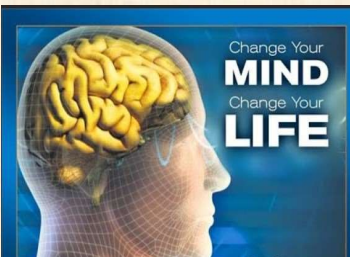
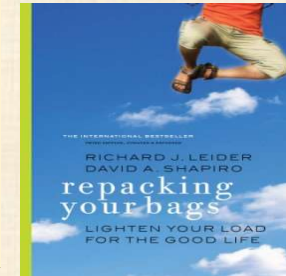
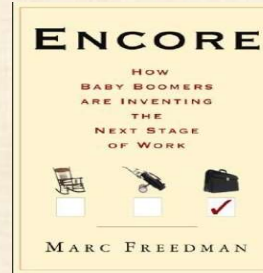
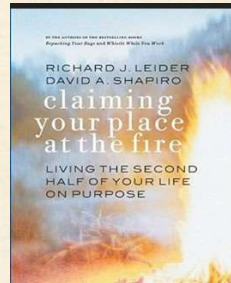
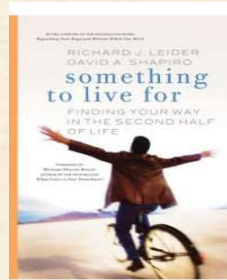
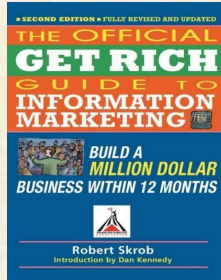
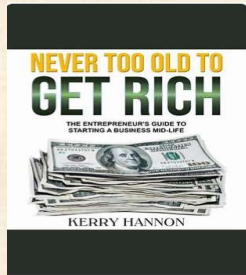


# The Education.



# Pillar 6: Praxis:

Using our library to **gain knowledge** and **methodology**.  
To develop capability/capacity.  
To become competent. Learn the skills you need.





# Pillar 7:

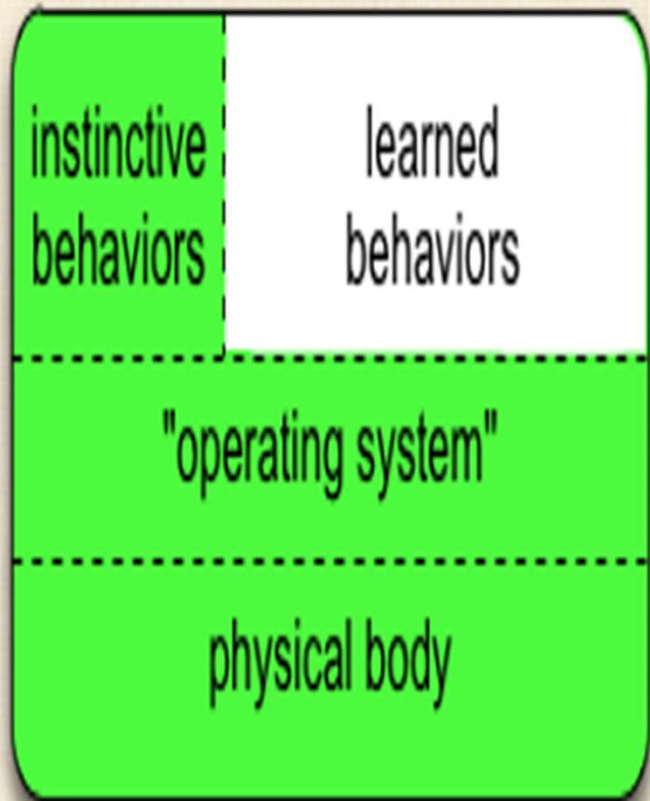
## **Understanding Human Structures of thought.**

The Framework to become competent.

