

## PROGRESS CHART

Date		Points (+/-)		Score

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## PERSONAL PATH PROGRAM 100-POINT CHECKLIST

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#	SECTIONS									
	A	B	C	D	E	F	G	H	I	J
10										
9										
8										
7										
6										
5										
4										
3										
2										
1										

GIVE YOURSELF CREDIT AS YOU GET POINTS FROM THE 100-POINT PROGRAM. FILL IN COLUMNS FROM THE BOTTOM UP.

# Personal Path™ Program

VERSION 4, 9/01

Personal Path is a self-paced personal development program for the individual who strongly desires a high quality of life and is willing to make the type and degree of changes, which are usually required.

The Program consists of 10 benchmarks or milestones in life - soft, yet very, very rich goals which the going after of which fundamentally shifts how the participant relates to themselves, others and to their environment.

The 10 areas are:

- A. Inner Peace
- B. Personal Power
- C. Happiness & Joy
- D. Spiritual Bliss
- E. Grace & Love
- F. Full Satisfaction
- G. Natural Balance
- H. Personal Passion
- I. Vitality & Wellness
- J. Fulfillment

This program is designed to be done concurrently with any other coaching program or goal you are working on.

**Instructions for this program  
are on the last page.**

Developed by the staff, trainers and participants of

## COACH U, INC.



## A. INNERPEACE

*Inner peace is an inner calmness, a freedom from environmental hooks, an absence of disturbances or adrenaline, an inner knowing, a connection with one's spirit. You have a choice about whether to experience inner peace, or not.*

WHEN EXPERIENCING INNER PEACE, A PERSON IS:

- Unhookable externally by circumstances or others
- Fully present and able to be with everyone, always
- Extremely gentle
- Accepting of all, including all of oneself

WHAT HAPPENS UNTIL A PERSON GETS HERE:

- Easily disturbed by events, problems or others
- Creates problems, crises and disturbances for themselves
- Can't relax, chill out or fully enjoy themselves
- Busy-ness, frantic-ness, rush, obsession, preoccupation

THE 10 STEPS TO REACH INNER PEACE

- Have nothing unresolved vs. just be finished
- Surrender and accept what is so vs. resisting, fighting
- Take full responsibility for how you react to others
- Become aware/sensitive to feelings vs. be blind, ignorant
- Tell the entire truth vs. edit, censor, lie or translate
- Distinguish between Self vs. Mind, Ego, Needs, Past Experiences
- Immediately catch yourself when triggered by adrenaline
- Recognize and inquire into why your cage gets rattled
- Step over nothing, even the small stuff, yet don't fix others
- Reprioritize peace to be ahead of performance

\_\_\_\_\_ Number of boxes checked (10 max)

## B. PERSONAL POWER

*A powerful person has resources and knows how to use them: Includes the people, skills, information, experience, abilities and focuses which influence, cause and create one's environment and results. We all have power available but must open ourselves to access it fully by being a conduit for power.*

WHEN EXPERIENCING PERSONAL POWER, A PERSON:

- Is able to accomplish a lot with little suffering
- Is able to create by using available resources
- Is results-oriented but process sensitive
- Is always at cause, not at effect; uses whatever power one has

WHAT HAPPENS UNTIL A PERSON GETS HERE:

- Weakness, at-the-affect of circumstances and life
- Inconsistent performance due to moods, energy
- Frustrated at length of time it takes to accomplish goals
- Controlling, pushy, too results-oriented

10 STEPS TO INCREASE PERSONAL POWER

- Raise personal standards to reflect higher self-worth
- Empower others directly: Recycling their power by listening
- Start being for others/results vs. being about them
- Go for the quality vs. quantity of what you produce
- Get the phrasing you need to express yourself fully
- Have things be acceptable or unacceptable vs. forever gray
- Initiate everything; wait for and follow no one
- Take many, many risks and experiment as much as possible
- Get to work, maintain momentum, be dedicated
- Read those books which inform and educate you well

\_\_\_\_\_ Number of boxes checked (10 max)

## C. HAPPINESS & JOY

*Happiness and joy come from having who and what you want. H & J are not mysteries; you can create these by being very, very Selfish and by listening to your inner guide vs. society's, culture, shoulds or being controlled by potential consequences.*

WHEN EXPERIENCING HAPPINESS & JOY, A PERSON:

- Feels gratified and wants more of this
- Is doing exactly what he/she wants
- Is pleasure-oriented and is willing to have more
- Is able to contribute well to others they care about

WHAT HAPPENS UNTIL A PERSON GETS HERE:

- Experiences sadness and unhappiness
- Can't figure out how to be happy; H & J is elusive
- Stuck, miserable in the present; no way out
- Doesn't even know what will make them truly happy

THE 10 STEPS TO BE HAPPY & JOYFUL

- Figure out what does make you consistently happy
- Get your needs met so you can afford your wants
- Stop doing what you should do; do what you need/want to
- Restore your integrity to be at 100%
- Eliminate every single toleration and source of suffering
- Experience the difference between thoughts/feelings
- Become truly Selfish vs. egotistical
- Take what you need to be your best
- Become internally generative vs. externally motivated
- Start creating a project that makes you feel very, very good

