

How To Do It

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(Revised: 10. October 2012 by Clinton Callahan)

FORMAT:

Process type: This is a seven step whole group discovery writing and coaching process. The first 3 steps are done individually and the last 4 steps in pairs, for organizations, workshops or Labs.

Duration: 90 minutes

PURPOSE:

When considering possibilities, a killer conclusion that often first arises is, *"I don't know how to do it!"* This process can make a life context shift so that you can create a new future oriented around doing what matters to you, in other words, being your destiny in action, without first worrying about how to do it.

SETUP:

First as whole group, then as pairs (coach and client). People can find a partner and sit across from them, however the first three steps are done alone. Boxes of tissues should be spread around the room for general use.

INTRO / BACKGROUND:

Our destiny is at hand. We think we don't do something because we don't know how to do it. We think not knowing how is all that stops us. We think that knowing how is the most important thing, and that if we did know how, then doing the thing would be straightforward.

It turns out that thinking you don't know how to do something indicates an internal resistance to having the consciousness that would make us a person who already knows how to do it. We maintain this position of "I don't know how to do it" so the universe can't evolve us into someone we don't know yet. We follow old known conclusions about ourselves and life. The old self cannot do it. We collected evidence from many things that happened to support our old stories about ourselves.

Through this process the old "I don't know how" conclusions are examined, the consciousness needed to know how is clarified, and if desired, clear plans are made to attain the necessary consciousness so that you become that sort of person who can already do it.

INSTRUCTIONS / PROCEDURE:

STEP 1: (alone)

Make a **LIST OF SEVERAL THINGS THAT YOU WOULD DO**, or would have liked to do, or for sure would have done **IF** you only knew how to do them. E.g. *I would have quit my job and started my self-employment career. Or, I would have created a*

new school system that instead of teaching reading, writing and arithmetic taught students. Or, I would have created a collaborative relationship with my neighborhood so that it felt more like I lived in a village instead of living in isolated apartment houses. Or, I want to write a concert or a movie script but I don't know how to make the project urgent enough that I make the time to do it.

STEP 2: (alone)

For each thing you wanted to do if you only knew how to do it, write out **THE MISSING CONSCIOUSNESS** that would be needed to be a person who already knew how to do it. Be clear and specific about what awarenesses are necessary.

STEP 3: (alone)

Choose two or three of the things on your list and describe the **PROCESS THAT A PERSON WOULD NEED TO GO THROUGH TO BECOME A PERSON WITH THIS CONSCIOUSNESS**. For example, what trainings, coachings, new agreements, plans, initiations, educations, experiences, transformations would be needed?

STEP 4: (pairs)

The coach asks the client to get ready to answer a YES or NO question. *Are you ready? (Yes.) Choose one of the things in STEP 3 that they really wanted to do and answer this question: **WOULD YOU REALLY LIKE TO DO THIS?***

STEP 5: (pairs)

If the client answers NO the coach asks them client to choose one thing they do want to do. If the client answers YES, then the coach takes the client's notebook and asks the client: **WHAT WERE THE OLD CONCLUSIONS YOU CAME TO OR THE OLD DECISIONS YOU MADE IN ORDER TO EXPLAIN NOT DOING THIS THING?** What was happening around you at the time that you decided you could not do it? (Coach writes the client's answers down in the client's notebook. These are powerful, life shaping decisions. It is obvious that these old decisions still influence the client's life today or they would already be doing the thing they wanted to do.

STEP 6: (pairs)

Coach asks the client: **WOULD YOU LIKE TO MAKE ANY NEW DECISIONS?** If the client answers: **YES**, the coach asks, **WHAT WOULD THEY BE?** (NOTE: It takes some attentive effort to distill the new decisions so that the new decisions address and handle the old decisions. For example:

OLD DECISION

It takes too long.
It is impossible.
I am not allowed.
It is too big for me.

My life is not about that.
There is not enough money.

NEW DECISION

I work in a very small "now".
I love making the impossible possible.
I make the rules that I follow.
I have a clicker. (use the clicker to make the project so small it fits like a pair of dice in the palm of your hand.
I changed my mind about my life.
Obviously the universe wants me to do this or I would not have the impulse to do it. I can

It had never been done before.	commit to the universe and the money will come.
I can't do it.	That's why I am here.
I am not worthy.	I am a learner of cool stuff.
Nobody wants to hear it.	I trust the universe's trust of me.
Nobody will believe me.	I want to hear it. It is important to me.
I am powerless.	People love new adventure discovery stories.
	There are endless resources to partner with.
I will never succeed.	I can ask for help.
	Success already happened from being able to imagine it.
It is too difficult.	Learning is fun.
I will not get paid.	I invent new values and new culture.

STEP 7: (pairs)

The Coach says: After making new decisions your blocks are no longer there. You removed them. You are already on a new life course and things will unfold differently. The new consciousness can now come without any resistance or sabotage. The consciousness is already waiting for you.

The Coach says: Please say again what it is you want to do:
I want to _____.

The Coach says: You just gained the consciousness so as to be a person who can arrange practical doable ways to get the consciousness to do the thing you want to do. Please say out loud and write down those ways.

Coach can also suggest ways.

For example, list people you can partner with who already have this consciousness. You can tell them what you want to do, ask if they will partner with you. It is already easy for them. That partner is the missing consciousness on your team. Then take the actions they say.

The matrix for holding the new consciousness in you comes from the actions you take.

STEP 8:

Trainer says: Notice how enthusiastic the coach is about you doing this thing. Notice how positive they are that you can do this. Notice how positive and sure they are that you can do this. Please let that in. Notice how for your coach it is so totally possible that you do this.

Trainer says: Now change roles, and begin again from STEP 4.

DEBRIEF:

Move chairs back to sit in the big circle. Take sharing about what people feel, notice, understand, experience, realize, etc.