

## **Laboratory Check**

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(Revised: 9. March 2002 by Clinton Callahan)

### **FORMAT:**

Groups of 4 (1 client + 3 possibility makers)

Duration: 20 minutes per person.

*Note: especially effective after doing the “Questions” process*

### **PURPOSE:**

Create practical action steps, things to DO and BE to go to the next level in your laboratories practices.

### **SETUP:**

People gather in groups of 4 or 5.

### **INTRO / BACKGROUND:**

Possibility managers do our work in laboratories. Our continued leaning can only take place when we are serving other people according to our destiny principles.

Aspects of laboratories:

- Linear vs. Nonlinear (coaching) actions
- Relationships
- Money
- Health
- Coaching is rapid and strong.

Characteristics of a Laboratory:

- High level fun
- Non linear possibilities
- Rapid learning
- Winning happening
- Destiny in action
- Space holder
- Serving principles of organization.

### **INSTRUCTIONS / PROCEDURE:**

- Circles of 4 or 5 people.
- Spend 5 minutes listing and describing your laboratories – probably 5
  1. Primary Relationship

2. Family
3. Work (department, project, team, small organization)
4. Possibility (Other clubs, committees, possibility team, rage club, men's/women's group, neighborhood, meeting)

- 1 volunteer goes first. (15 minutes per person to go through all laboratories)
- Use "real time" procedure of ongoing "Go" and "Beep" coaching, Shift Go!
- Each person reports on what laboratories they are using, what experiments and tools they are using.
- Coaches detect any laboratories that are missing and use the time to help them build the laboratories
- (Trainer reminds groups when ½ the time is used)
- Formulate the coaching that you refine into your practices.

Create practical action steps, things to DO and BE to go to the next level in your laboratories practices. Some people have too many laboratories so energy is scattered. Some have too few so there is no venue to express your destiny principles. If you don't make a big deal out of doing new things (practices) it might slip by the Gremlin's attention and it won't be motivated to reconstitute a dilemma to defend the box.

### **Coaching for Coaches:**

Beep for anything that is off. As you give your coaching, maximize your senses to detect even the smallest impurities. You are the coaches who will enable the person to use the tools in the laboratories of their life.

Be sure not to get hooked into reasons. Create a gap between reasons and actions/choices. Your goal is to coach them for creating results that are independent of the circumstances.

### **DEBRIEF:**