\_\_\_\_\_ Number of boxes checked (10 max)

## D. SPIRITUAL BLISS

*Spiritual bliss comes from being totally connected with yourself, your soul, your body and a Higher Power (meaning everyone). It is a high experience of life, rich with the subtleties and details that open one up to a quality of life unmatched by the trappings of the material or linear world.*

WHEN EXPERIENCING SPIRITUAL BLISS, A PERSON IS:

- Glowing with energy, love and caring, but not high
- Light, contributory and being, yet fully responsible
- A part of a higher plane of existence
- Touching others in a profound way, measurable or not

WHAT HAPPENS UNTIL A PERSON GETS HERE:

- Disconnected from healthy energy; chemically high
- Burdened by life's challenges, alone
- Fearful of possible consequences, defensive, right
- Trying too hard to project or create

THE 10 STEPS TO HAVE SPIRITUAL BLISS

- Identify the distinction between Self vs. Ego
- Take the path of least resistance vs. force, fight, win
- Develop a relationship with your Self, Higher Power
- Respond vs. react to circumstances, others
- Keep yourself toxin-free (chemical, energy, stress)
- Intuitively choose vs. logically or linearly decide
- Honor your inklings vs. explaining, rationalizing, proving
- Clean out your Rolodex
- Dance with vs. control others
- Take extreme self-care of every part of yourself

\_\_\_\_\_ Number of boxes checked (10 max)

## E. GRACE & LOVE

*Grace and love come from having more than enough, and by being able to give, receive, grant, attract and enjoy yourself and others to a degree that "it all" becomes a flow of energy. Grace is saying Yes to God; Love is saying yes to yourself and others.*

**WHEN EXPERIENCING GRACE & LOVE, A PERSON IS:**

- Warm, friendly, easy with others
- Living effortlessly, rarely concerned, flowing smoothly
- People vs. result oriented, gives a lot, without cost
- Building a reserve of time, money, energy, space

**WHAT HAPPENS UNTIL A PERSON GETS HERE:**

- Critical, short, judgmental, measuring
- Alone, terminally unique, efforting lots for little
- Needy, demanding, loud
- Childish, small, petty; not over self yet

**THE 10 STEPS FOR GRACE & LOVE**

- Get more than you need: A Reserve of Everything
- Live very, very well, vs. just managing
- Start acknowledging others vs. complimenting them
- Get the who vs. the what about other people
- Become charge neutral vs. charge up/down
- Fully communicate, but get permission first
- Come from acceptance and compassion
- Condition change vs. forcing it
- Put relationships ahead of mere results
- Forgive and have compassion vs. merely understand

\_\_\_\_\_ **Number of boxes checked (10 max)**

## F. FULL SATISFACTION

*One can become fully satisfied which means that one is well taken care of emotionally, physically, spiritually and intellectually. Becoming responsible is the process, which creates the feeling of full satisfaction.*

**WHEN FULLY SATISFIED, A PERSON IS:**

- Connected with abundance and grateful for what they have
- Selfish enough to get what they need -- as a first priority
- Operating with a very strong Personal Foundation
- Taking responsibility for that occurs in his/her space

**WHAT HAPPENS UNTIL A PERSON GETS HERE:**

- Dissatisfaction, blaming, complaining, disturbances.
- Neediness, pettiness, financial problems
- Trapped, restricted, imposed upon, externally prompted
- At the affect of what they have not become responsible for

**THE 10 STEPS TO GET FULLY SATISFIED**

- Get that what you have, don't have, are, aren't is perfect
- Understand, take care of Core Needs vs. medicate, deny
- Establish strong boundaries to protect the soul
- Respond to the current situation vs. was or will be
- Get on a path to be fully healed vs. terminally healing
- Do whatever it takes to get totally free vs. temporary relief
- Understand the difference between adult, parent, child
- Stop blaming yourself for what YOU didn't do
- Only do what you enjoy or must do for your integrity
- Fix or eliminate every source of dissatisfaction

\_\_\_\_\_ **Number of boxes checked (10 max)**

## G. NATURAL BALANCE

*Balance is a natural state that occurs when integrity is present. Balance is a barometer of this integrity. Humans are now just learning how to have it all and have balance! Balance is a life full of what is important to you.*

**WHEN EXPERIENCING NATURAL BALANCE, ONE IS:**

- Resilient because of a strong keel, foundation
- Consistently performing yet not at an emotional cost
- Enjoying the space created with balance
- Sharing their gifts because nothing is being lost or used up

**WHAT HAPPENS UNTIL A PERSON GETS HERE:**

- Mood swings, up & down, volatile, manic/depressed
- Deliberately stresses self, pushes, never enough
- Can't get present, can't find home or self in the swirl
- Full of reasons, excuses, evidence and shoulds

