

Buddy Agenda Post Last Session - #1

You'll need your workbook.



High-level instructions

(if preferred, detailed instructions available on page 2)

I. Check-in with your Buddy (5 minutes)

You might not have enough time to cover both of the below agenda items. Choose to start with the one that you both care most about.

II. Take stock of an AFI & recall your Centering Mantra (15-20 minutes)

- 3 min • Do some accounting
 - How often have you been in your old cycle (behaving like you both 3) and how many times have engaged in your new routine, since you have filled out your AFI Shifter?
- 6 min • Take a moment to reflect
 - What about your experience is encouraging? (Celebrate)
 - What about your experience is not at the level you want? (Explore with curiosity)
- 8 min • Share with your Buddy (4 minutes each)
 - *Share your **Centering Mantra** to practice calling it to mind.*
 - *Share your reflections. Ask for feedback.*
 - *Any questions to bring up in your next coaching call?*

III. Pinch Sorting (30 minutes)

- 3 min • Update the list of the moments when you've felt At the Mercy / a Pinch. If you've stopped using this list, capture your recent Pinches on a blank sheet of paper.
- 2 min • Choose to sort a single significant pinch using the Pinch Sorting chart or two smaller pinches using the Express Pinch chart.
 - An empty Pinch chart along with a PDF of the instructions
 - An empty Express Pinch chart along with a PDF of the instructions
- 15 min • Fill out the chart(s) and keep track of how you are feeling at each step. *"Am I feeling less reactive and more curious, centered, engaged, creative?"*
- 10 min • Share with your Buddy (5 minutes each).

IV. Check-out with your buddy (5 minutes)

..... 📖 **Detailed Instructions** 📖

I. Check-in with your Buddy (5 minutes)

- *Possible prompts to choose from:* “How have you been recently?” “Is anything particularly alive for you these days?” “Is there anything you’ve pondered since the session” “Is there anything you’ve struggled with?” “Is there something you feel particularly good about?”
- You might not have enough time to cover both agenda items: taking stock and sorting a pinch. Choose to *start* with the one that you both care most about.

II. Take stock of an AFI & recall your Centering Mantra (15-20 minutes)

Goal of this section: tracking our progress can be a powerful tool in making changes. It has the potential to keep us in reality and even motivate us if we’re making some progress. Try it and if this tool doesn’t work for you, let your coach know.

- 3 min • Do your accounting

Tally the number of times to the best of your memory, you have been in the left side and the right side of your AFI shifter. This doesn’t need to be a perfect relocation but it is helpful to ponder on it at this concrete level. It may be helpful to review your calendar in order to refresh your memory.

- How often have you been in your old cycle (behaving like you both 3) and how many times have engaged in your new routine, since you have filled out your AFI Shifter?

- 6 min • Take a moment to reflect

What have you learned from your experience so far? Be honest, any result is okay. This is not about perfection, but about moving in the direction of what you want. The key is to enter into a space of exploration and curiosity. We’ll do this in two stages: celebrate what is encouraging and explore what we may want to tweak / improve.

- What about your experience is encouraging?
 - Most people have a negativity bias which makes it harder to see one’s own progress. Push yourself to look for even the small ways you’ve made progress. It may feel a bit silly, but make sure to celebrate the small wins or moments of seeing things in a different way.
 - What new benefits are you experiencing from the times you have practiced this new routine? What space are you creating? What feelings are you getting? → Fill or complete box 10 Eco Benefits
- What about your experience is not at the level you want?
 - a. Perhaps there is an issue with the practices themselves?
 - Are your practices too demanding or ambitious? If yes, is there a “baby” practice that you could take as a small-step towards a larger practice?

Sometimes prioritizing the practice that seems ridiculously small or easy is a more effective approach versus trying to “achieve” an “ideal practice”.

- Is there a way to make your practice more energizing?
- Is there a way to connect your practices more closely to your ATS goal?

b. Is the issue in an unclear cue?

- If you are not practicing the main AFI Practice (box 9), revisit the cues in box 1. Can you find more cues more specific this cycle?
- If you are not engaging in the other practices (box 12 and 13), does the practice themselves have a cue in each of them? Example: “give my wife more affection” would become “give my wife a hug at the end of each breakfast.”

c. Is it a question of motivation? Are you feeling like you are forcing yourself to do this practice?

- Reread the costs that you are fed up with as well as your ATS goal. Do they inspire you to re-enforce your commitment?
- Most people are tempted to move away from their counterproductive behavior by engaging in a different behavior while numbing or powering through an Ego Threat. This can lead to other adverse effects. Use Centering Mantra to help you approach your AFI shifting practice from an ATS state. How often have you used your Centering Mantra in this way?
- Is there anything that you would like to declare to your buddy? As you will check in next time, you can be each other’s accountability partner.

- 8 min • Share with your Buddy (4 minutes each)
 - Share your **Centering Mantra** to practice calling it to mind.
 - Share your reflections. Ask for feedback.
 - Any questions to bring up in your next coaching call?

III. Pinch Sorting (30 minutes)

Goal of this section: Practice shifting out of a place of reaction in order to regain access to your clearest and most creative thinking.

- 2 min • Update the list of the moments when you’ve felt At the Mercy / a Pinch. If you’ve stopped using this list, capture your recent Pinches on a blank sheet of paper.
- Choose to sort a single significant pinch using the Pinch Sorting chart or two smaller pinches using the Express Pinch chart.
 - An empty Pinch chart along with a PDF of the instructions
 - An empty Express Pinch chart along with a PDF of the instructions
- 10-15 min • Fill out the chart(s)
 - As you’re filling out your chart, track any changes in your emotional state. “Am I feeling less reactive and more curious, centered, engaged, creative?”

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- 10 min • Share with your Buddy (5 minutes each)

Start by sharing how much you feel (or don't feel) recentered.

- *Help your Buddy confirm that box A:*
 - addresses one specific stimulus at a time
 - does not include inferences, assumptions or mind chatter that should be moved to Box B (check by asking: "Would a camera capture this?")
- *Also, help your Buddy by making suggestions or offering ideas for Boxes -1 to -4*

IV. Check-out with your buddy (5 minutes)

- 5 min • How are you feeling about the content of this call? Any takeaways?