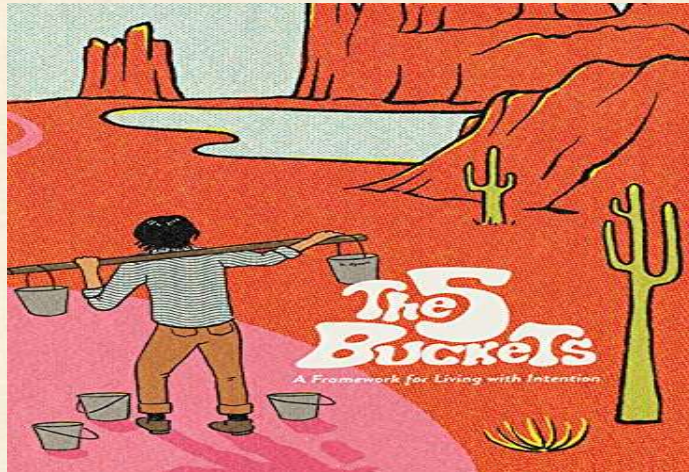
### **The path of least resistance.**

A revolutionary program for creating anything, from a functional kitchen to a computer program, to a work of art, Robert Fritz demonstrates that any of us has the innate power to create.

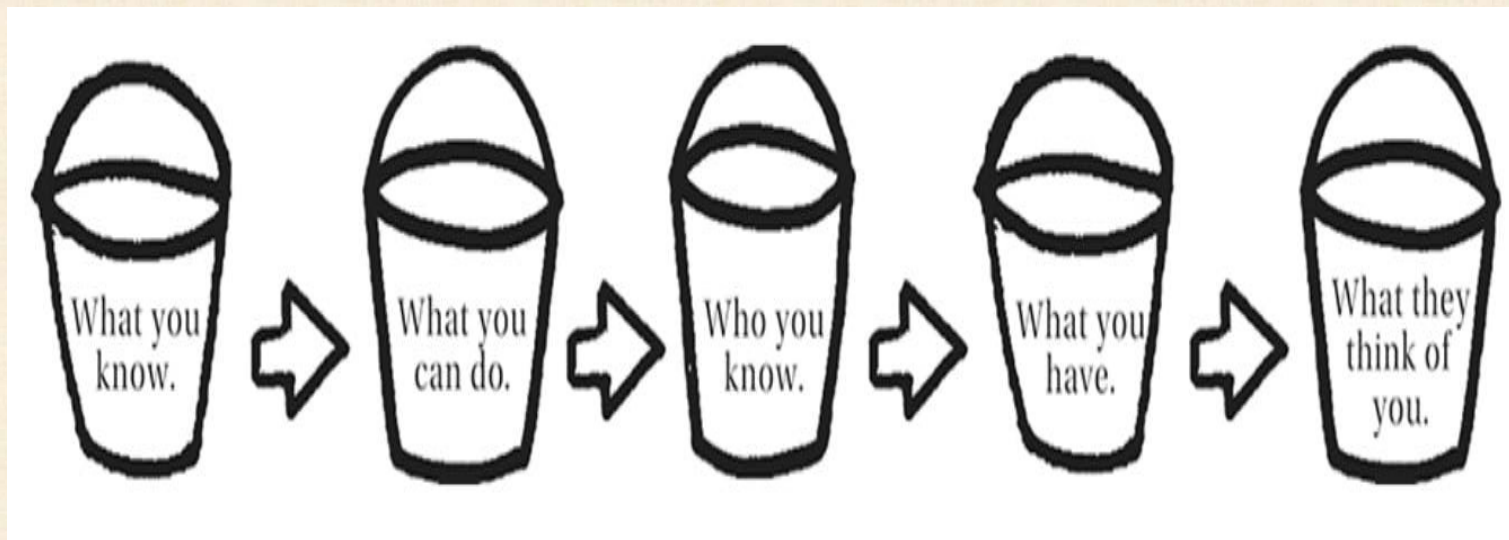
Robert Fritz: the Path of Least Resistance.



