

Source of Excitement

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(Revised: 25. May 2005 by Clinton Callahan)

FORMAT:

Groups of 3

Duration: 60 minutes

PURPOSE:

The purpose of this exercise is for the client to be in a space that is totally safe and dedicated to bringing them into direct contact with the original reason that they decided to be born.

SETUP:

Possibility Trainer, Coach or Consultant with perhaps one partner arranges a private room for being with the client. One Trainer is in charge. The second offers possibilities as a partner.

INTRO / BACKGROUND:

In theory the most exciting thing for a person is to be in contact with and to be in alignment with the source of excitement within themselves. The source of excitement can be a driving question, a wish to express a vision, or a desire to create. The source of excitement is the source of commitment to life. During life, especially childhood, the source of excitement within a person can be clouded over, blocked, or made to look dangerous because it is too unique or perhaps feels insane.

INSTRUCTIONS / PROCEDURE:

The procedure is to ask a series of questions that bring the client into direct experience and (re)connection with their internal source of excitement. Questions are the way of navigation. What you want to navigate to is a permanently accessible experience in your client. Ways to accomplish establishing the connection can include:

- that which creates excitement is given names to make it clear
- empowered with acceptance and ideas for action steps
- permission that they grant themselves
- breaking the rules
- moving through the blocks or confusion
- leading the way to completion
- finding what they want to make exist
- what really brings them alive? It will always be responsible, not gremlin.

When the connection to the excitement has been established, the excitement itself will be the energy that solves all the problems and is the drive and internal motivation for taking action steps. Name the experience and make sure that they can navigate their way back through creating even tiny action steps from the source of excitement.

DEBRIEF:

After each session, Possibility Coaches consult each other and give feedback about what worked and what could be tried to improve the results.