

Creator-based Coaching® HOPE Guide
4 Easy steps to Creating a Brighter Life for You and those You Love.



CMH Coaching for Life
Compassion- Mindfulness - Hope
CMHCoaching.com

Congratulations on your choice to embrace creating your one, awesome, amazing life!

The First Principles of Creator-based® Coaching are 'You are the creator of your life experience' and 'You have within you light and truth; all the power you need to grow and progress.' Here is your guide to more hope and light in that life. Grab your journal- you're gonna wanna jot down some notes.

H The first easy step to more hope is to hold on to the good that is in your life right now. What 5 things are good in my life right now, today? Is it your breath? The breakfast you ate this morning? Do your toes still wiggle, is the sun out, did someone smile at you today? This week, before you lay your head down to sleep, write down 5 things that were good. Hold on to the good that's right here, right now.

O Step 2: Observe the tender mercies that come your way today. Look for something today that worked. Maybe your pants fastened, maybe your dog stayed when you told him to stay, maybe your boss didn't make a snarky remark. Maybe traffic opened just as you got on the expressway, or Junior actually ate his peas. List 3 tender mercies you have seen today. Put it on a post it in your kitchen. Enjoy them- savor the tender mercies.

H

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O

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P

**PREPARE TO RECEIVE
MORE GOOD.**

E

**EXPERIENCE THE
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P The third pleasant and easy step: Prepare to receive more good. What will you do when that thing that you want to have happen happens? Take a quiet 3 minutes and see it happening in your life and how you will receive the good news. Come on- set a timer- it's only 3 minutes. You can do it in the bathroom if you have to. Just see it and enjoy the pleasure of having it right now. Try it some time each day this week- 3 minutes for you to enjoy the good.



E And fourth and finally: Experience help as it comes. As good things increase in your life, and they will, take time to really experience and own them. *Taste* that exquisite chocolate. *Feel* the cool breeze on your face, the soft caress of a hand on your cheek, the sparkly clean of freshly brushed teeth. *Experience* the feeling on your heart when someone smiles at you, or better yet, when you get a hug. How will you experience the good as it comes to you this week? Will you use another post it? Dictate a note on your phone or write it in a journal? Just remember. Every day this week experience help as it comes.

Practice these 4 easy steps to bring more light and hope into each and every day- for you and for those you love. You've got this! You are a born creator.

"Hope" is the thing with feathers -
That perches in the soul -
And sings the tune without the words -
And never stops - at all -

And sweetest - in the Gale - is heard -
And sore must be the storm -
That could abash the little Bird
That kept so many warm -

I've heard it in the chilliest land -
And on the strangest Sea -
Yet - never - in Extremity

It asked a crumb - of me.

Emily Dickinson