Humans



# The 5-bucket principle.





# Pillar 8:

Applying the knowledge to your life.



Training the trainer / expanding on shifting people to the TED dynamic.

# Pillar 9:

Turning your world upside down.

**Most of us work from environment.**

**Begin to act based on your future self vision.**



**Problem/solution:**



**Creator:**

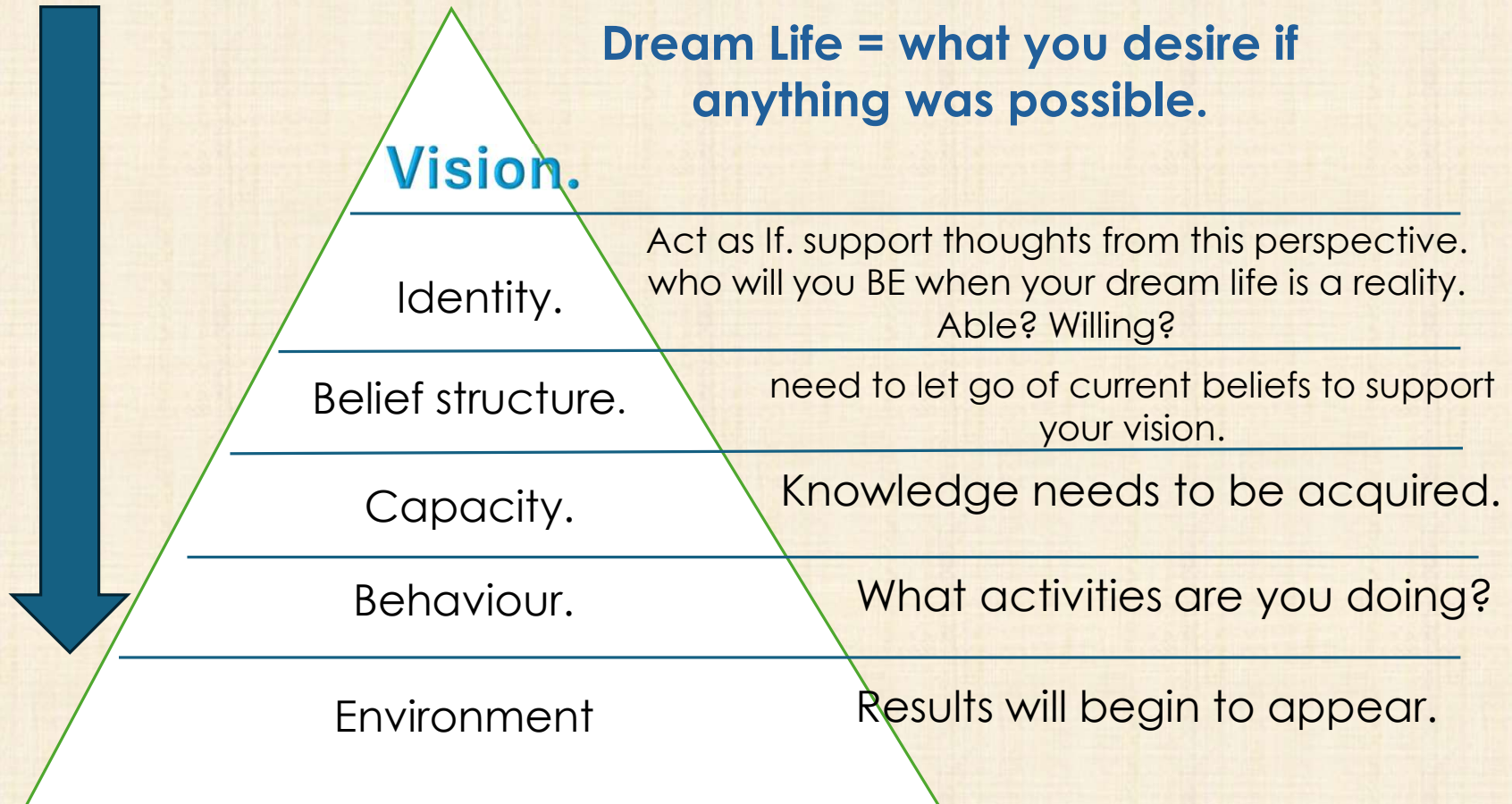


Out of these psychological proven concepts evolved how we use the praxis framework to solve most resistance.



