

Welcome

You have chosen to use me as your coach. I am pleased to welcome you as a client. I appreciate the opportunity to work with you and have prepared the enclosed materials to assist you to get the most from your time and out of our relationship.



Mack Arrington
Professional Coach

Please take time to read the **Important Readings** and complete the **Important Doings** in this Welcome Pak so you'll know how best to use our time together. For the five Important Doings below marked with an asterisk (*), send a copy to me and put your originals in a file folder marked COACHING. If there are items you can not complete at this time, let me know and we can discuss these as part of your program.

Important Readings

- Live By Design, Not By Default
- Getting the Most Out of Coaching

Important Doings

- Client Data and Agreement*
- Goals Checklist (This can help with the Goals Worksheet)
- Goals Worksheet/Playsheet*
- Tolerations Worksheet/Playsheet*
- Clean Sweep Program

Live By Design —Not By Default

The Purpose of Coaching

The purpose of coaching is for both you and the coach to recognize and understand what you really want, and then decide and implement how you want to get it. We work to structure and focus your path, speed your progress, and reduce the risks and mistakes that come with stepping out and stepping up to do new things.

As a coach, I provide a confidential service working with clients to develop or turn around their businesses, be number one on their sales teams, maintain focus, balance areas of life such as family, work and faith, get the job or promotion they wanted, and deepen relationships with their loved ones. In what ever way the client defines success and significance, that's what we work towards.

The Process of Coaching

The process of coaching is pretty straightforward. Because coaching directly affects the client, the preferred manner of finding a coach is by referral.

- The process usually begins with a collaborative conversation at no charge. This allows the coach and prospect to discuss what the prospect wants to accomplish and to see if they would be a good fit.
- Most coaching is delivered by telephone in two or three sessions per month. Sessions can be set for 30 to 60 minutes depending on the preferences of the client.
- The fee is usually a monthly retainer that varies depending on the number of sessions, length of sessions and degree of on-call access to the coach. Fees are paid via Visa, MasterCard or check.
- The Coach-on-Call feature is included for email and short telephone contact between sessions at no extra charge. I do not abandon the client between calls, but will maintain contact via phone and email on issues and emergencies or to celebrate the good fortunes and opportunities.
- Most clients start with a personal assessment, or personality test as some call it. This provides highly valuable insights by identifying the behavioral and communication styles of the client as well as the values that drive the client and the natural tendencies that can help or hinder his or her progress.
- Coaching is a process and it takes time to identify where the client really wants to go and to structure the changes to get there. I recommend that the client expect a six month initial phase of coaching. For most people, it seems to take 5-6 months for all the pieces to come together. This expectation is nonbinding, and coaching can be discontinued if the chemistry is not right or if the client is not truly ready for the coaching.
- In the initial phase of coaching, clients identify and clarify what they want to work on with the coach. They also work on organizing and uncluttering their lives, building reserves of time and energy to get things done, and eliminating obstacles to their progress.
- Beyond the initial phase, the client might continue at the same intensity, take a break from coaching or reduce the number or length of sessions per month. I have clients that I have been coaching continuously for over four years, and we are still finding new projects and things they want to do.

Referrals

Everyone has a different edge. A lot depends on identifying what you really want and the path to take you there.

I greatly appreciate your referrals to set up an initial conversation. You can expect this conversation to be valuable as well as being time well-spent for anyone you refer in my direction. I thank you in advance.



336.856.1600
thecoach@mackarrington.com
www.mackarrington.com

Be\Do\Have

I want for you to benefit greatly from our sessions together and also in the time in between our calls. Here is what you can do to maximize your coaching value.

Make A List Of What You Really Want In Life

Coaching works best when you and your coach recognize and understand what you really want. This Welcome Pak includes a checklist of popular goals and a form (playsheet) for listing your own goals. If you're not sure about your goals, we can discuss them during our call.

Start On Your Clean Sweep Program

Ask about the Clean Sweep Program as a fun way to start laying a strong personal foundation. See how you do with the 100 questions and keep me posted on your current score. Most clients note positive changes in their lives when their score gets above 85 points.

Get To Know Yourself Newly

People usually hire a coach for specific goals, yet, don't be surprised if you find your goals adjusting themselves to who you really are. This discovery process is natural, so you needn't rush it, just realize it will likely happen.

