

## WORK SHEET SESSION 4 – ENHANCING YOUR INNER STRENGTH

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### **Step 1: Walking meditation**

### **Step 2: Whilst walking, recall most important insights of the previous session**

### **Step 3: A circle of natural qualities**

Ask your client to use materials from nature and turn them into a circle of their soul's natural qualities. The circle should be large enough for them to stand in the middle.

### **Step 4: Discussing the circle of qualities**

Together you're going to stand outside the circle. The coach asks the following questions:

- What are your unique qualities?
- How are they visible in your life?
- Which qualities need extra attention?
- How are you going to ensure that?
- How would you like to express more of yourself in the world with these unique qualities?
- How are you going to do that in practical terms?

### **Step 5: Repeat and summarise insights**

### **Step 6: Include feeling**

- How does it feel to be aware of all these qualities?

### **Step 7: Connect back to the wish**

- What qualities can help you to realise your wish?

## Step 8: Appropriating your qualities

- Now ask the client to take place in the middle of the circle.
- Invite the client to become silent and to direct their attention to each element and to “appropriate” all those qualities. **Be quiet now and explicitly DON'T start asking questions.**
- Next, you as a coach now also start to, very calmly and with care, go past all the elements and name them 1 by 1, confirming that all these qualities belong to your client. *This is what you naturally carry with you and what you can always trust upon.*
- Make sure to speak calmly. Above all, don't try to present it with the intention to uplift or boost. It's about a truth that is completely obvious. The invitation to the client is to receive it as such. Like a nice warm shower.
- Finally you ask: **Can you fully own these qualities?** How does this feel?

## Step 9: Finalising

End this session by asking your client to give a summary of all the important insights of today.

## Notes