# Choose to act.

**Dream Life = what you desire if anything was possible.**



# Environment.

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"TV violence made him do it. Says he'll name shows if we drop the charges."

## Environmental Influences on Behavior

1

HOW CHANGING YOUR

**ENVIRONMENT**

AFFECTS YOUR **BEHAVIOR**

ELIE NOUNE - STANFORD UNIVERSITY

10/16/2012



# Pillar 10.

## A Formula for Life Success

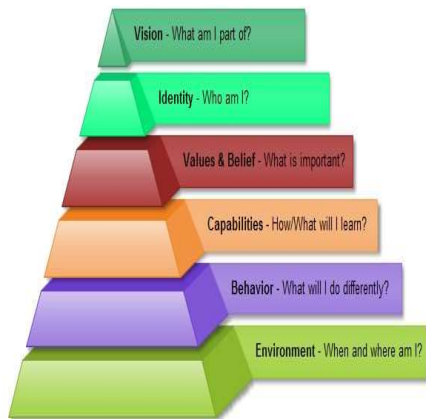
The Art of Being Doing Having

Who must I  
**BE**

What must I  
**DO**

So That I Can  
**HAVE**

WWW.W5COACHING.COM

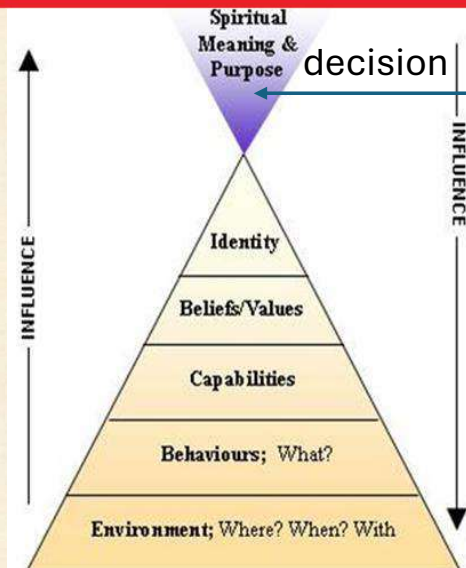


### WHEEL OF LIFE

How smooth do the wheels of your life roll?

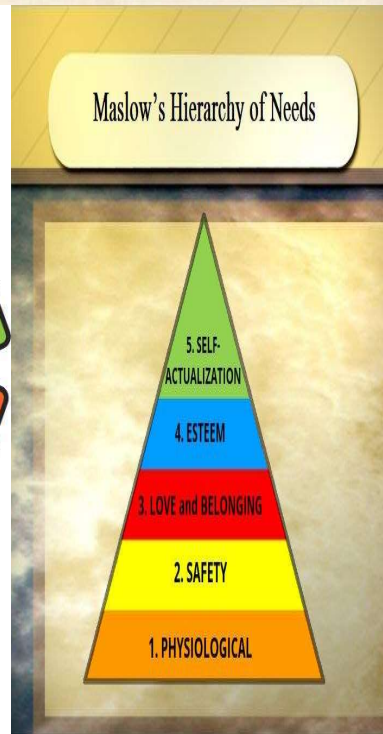
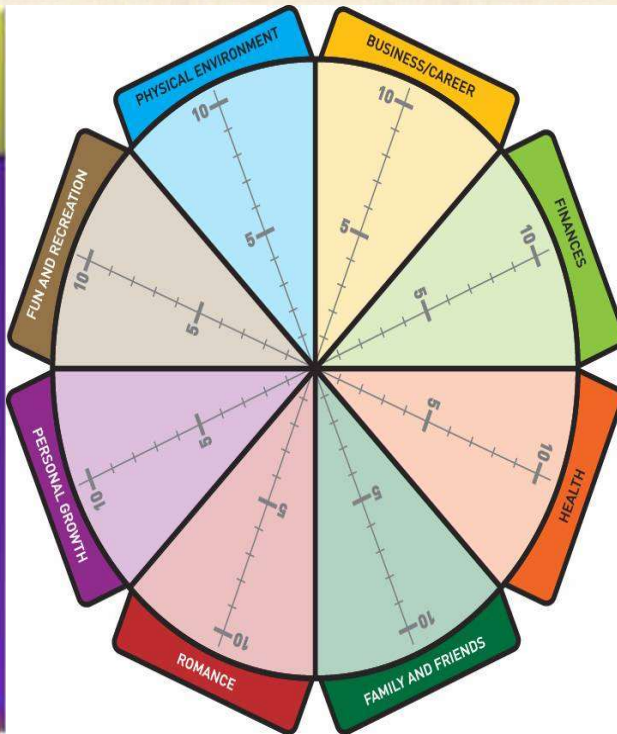