Accelerated personal and professional growth is the hallmark of being coached. We can use assessments and programs to indicate what you need and what really fulfills you. Feel free to discuss this with me.

Double Your Level Of Willingness

Part of working with me as your coach is that I will ask a lot of you. I need you to be willing to experiment with fresh approaches and consider redesigning parts of your life that you are able to do right now. This is so you can more easily reach your goals and live an integrated, fulfilled and enjoyable life. Please be willing to:

- Change your behavior, a lot
- Reexamine the assumptions / decisions you've made
- Experiment and try new things
- Start telling what's really true, regardless
- Remove all sources of stress
- Redesign how you spend your time
- Get the support you need to handle a problem
- Set goals that are much bigger
- Raise your personal standards to be very, very high
- Start treating people much better
- Stop tolerating or suffering about your life

Make The Coaching Call Prepared, Have An Agenda

Most sessions seem to go quickly, so you'll want to have a written list of things for you to share and us to discuss.

Include things like:

- Successes and wins that you've had that week
- Update on homework, even if you did not finish
- Problems you faced/how you handled them
- Advice you want about a situation
- What you're currently working on/how it's going
- New skills you want to develop
- Insights and new awareness
- Strategies you wish to develop

Having this agenda helps you get what you want from the call.

Enjoy Our Call

Though we have work to do together, feel free to enjoy the call with me. After several sessions, you may find that we take a little time to catch up on things that mean a lot to you or you may want to share something personal and confidential. And over time, you may find that we even laugh a lot during the call —at life, how you've grown, how things happen. Please feel free to set the tone of the calls and I will respect what you need in this area.

Keep Yourself Well Between Our Sessions

Coaching can require emotional, intellectual and physical energy. Given this, I want for you to take extraordinary care of your health and emotional balance while being coached. One place to start is to develop a list of 10 Daily Habits which keep you well. Some of the habits my clients have developed into a routine are:

- Walking, exercising
- Listen to great music
- Daily planning session
- Underpromise, don't offer
- Read/meditate/take time for self
- Handle unresolved matters
- Improve diet
- Managing choices better
- No abuse of caffeine, nicotine, alcohol or sugar
- Take vitamins

Take Action Each Week

These actions include tasks, results or changes you are telling yourself and your coach (me) that you will do your best to complete before our next call. You must apply yourself and take action to you achieve your personal and business goals.

Make your call to me at (336) 856-1600

Name: _____

Company: _____

Address: _____

City/State: _____

Zip/Postal Code: _____

Email: _____

Day Phone: _____

Eve Phone: _____

Cell Phone: _____

Fax Line: _____

Date of Birth: _____

Occupation: _____

Nature of Business/Position: _____

Referred By: _____

Rate: \$_____ per month / session

Additional Time: \$_____ per session

Payments by Visa, Master Card or check.

Please make checks payable to

Mack Arrington
3804 Rappahannock Ct.
Greensboro, NC 27407

Ground Rules:

1. **Call.** Client agrees to call the coach at 336-856-1600, and to pay in advance. Payment due by the fifth of the month.
2. **Relationship.** The Client is in control of the direction taken for each coaching session. Coach has permission to be direct, though unconditionally constructive. Likewise, the Client agrees to provide honest feedback to the Coach on his/her perceptions of the relationship and any changes needed in direction or technique.

3. **Confidentiality.** Coach will not divulge client names or content discussed in the coaching relationship without permission of the Client (To the extent allowed by the law.). In corporate coaching, some form of report may be required, at which time the individuals being coached will have input into the report.
4. **Rescheduling.** Parties agree to provide each other at least a 24-hour notice to reschedule sessions. Sessions will be rescheduled in case of an emergency. Client understands that the Coach may choose to not allow a make-up call if it was missed and not an emergency.
5. **Coach-on-Call.** Client may call the Coach between scheduled sessions for specific advice, to discuss a problem or a major success. Coach will make time for extra calls at no charge provided the Client limits the call to a ten-minute maximum. If more time is needed, the Coach will suggest scheduling an extra session or adding time to the regular sessions. Client is encouraged to stay in touch with the Coach between sessions via e-mail.
6. **Coaching.** Client understands that the Coach's services are consultative in nature. Client also recognizes that some issues may require other professional services such as medical, therapeutic, legal, tax advice, etc., and that decisions made and actions taken, based on input or advice from the Coach, are the complete responsibility of the Client, and that the Coach shall have no liability or responsibility for any actions of the Client taken (or not taken) in connection therewith. Coach makes no guarantees or warranties, expressed or implied, as to results to be achieved, or as to the consequences of any actions taken (or not taken) by Client.

