

Buddy Agenda Between Session 4 and 5 - #2

You'll need your notebook.



High-level instructions
(detailed instructions available on page 2)

I. Check-in with your Buddy (5 minutes)

II. Take stock of an AFI & recall your Centering Mantra (15-20 minutes)

- 3 min • Do your accounting
 - Use your AFI Tracker from last time (or you can [download a new one here](#))
- 6 min • Take a moment to reflect
 - What about your experience is encouraging?
 - What about your experience is not at the level you want?
- 6 min • Share with your Buddy (3 minutes each)

III. Pinch Sorting (30 minutes)

- 2 min • On a blank page, list your recent Pinches.
- Choose to sort a single significant pinch using the Pinch Sorting chart or two smaller pinches using the Express Pinch chart.
 - Download an [empty Pinch chart](#) along with [the instructions](#)
 - Or, download an [empty Express Pinch chart](#) along with [the instructions](#)
- 10-15 min Fill out the chart(s).
- 10 min • Share with your Buddy (5 minutes each).

IV. Check-out with your buddy (5 minutes)

Detailed instructions

I. Check-in with your Buddy (5 minutes)

- *Possible prompts to choose from:* “How have you been recently?” “Is anything particularly alive for you these days?” “Is there anything you’ve pondered since the session” “Is there anything you’ve struggled with?” “Is there something you feel particularly good about?”

II. Take stock of an AFI & recall your Centering Mantra (15-20 minutes)

Goal of this section: tracking our progress can be a powerful tool in making changes. It has the potential to keep us in reality and even motivate us if we’re making some progress. Try it and if this tool doesn’t work for you, let your coach know.

- 3 min • Do your accounting

[Download your AFI Tracker here.](#) In the first box, write “{Today’s date}.” In boxes 2 and 3, make a tally to reflect the number of times you engaged in your AFI. It may be helpful to review your calendar since the last time you “did your accounting” in order to refresh your memory.

- *Column 2: “Number of times I have engaged in CPB since last check-in”*
- *Column 3: “Number of times I have engaged in any of the practices I have chosen for myself”*

- 6 min • Take a moment to reflect

What have you learned from your experience so far? Be honest, any result is okay. This is not about perfection, but about moving in the direction of what you want. The key is to enter into a space of exploration and curiosity. We’ll do this in two stages: celebrate what is encouraging and explore what we may want to tweak / improve.

- What about your experience is encouraging?
 - Most people have a negativity bias which makes it harder to see one’s own progress. Push yourself to look for even the small ways you’ve made progress. It may feel a bit silly, but make sure to celebrate the small wins or moments of seeing things in a different way.
- What about your experience is not at the level you want?
 - a. Perhaps there is an issue with the practices themselves?
 - Are your practices too demanding or ambitious? If yes, is there a “baby” practice that you could take as a small-step towards a larger practice? Sometimes prioritizing the practice that seems ridiculously small or easy is a more effective approach versus trying to “achieve” an “ideal practice”.
 - Is there a way to make your practice more fun or enjoyable?
 - Is there a way to connect your practices more closely to an ATS goal?

- b. Is it a question of motivation? Are you feeling like you are forcing

yourself to do this practice?

- Reread the costs that you are fed up with as well as your ATS goal. Do they inspire you to re-enforce your commitment?
- Most people are tempted to move away from their counterproductive behavior by engaging in a different behavior while numbing or powering through an Ego Threat. This can lead to other adverse effects. Use Centering Mantra to help you approach your AFI shifting practice from an ATS state. How often have you used your Centering Mantra in this way?
- Is there anything that you would like to declare to your buddy? As you will check in next time, you can be each other's accountability partner.

- 6 min • Share with your Buddy (3 minutes each)
 - *Share your reflections. Don't hesitate to ask for feedback.*
 - *Share your **Centering Mantra** to practice calling it to mind.*
 - *Is there anything you would want to flag and bring up in your next coaching call?*

III. Pinch Sorting (30 minutes)

Goal of this section: Practice shifting out of a place of reaction in order to regain access to your clearest and most creative thinking.

- 2 min • On a blank page, list your recent Pinches.
- Choose to sort a single significant pinch using the Pinch Sorting chart or two smaller pinches using the Express Pinch chart
 - Download an [empty Pinch chart](#) along with [the instructions](#)
 - Or, download an [empty Express Pinch chart](#) along with [the instructions](#)
- 10-15 min • Fill out the chart(s)
 - As you're filling out your chart, track any changes in your emotional state. Ask yourself at different points: *"Am I feeling less reactive and more creative?"*
- 10 min • Share with your Buddy (5 minutes each)

Start by sharing how much you feel (or don't feel) recentered.

 - *Help your Buddy confirm that box A:*
 - addresses one specific stimulus at a time
 - does not include inferences, assumptions or mind chatter that should be moved to Box B (check by asking: "Would a camera capture this?")
 - *Also, help your Buddy by making suggestions or offering ideas for Boxes -1 to -4*

IV. Check-out with your buddy (5 minutes)

- 5 min • How are you feeling about the content of this call? Any takeaways?