How balanced is your life? Mark each piece of the pie from 1 to 10 to describe how much time you spend in each life area. Join the marks with a line between them and see how smoothly your wheel rolls through life.



# Do the work.

Define what's missing and what you desire.

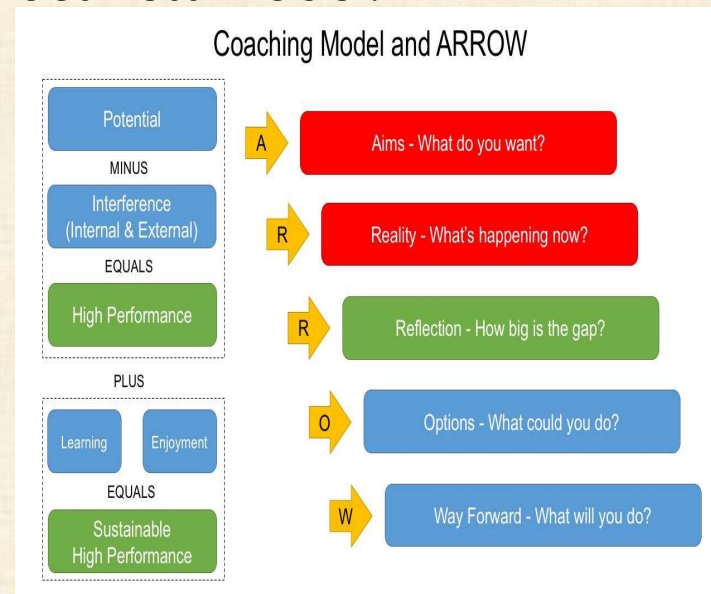
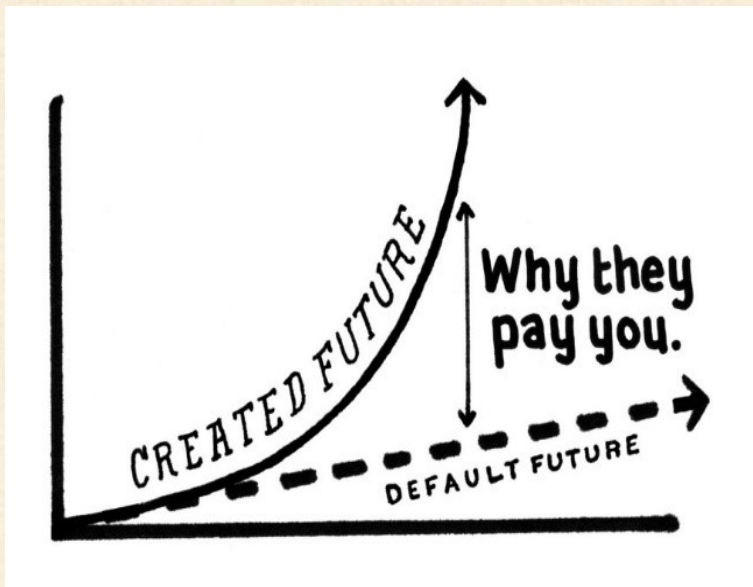




# Pillar 11:

## Why people need a coach.

Why coaching is my preferred way  
Our recommended business model.