7. **Cancellation.** Either party may cancel active coaching at any time with a thirty day notice. Notice must be in writing or e-mail. Payment made for the current month shall be considered full payment for coaching agreement unless there is an unpaid balance. In the event of fees owed at the time of cancellation, full payment is due and payable.

Payment for services indicates acceptance of the ground rules.

Clean Sweep Program™

Your Name: _____

VERSION 3, 4/99

You have more natural energy when you are clear with your environment, health and emotional balance, money and relationships.

The **Clean Sweep** Program consists of 100 items which, when completed, give you the vitality and strength you want.

The program can be completed in less than one year.

Instructions for this assessment are on the last page.

Distributed by:
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Business and Personal Coach

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Developed by the staff, trainers and participants of

COACH U, INC.

(800-482-6224)

Coach U information:
<http://www.coachu.com>.

Intellectual Property Rights:
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PROGRESS CHART

Date	Points (+/-)	Score
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

CLEAN SWEEP PROGRAM 100-POINT CHECKLIST

#	SECTIONS			
	A	B	C	D
25				
24				
23				
22				
21				
20				
19				
18				
17				
16				
15				
14				
13				
12				
11				
10				
9				
8				
7				
6				
5				
4				
3				
2				
1				

Give yourself credit as you gain points. Fill in columns from the bottom up.

A. PHYSICAL ENVIRONMENT

- My personal files, papers and receipts are neatly filed away.
- My car is in excellent condition. (Doesn't need mechanical work, repairs, cleaning or replacing)
- My home is neat and clean. (Vacuumed, closets clean, desks and tables clear, furniture in good repair; windows clean)
- My appliances, machinery and equipment work well. (Refrigerator, toaster, snowblower, water heater, toys)
- My clothes are all pressed, clean and make me look great. (No wrinkles, baskets of laundry, torn, out-of-date or ill-fitting clothes)
- My plants and animals are healthy. (Fed, watered, getting light and love)
- My bed/bedroom lets me have the best sleep possible. (Firm bed, light, air)
- I live in a home/apartment that I love.
- I surround myself with beautiful things.
- I live in the geographic area I choose.
- There is ample and healthy light around me.
- I consistently have adequate time, space and freedom in my life.
- I am not damaged by my environment.
- I am not tolerating anything about my home or work environment.
- My work environment is productive and inspiring. (Synergistic, ample tools and resources; no undue pressure)
- I recycle.
- I use non ozone-depleting products.
- My hair is the way I want it.
- I surround myself with music which makes my life more enjoyable.
- My bed is made daily.
- I don't injure myself, or bump into things.
- People feel comfortable in my home.
- I drink purified water.
- I have nothing around the house or in storage that I do not need.
- I am consistently early or easily on time.

____ Number of checked boxes (25 max)

B. HEALTH & EMOTIONAL BALANCE

- I rarely use caffeine. (Chocolate, coffee, colas, tea) less than 3 times per week, total.
- I rarely eat sugar. (Less than 3 times per week.)
- I rarely watch television. (Less than 5 hours per week)
- I rarely drink alcohol. (Less than 2 drinks per week)
- My teeth and gums are healthy. (Have seen dentist in last 6 months)
- My cholesterol count is healthful.
- My blood pressure is healthful.
- I have had a complete physical exam in the past 3 years.
- I do not smoke tobacco or other substances.
- I do not use illegal drugs or misuse prescribed medications.
- I have had a complete eye exam within the past two years. (Glaucoma check, vision test)
- My weight is within my ideal range.
- My nails are healthy and attractive.
- I don't rush or use adrenaline to get the job done.
- I have a rewarding life beyond my work or profession.
- I have something to look forward to virtually every day.
- I have no habits which I find to be unacceptable.
- I am aware of the physical or emotional problems or conditions I have, and I am now fully taking care of all of them.
- I consistently take evenings, weekends and holidays off and take at least two weeks of vacation each year.
- I have been tested for the AIDS antibody.
- I use well-made sunglasses.
- I do not suffer.
- I floss daily.
- I walk or exercise at least three times per week.
- I hear well.

