

Fulfillment and the Captain and the Crew

Part of the fun — and an essential role of being a coach — is challenging clients to imagine the possibilities beyond the limits they've imposed, beyond what they think of as "realistic." Instead, have them create from abundant possibility. So, for example, in the realm of fulfillment we ask clients questions like, "What if it were your ideal situation... what would it look like?" or "If it were as good as it can get, what would it be? And if it were twice as good as that, then what?" The radical fulfilling picture invites clients to go outside of the current box, past the range of the tractor beams of their old story and into the territory of fresh creativity. Another way coaches can break this force of gravity is by projecting into the future, over the horizon, past the influence of this time and place. For example, you might ask, "Let's imagine that it's a year from now (or six months, or five years). This issue is resolved. You're happy and deeply satisfied. What did you do? And who did you have to be for that to be true?" The projection into the future allows clients to disconnect from the bonds of this time and fly.

The Captain and the Crew

Within each of us lies a vast array of resources... everything we need to manifest the fullest expression of our purpose and our destiny.

However, it can be challenging to access these internal resources. So often, the voices of the Saboteur are loud and dominate. Shouting to the rooftops about this issue or that problem, the Saboteur voices drown out the calm whispers of our internal allies. It takes patience and commitment to be able to hear and to follow the quieter voices of our true self. The decision to live our lives from this place of resonance, from the inside out rather than the outside in is truly a radical act. This is the essence of Fulfillment.

The Self is a complex constellation of many different voices, many different "selves." Personification of specific energies allows us to access whichever energy is most useful in any given moment.

There are many models for differentiating and accessing these internal resources. Our particular approach features your Inner Leader or Captain and five Crew members. To begin your journey, we've provided a Captain and Crew Chart. This Chart has room for you to list your Captain and five Crew as well space to add additional Crew members of your own creation and design. We encourage you to do so. Have fun!

The more you use your Captain and your Crew, the more alive and real they will become. Imagine a cabin nestled deep in the woods. With each visit, the path to the cabin becomes more defined and therefore easier to find. Become intimate and familiar with your Captain and Crew by using them often as resources. Your Captain and Crew are always available and you can access them whenever you wish... whenever you need guidance, wisdom, encouragement or support.