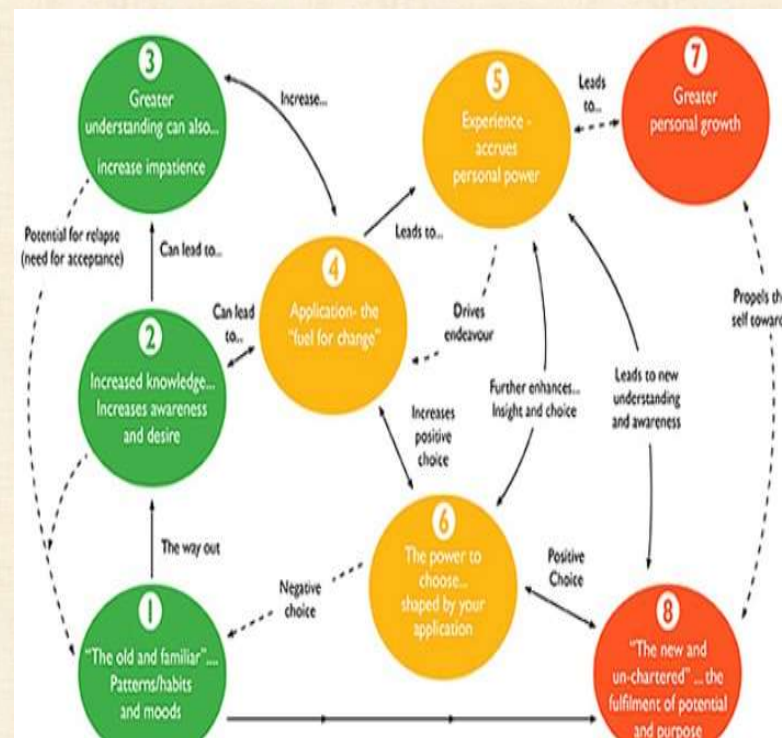


Desire – resistance = desired result + learning  
(praxis) + fun  
= sustainable work/life balance.

# Understand what you will experience.

## HOW TO OVERCOME FEAR OF FAILURE

 <p><b>BREATHE</b> Learn how to breathe effectively. Basic breathing techniques such as deep breathing and progressive muscle relaxation will help to reduce your anxiety and worries.</p>	 <p><b>GOALS</b> Review your goals. Are they achievable? Are they realistic? Set smaller more achievable goals to start.</p>
 <p><b>LEARN</b> Learn from failure. Think about all the positive lessons that you can learn from failure. Learn from them and grow.</p>	 <p><b>PROBLEM SOLVE</b> Develop your coping skills by learning how to effectively problem solve.</p>
 <p><b>QUESTION</b> Ask yourself: what is the best that can happen? What is the most likely thing to happen? What is the worst thing that can happen?</p>	 <p><b>IMAGERY</b> Try and imagine yourself in a situation or scenario performing well. Imagery is a great tool to increase confidence.</p>
 <p><b>IDENTIFY</b> Try and spend some time to identify the root cause and where your fear of failure originates from.</p>	 <p><b>PLAN</b> Have a plan B so that you are prepared for what could happen. This will help to reduce your worries.</p>
 <p><b>EXPERIMENT</b> Plan out behavioural experiment where you can test out the validity of your belief or thought.</p>	 <p><b>THINKING</b> Start to challenge your thoughts. When you experience negative thoughts, write them down and challenge them with more rational thinking.</p>





# How to be your future self now.

Current self

How to act  
as if?

Future self.

Opportunity.