____ Number of checked boxes (25 max)

C. MONEY

- I currently save at least 10% of my income.
- I pay my bills on time, virtually always.
- My income source/revenue base is stable and predictable.
- I know how much I must have to be minimally financially independent and I have a plan to get there.
- I have returned or made-good-on any money I borrowed.
- I have written agreements and am current with payments to individuals or companies to whom I owe money.
- I have 6 months' living expenses in a money market-type account.
- I live on a weekly budget which allows me to save and not suffer.
- All my tax returns have been filed and all my taxes have been paid.
- I currently live well, within my means.
- I have excellent medical insurance.
- My assets (car, home, possessions, treasures) are well-insured.
- I have a financial plan for the next year.
- I have no legal clouds hanging over me.
- My will is up-to-date and accurate.
- Any parking tickets, alimony or child support are paid and current.
- My investments do not keep me awake at night.
- I know how much I am worth.
- I am on a career/professional/business track which is or will soon be financially and personally rewarding.
- My earnings are commensurate with the effort I put into my job.
- I have no "loose ends" at work.
- I am in relationship with people who can assist in my career/professional development.
- I rarely miss work due to illness.
- I am putting aside enough money each month to reach financial independence.
- My earnings outpace inflation, consistently.

____ Number of checked boxes (25 max)

D. RELATIONSHIPS

- I have told my parents, in the last 3 months, that I love them.
- I get along well with my sibling(s).
- I get along well with my co-workers/clients.
- I get along well with my manager/staff.
- There is no one who I would dread or feel uncomfortable "running across". (In the street, at an airport or party)
- I put people first and results second.
- I have let go of the relationships which drag me down or damage me. ("Let go" means to end, walk away from, state, handle, no longer be attached to)
- I have communicated or attempted to communicate with everyone who I have damaged, injured or seriously disturbed, even if it wasn't fully my fault.
- I do not gossip or talk about others.
- I have a circle of friends/family who love and appreciate me for who I am, more than just what I do for them.
- I tell people how they can satisfy me.
- I am fully caught up with letters and calls.
- I always tell the truth, no matter what.
- I receive enough love from people around me to feel good.
- I have fully forgiven those people who have hurt/damaged me, deliberate or not.
- I am a person of his/her word; people can count on me.
- I quickly clear miscommunications and misunderstandings when they do occur.
- I live life on my terms, not by the rules or preferences of others.
- There is nothing unresolved with past loves or spouses.
- I am in tune with my wants and needs and get them taken care of.
- I do not judge or criticize others.
- I do not "take personally" the things that people say to me.
- I have a best friend or soul-mate.
- I state requirements rather than complain.
- I spend time with people who don't try to change me.

____ Number of checked boxes (25 max)

Instructions

There are 4 steps to completing the **Clean Sweep™ Program**.

Step 1

Answer each question. If true, check the box. Be rigorous; be a hard grader. If the statement is sometimes or usually true please **DO NOT** check the box until the statement is virtually always true for you. (No "credit" until it is really true!) If the statement does not apply to you, check the box. If the statement will never be true for you, check the box. (You get "credit" for it because it does not apply or will never happen.) And, you may change any statement to fit your situation better.

Step 2

Summarize each section. Add up the number of True boxes for each of the 4 sections and write those amounts where indicated. Then add up all four sections and write the current total in the box on the front of this form.

Step 3

Color in the Progress Chart on the front page.

Always start from the bottom up. The goal is to have the entire chart filled in. In the meantime, you will have a current picture of how you are doing in each of the four areas.

Step 4

Keep playing until all boxes are filled in. You can do it! This process may take 30 or 360 days, but you can achieve a Clean Sweep! Use your coach or a friend to assist you. And check back once a year for maintenance.

Benefits

On the lines below, jot down specific benefits, results and shifts which happen in your life because you handled an item in the **Clean Sweep Program**.

Date Benefit

FILL IN THE BAR CHART ON THE FRONT
PANEL AS YOU INCREASE YOUR
CLEAN SWEEP SCORES.

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A LIST OF POPULAR GOALS TO ACHIEVE USING THE SERVICES OF A COACH.

CLIENT INSTRUCTIONS: Please mark what you MOST want to work on during the first year of coaching.

