the outdoors, and making friends. The race was just a one-day event, a milestone in a bigger plan.

So I'm doing it again, but this time I'm applying what I've learned and doing it on my own terms. This time it's all about the journey. Of course, as I approach my desired outcome of successfully running that 13.1 miles sans aggravation and limp, I am planning a milestone celebration with The Boyfriend. It will consist of a delicious hamburger, a short nap, and a few hours of binge-watching Netflix while my body recovers.

And who knows, I might treat myself to a custom t-shirt from Etsy.

Cheers!

-Leanne Linsky

Life Coach, ACC, CVACC

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On the Gamecard



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