

Structures

Structures are devices that remind clients of their vision, goals, purpose, or actions that they need to take immediately. Here are some examples of structures to use with clients. Remember that the most effective structures for clients are often structures they design for themselves.

Clocks/Timers/Alarms

Can be used to remind the client it is time to do something, for example: take a breath, leave for an appointment, acknowledge someone, get ready for bed.

Clothes/Clothing Accessories/Jewelry

Scarves, ties, suits, shirts, socks, rings, necklaces, bracelets, earrings, watches all can remind clients to be any number of things: playful, sensual, flirtatious, powerful, forgiving, elegant, warm... there are endless possibilities.

Wearing socks that don't match for two weeks to remind the client that she or he gets to decide for herself or himself.

Jewelry that is worn on a daily basis, such as a wedding ring or watch can be moved to a different wrist or finger as a very present reminder of a homework assignment.

Computers

Most computers will allow the client to customize a screensaver. The client may want to use affirmations or beautiful scenery to remind them of a compelling goal or vision.

Computers also have alarms and can be used to remind the client to stop working.

Post Cards

Clients can address postcards to themselves to remind them of an accomplishment, a dream, a deadline, or a goal.

Stones/Pebbles

Two bowls with stones... moving a stone from one to the other can signify lots of things, for example, from worrying to not worrying

Put a stone, coin, etc., in your pocket to keep something in focus all day.

Writing your values on stones, and drawing one for the day can help remind clients to more fully honor their values.

Post-it Notes

Affirmations or powerful phrases placed on the refrigerator or the bathroom mirror can help the client remember something all week.

Collages

These are often effective in capturing and deepening a client's vision.

Music

Playing a favorite CD in the morning to set the tone for the day.

Change the words to a song to be about a goal/plan, and sing it every morning in the shower or car.

Voicemail

Leaving a message on your own voicemail as a reminder of something or to acknowledge your progress.

Journals

Keep a gratitude journal.

Write successes each evening.

Miscellaneous

Put the car keys in the refrigerator in order to remember to take lunch to work.

Put keepsakes on your desk to remind you of exciting projects you have. For example a travel brochure for a trip you plan to take.

Create an archive of old beliefs.

Fresh flowers can be a structure to bring beauty into your home.

Develop this sort of strategy around a structure that makes follow-through a sure thing.