



## Visionary to Physical Reality

One reason people come to Coaching is because they have not been able to take their ideas and dreams (Visionary reality) and make them happen (Physical reality). You may want to increase your income, create systems for your business, add assistants or create a Team, travel around the world, or even write a book. So, what gets in the way? More importantly, how does Coaching move you from ideas and thinking about it... to making it happen?

### What is Visionary Reality?

Visionary Reality is the realm of brainstorming and dreaming... where ideas spark within us and are exciting and fun. There is no attachment to or promises about these ideas. Therefore the energy is very high and light. We intuitively respond to this energy when we become excited about possibilities for others and ourselves.

### What is Physical Reality?

Physical Reality is the place where you can see, taste, feel, or smell objects and things. In this realm, things are impermanent: things grow, die, and are replaced. To move or change objects here, you have to focus energy on them. In this realm, we are no longer thinking about buying a house but have taken the actions of saving funds, contracting to buy, applying for and obtaining a loan, packing boxes, hiring a moving truck, and so on. You do not buy a house simply by dreaming about having one. Small and mundane things count for a lot in the physical domain. So what happens when we bring the ideas that live in our hearts and dreams and begin to put them into physical reality? That is when we hit trouble at the border.

### Trouble at the Border

Imagine that there is a line that divides Visionary and Physical Reality. This is the border where the high, free flowing energy of Visionary Reality hits up against the density of Physical Reality. It's like standing on a sunny beach, being hit by a wave of cold water. There is a realization that moving to Physical Reality will take much more energy than we thought it would take - about ten times more.

Our Coaching will surface your ideas, dreams, vision, and intentions and give you tools to bring them into Physical Reality. We also recognize that Trouble at the Border is inevitable. You will find the support and clarity to meet the obstacles at the border and to keep moving forward until you reach your goals.

#### Reflection:

1. Where have you experienced "trouble at the border" in going for a goal?
2. What moved you past it?

# YOUR COACHING MATTERS

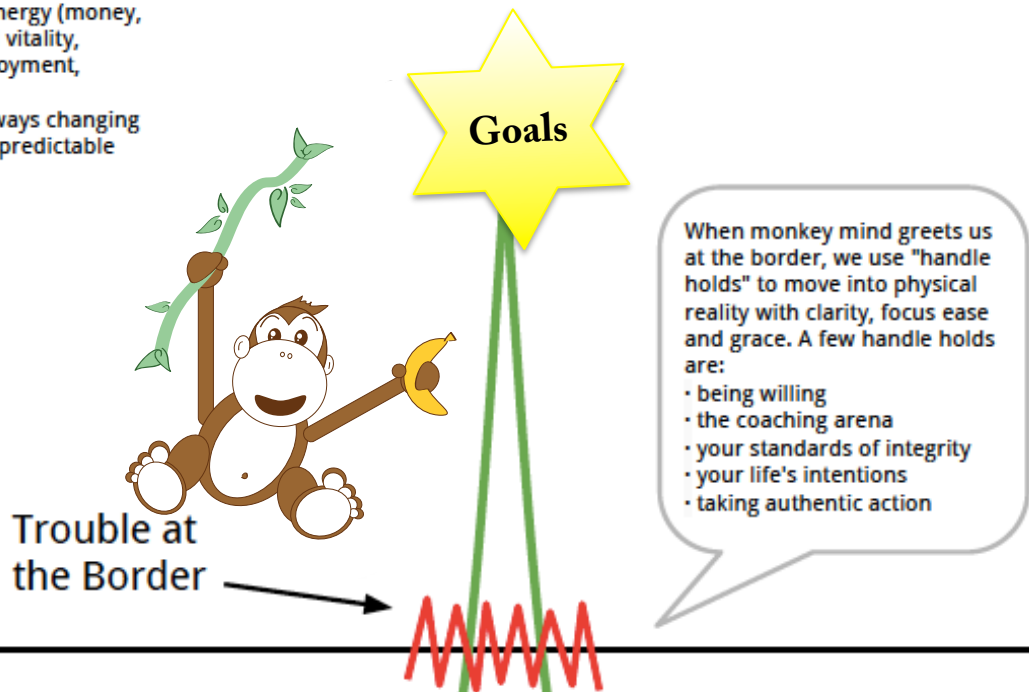


*"Success is doing what you said you'd do consistently, with Clarity, Focus, Ease and Grace" -Maria Nemeth*

## The Playing Field

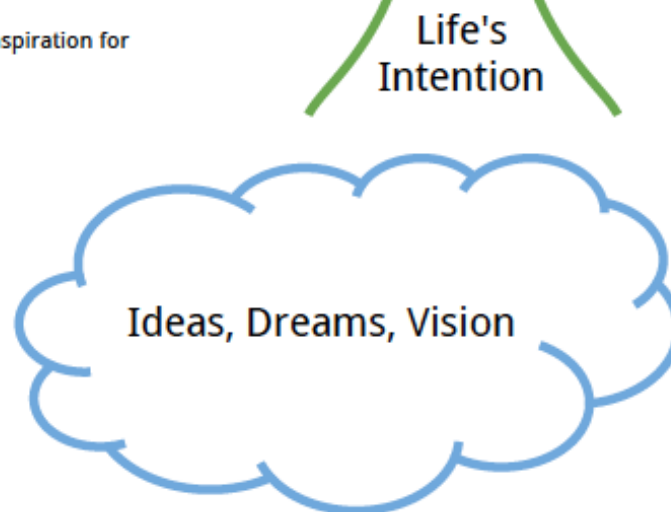
### Physical Reality

- Things take energy (money, time, physical vitality, creativity, enjoyment, relationship)
- Things are always changing
- Things are unpredictable



### Visionary Reality

- Energy is high
- Easy to get excited and inspired
- Easy to mistake inspiration for action



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