

The One Command® Executive Success Coaching Certification

*There is a power within you
so great . . .*

Week 10

Based on the teachings of The One Command®

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The Six Structures of Belief on paper

When you experience the process by walking it through on paper, you reach an entirely new level of comprehension. You are anchoring in the 6 Structures of Belief into your neurology.

This only needs to be done once to set them physically into your body, but you can use the papers more often if you wish.

When working with someone in a wheelchair or who cannot stand, they can place the papers one at a time in their lap or you can tape them along a wall and they can move from one step to the next by touching the paper as you move them through the process.

If a client has any other challenges, be creative!

Experiencing the Six Structures of Belief

LAY OUT THE PAPERS IN FRONT OF YOU – IN THIS EXERCISE YOU ARE MOVING FORWARD – NOT SIDEWAYS.

FORM THE DESIRED OUTCOME BEFORE YOU STEP ON THE FIRST PAPER OF ENVIRONMENT

Part 1

Ask your partner to define what they would like to have for a successful coaching business. Then take your partner through the 6 Structures of Belief to gather information to change the limiting ideas and engage the successful ones.

Using the model you have already learned about asking questions and reflective listening, follow the same process for each of the 6 Structures of Belief. The only thing you are adding now is having your client stand on a piece of paper for each Structure of Belief.

Ask what the client wants.

Then ask: *When you have the thought of what you want, what seems to be in the way?*

CALIBRATE the fear or resistance.

Part 2

Have your partner close their eyes and step on the first paper,
Environment.

Use your questions and reflective listening skills to guide them through each of the 6 Structures of Belief, noting their responses as they continue.

When you close your eyes what do you notice in your body? What sounds do you hear? What colors or images do you see? What are you feeling and where in your body are you feeling it?

What is in your way in your Environment? How could it be different? Where will you hold your practice? What is it like when you are conducting the session? Are you at your desk, in the office on the phone?

Continue describing the environment of where the practice is being held.

Form a Command (or Commands) of how they want it to be. (Write it down for yourself so that you can use their words for making the Commands. I recommend you use a clipboard as you are standing next to them during the entire process.)

Once you have finished **Environment**, have the person move forward and step on **Behavior** and repeat the process. When that is complete, have them move forward and step on **Capabilities** and so on until you finish with **Spiritual**.

At the End

Have them step off of the paper with their eyes still closed and make your Commands for change – linking all 6 or more Commands.

Take a moment and then have them step backwards – eyes closed - collecting all they have learned about their new **Spirituality**, then step back onto **Identity**, collecting all they have learned about their new identity, then step backward onto **Beliefs & Values** collecting all they have learned about their beliefs and values, then step backwards onto **Capability, Behavior**, and **Environment**, telling them to collect all they have learned at each step.

Now ask them to step off and open their eyes. Ask them to share what they experienced. Then have them close their eyes and RECALIBRATE their belief in their success.

What to expect after a session.

Congratulate them on a job well done.

Building Your Practice

Believe that you can start right now.

Define – what do I have to offer to help my clients.

The successful approach is to keep your focus on what benefits the client as you build your practice.

Start right where you are.

- Who is closest to you in your circle of influence?
- How can you serve them and ask them to serve you in announcing that you have opened the doors to your practice?
- Who is next in your circle of influence?

Give talks.

Make them niche-appropriate for your interests.

- Your Rich Mind and The One Command
- Or Eliminate Debt in Six Easy Steps, or Increase Your Creative Genius with One Command

Keep up your own inner work – you have many revelations by doing so.

Stay in community being supported and supporting others.

Keep attending the Forum.

At the end of the training you can join our ongoing Executive Success Club for continued education on developing your skill set and mindset for success.