HEALTH AND EMOTIONAL BALANCE

- | | | |
|--|--|--|
| <input type="checkbox"/> REDUCE STRESS | <input type="checkbox"/> BEGIN EXERCISING | <input type="checkbox"/> MORE VIM & VIGOR |
| <input type="checkbox"/> REDUCE SUGAR/FATS | <input type="checkbox"/> LOOK BETTER | <input type="checkbox"/> HANDLE BODY PROBLEM |
| <input type="checkbox"/> LOSE WEIGHT | <input type="checkbox"/> TAKE RESPONSIBILITY | <input type="checkbox"/> _____ |

FINANCIAL

- | | | |
|---|---|---|
| <input type="checkbox"/> FACE A MONEY PROBLEM | <input type="checkbox"/> START SAVING | <input type="checkbox"/> BUY A HOME |
| <input type="checkbox"/> SET UP/FOLLOW A BUDGET | <input type="checkbox"/> BEGIN INVESTING | <input type="checkbox"/> BUILD \$\$ RESERVE |
| <input type="checkbox"/> PAY OFF DEBTS/CREDIT CARDS | <input type="checkbox"/> LIFETIME MONEY/RETIREMENT PLAN | <input type="checkbox"/> REVIEW INSURANCE |
| <input type="checkbox"/> EARN MORE/KEEP MORE | <input type="checkbox"/> FINANCIAL INDEPENDENCE PLAN | <input type="checkbox"/> _____ |

CAREER

- | | | |
|---|--|---|
| <input type="checkbox"/> UPGRADE PROFESSION | <input type="checkbox"/> GET A RAISE/PROMOTION | <input type="checkbox"/> START OWN BUSINESS |
| <input type="checkbox"/> FIND/DESIGN A CAREER | <input type="checkbox"/> GET A JOB/BETTER JOB | <input type="checkbox"/> REDUCE STRESS ON THE JOB |
| <input type="checkbox"/> JOB TRAINING | <input type="checkbox"/> DO BETTER JOB/MORE PRODUCTIVE | <input type="checkbox"/> _____ |

RELATIONSHIPS AND SELF DEVELOPMENT

- | | | |
|--|---|--|
| <input type="checkbox"/> GET ONE/FIND MR/MS RIGHT! | <input type="checkbox"/> RESOLVE PAST EXPERIENCES | <input type="checkbox"/> ATTRACT BETTER PEOPLE |
| <input type="checkbox"/> REDESIGN TO GET NEEDS MET | <input type="checkbox"/> SOCIALIZE MORE | <input type="checkbox"/> FEEL MORE LOVED |
| <input type="checkbox"/> GET CLOSER TO SPOUSE/FAMILY | <input type="checkbox"/> ASK FOR WHAT YOU NEED | <input type="checkbox"/> BECOME MORE PATIENT |
| <input type="checkbox"/> GROW THE HECK UP | <input type="checkbox"/> WAKE THE HECK UP | <input type="checkbox"/> BECOME MORE RESPONSIBLE |
| <input type="checkbox"/> DESIGN VISION, PURPOSE | <input type="checkbox"/> DISCOVER CORE VALUES | <input type="checkbox"/> _____ |

TRANSITION

- | | | |
|---|--|--|
| <input type="checkbox"/> RETIREMENT PLANNING | <input type="checkbox"/> 1-5YEAR LIFE PLAN | <input type="checkbox"/> MEDICAL CHALLENGE |
| <input type="checkbox"/> NEW JOB | <input type="checkbox"/> RECEIVED LARGE MONIES | <input type="checkbox"/> _____ |
| <input type="checkbox"/> LOST SOMETHING BIG/FAILURE | <input type="checkbox"/> BIG OPPORTUNITY | <input type="checkbox"/> _____ |

SUCCESS SKILLS

- | | | |
|---|---|--|
| <input type="checkbox"/> TEAM BUILDING | <input type="checkbox"/> REMOVE OBSTACLES | <input type="checkbox"/> TAKE BIGGER RISKS |
| <input type="checkbox"/> PRIORITIZE OPPORTUNITIES | <input type="checkbox"/> ABLE TO ASK | <input type="checkbox"/> STAY FOCUSED |
| <input type="checkbox"/> LEADERSHIP | <input type="checkbox"/> MANAGE OTHERS/DELEGATE | <input type="checkbox"/> CREATE A LEGACY |
| <input type="checkbox"/> BE ON TIME | <input type="checkbox"/> LOVE ONESELF | <input type="checkbox"/> STOP TOLERATING |
| <input type="checkbox"/> UNDERPROMISE/OVERDELIVER | <input type="checkbox"/> DEVELOP ROUTINE | <input type="checkbox"/> _____ |

