

## Walk the Talk

Walk the Talk is a structure for a client that keeps him or her in action, creating balanced and fulfilled lives. It is a checklist of items developed by the client. These items are things that will absolutely change the quality of the client's life. These items can be projects or things the client has been procrastinating about, avoiding, and/or wanting to take on. These items can also reflect quality-of-life shifts or practices that the client wants to make a regular part of his or her lifestyle.

Walk the Talk is a combination of Change to: a combination of Co (being and essence shifts) and Active (projects and action items).items (please see the sample on the following pages). The projects are finite, they have a beginning, middle and end, and there is a sense of completion as each of the items is integrated into the client's life.

There is great flexibility in how your clients design a Walk the Talk program for themselves. As coach, there are questions you can ask that will direct clients in creating their Walk the Talk lists.

Project focused questions:

- What things, if you did them, would change your life?
- What are you truly longing to take on?
- What would give you joy once you complete it?

Quality-of-life shifts:

- What practices do you want to make a regular part of your life?
- What is the quality-of-life shift that you are committed to?
- What do you long for?

Clients may want to set up different categories such as personal growth, relationships, and business. They may want to set up business related categories such as office organization, marketing, client relationships, etc. Others may want to design one long checklist.

While there is no 'right' number of items for a Walk the Talk list, it is more effective to have a minimum of 30. Encourage your client to take breaks while designing his or her Walk the Talk structure.

As coach, you will ask your client to report on his or her progress. The report is simply stating the number of the items completed over the total number of items on the checklist. Example: A total of 50 Walk the Talk items. Client has completed 15. The statistic would be 15 over 50.