**THE 10 STEPS TO BALANCE WELL**

- Start creating choice/solutions vs. compromising
- Integrate all parts of your life vs. compartmentalize activities
- Find out and fix what is causing the imbalance or problems
- Be very selective re: Who, what, how comes into your space
- Underpromise vs. over-promise; don't stress self
- Identify your values and re-orient goals around them
- Understand balance vs. juggle, manage or control
- Give self permission to eliminate all that causes unbalance
- Have no hidden costs that drag you down at work
- Recognize/eliminate adrenaline triggers before they run you

\_\_\_\_\_ **Number of boxes checked (10 max)**

## H. PERSONAL PASSION

*Passion adds spice to a spiritual life. Passion comes from a convergence of desire, dedication and creation. Passion can be fully developed for oneself. It's healthy. People are passionate when truly contributing to others.*

**WHEN BEING PERSONALLY PASSIONATE A PERSON:**

- Is fully expressing themselves and being human
- Is working towards a vision, purpose or meaning
- Is excited but not "on"

**WHAT HAPPENS UNTIL A PERSON GETS HERE:**

- Frustration, boredom, regret
- Floundering, confusion, lack of direction
- Dilettante-ness

• Resistance to what turns one on

**10 STEPS TO BE PERSONALLY PASSIONATE**

- Find out what most turns you on that then do just that
- Set huge goals which bring out your best
- Develop a compelling vision vs. having lots of ideas
- Start caring for others in a profound way
- Distinguish between passion and adrenaline
- Identify a theme to your life for the year that's ideal
- Start stating what you want vs. hoping for it
- Go for the excitement vs. drama in life
- Design a contribution project that shares your gifts
- Hang out with passionate people and learn from them

\_\_\_\_\_ **Number of boxes checked (10 max)**

## I. VITALITY & WELLNESS

*Wellness is the basis for consistent creation, attraction and love. Getting well and raising your standards of what wellness means to you requires a dedication to being your best.*

**WHEN EXPERIENCING WELLNESS, A PERSON IS:**

- Active, has plenty of energy
- Emotionally and physical available to others
- Attractive because they are responsible and can share energy
- Able to enjoy more what they are doing; they feel good

**WHAT HAPPENS UNTIL A PERSON ARRIVES:**

- Tired, lackluster
- Toxic to others, consuming the space
- At the affect of entropy
- Not creating or expressing oneself fully

**THE 10 STEPS FOR VITALITY & WELLNESS**

- Develop a healthy morning rise routine vs. rushing
- Shift your day to be like you're on vacation
- Start using food for sustenance vs. pleasure, reward
- Move your body aerobically several times per week
- Identify and stop all behaviors which cost you wellness
- Develop a reserve of energy
- Get all parts of your body fixed, if broken or blocked
- Communicate until you feel clear
- Discover and saturate yourself with what nurtures you
- Clean up every closet, room, physical space so it's empty

\_\_\_\_\_ **Number of boxes checked (10 max)**

## J. FULFILLMENT

*Fulfillment comes from expressing yourself fully and feeling the impact it has on others and yourself. Basing your life on your Tru Values is the place to start experiencing fulfillment. Fulfillment is the inner reward for it being your life.*

**WHEN EXPERIENCING FULFILLMENT, A PERSON IS:**

- Creating something
- Full, proud, pleased
- Engaged and enjoying it
- Profoundly impactful

**WHAT HAPPENS UNTIL A PERSON GETS HERE:**

- Bored
- Looking for the meaning of life
- Making lots of "decisions"
- Making lots of changes

**THE 10 STEPS TO BE FULFILLED**

- Start coming from the Is vs. shoulds, coulds, oughtas, wants
- Do the maximum
- Have a vision or project that leaves the legacy you want
- Do what comes natural to you
- Master something, anything, but experience being the best
- Learn the difference between accomplishments and results
- Honor your inner feelings, desires and inklings completely
- Build something vs. randomly create
- Hang out with people who are fulfilled or well on their Path
- Make the most of what you already have

\_\_\_\_\_ **Number of boxes checked (10 max)**

## Instructions

There are 4 steps to completing the **PERSONAL PATH PROGRAM.™**

**Step 1: Answer each question.** If the statement is true, fill in the square. If not, leave it blank until you've done what it takes. Be rigorous; be a hard grader. If the item does not apply or will never be true for you, fill it in anyway. Give yourself credit. (You may do this with up to 5 items.) And, feel free to rewrite or reword up to 5 of the items in this program to better suit you, your needs and your life.

**Step 2: Summarize each section.** Add up the number of filled in squares for each of the 10 sections and write those amounts where indicated. Then add up all 10 sections and write the current total in the box on the first page of this form.

**Step 3: Color in the Progress Chart on the first page.** If you have 5 squares filled in the Integrity section, color in the bottom 5 boxes, and so on. Always start from the bottom up. The goal is to have the entire chart filled in. This will indicate how strong your Personal Foundation is. In the meantime, you have a current picture of how you are doing in each of the 10 areas.

**Step 4: Keep playing until all boxes are filled in.** This process takes between 6 months - 5 years, but you can do it!! Use your coach or advisor to assist you. And check back quarterly for maintenance.

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