LISTENING AND COMMUNICATION SKILLS

- | | | |
|---|---|--|
| <input type="checkbox"/> LISTEN, ADDING NOTHING | <input type="checkbox"/> HEAR BEHIND THE WORDS | <input type="checkbox"/> FULLY COMMUNICATING |
| <input type="checkbox"/> DISCERNING WHAT'S TRUE | <input type="checkbox"/> GET TO THE SOURCE OF PROBLEM | <input type="checkbox"/> _____ |

SPECIAL

- | | | |
|---|--|--|
| <input type="checkbox"/> HAVE A LOT MORE FUN! | <input type="checkbox"/> GET SOME HOPE | <input type="checkbox"/> SPECIAL PROJECT |
| <input type="checkbox"/> CLEAN UP SOMETHING | <input type="checkbox"/> MAKE BIG LIFE CHANGES | <input type="checkbox"/> GO CREATIVE JUICES! |
| <input type="checkbox"/> BE MENTORED | <input type="checkbox"/> BE LISTENED TO FULLY | <input type="checkbox"/> _____ |

Name: _____

Date: _____

Write down your key five goals and five action steps to reach each of these goals. Be specific and brief. Select only those actions which will help you reach the goal.

Goal #1:

1. _____
2. _____
3. _____
4. _____
5. _____

Goal #2:

1. _____
2. _____
3. _____
4. _____
5. _____

Goal #3:

1. _____
2. _____
3. _____
4. _____
5. _____

Goal #4:

1. _____
2. _____
3. _____
4. _____
5. _____

Goal #5:

1. _____
2. _____
3. _____
4. _____
5. _____

WHAT AM I TOLERATING?

We humans sure have learned how to tolerate a lot! We put up with, accept, take on and are dragged down by people’s behavior, situations, unmet needs, crossed boundaries, unfinished business, frustrations, problems and even our own behavior. Examples can include losing things like your keys or glasses, unfinished projects at home and work, situations that waste your time and energy, your diet and condition of your physical fitness, etc.

You are tolerating more than you think. So, what are you tolerating? Please start making a list below of everything you are putting up with. Every ten minutes of tolerations on the average work day totals to 40 hours per year (there goes your vacation time..). As you start to eliminate tolerations, you start to gain time and energy for other things that are important to you.

What Am I Tolerating?

- | | |
|-----------|-----------|
| 1. _____ | 21. _____ |
| 2. _____ | 22. _____ |
| 3. _____ | 23. _____ |
| 4. _____ | 24. _____ |
| 5. _____ | 25. _____ |
| 6. _____ | 26. _____ |
| 7. _____ | 27. _____ |
| 8. _____ | 28. _____ |
| 9. _____ | 29. _____ |
| 10. _____ | 30. _____ |
| 11. _____ | 31. _____ |
| 12. _____ | 32. _____ |
| 13. _____ | 33. _____ |
| 14. _____ | 34. _____ |
| 15. _____ | 35. _____ |
| 16. _____ | 36. _____ |
| 17. _____ | 37. _____ |
| 18. _____ | 38. _____ |
| 19. _____ | 39. _____ |
| 20. _____ | 40. _____ |

**God grant me the serenity to prioritize the things I can not delegate,
The courage to say no when I need to,
And the wisdom to know when to go home.**

(Author Unknown)

OUR DEEPEST FEAR

is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness, that most frightens us.

We ask ourselves, who am I to be brilliant, gorgeous, talented and fabulous? Actually, who are you not to be? You are a child of God. Your playing small doesn't serve the world. There is nothing enlightened about shrinking so that other people won't feel insecure around you.

We were born to make manifest the glory of God within us. It is not just in some of us; it's in everyone. And, as we let our own light shine, we unconsciously give other people permission to do the same. As we are liberated from our own fear, our presence automatically liberates others.

by Marianne Williamson

From A Return To Love: Reflections on the Principles of A Course in Miracles

Courtesy of:

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