

# YOUR COACHING MATTERS



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

## Monkey Mind Symptom #1

### *Being vague*

Being vague is one of the more subtle forms of monkey mind. What does this look like? Here are clues: When we use words like **sort of, kind of, probably, maybe, sometimes**, we're being vague. When we talk around an answer, instead of answering directly, we're being vague. The problem with vague is obvious – we're not being specific, and it is only when we get specific (ideally by looking, seeing and telling the truth) that we can take authentic actions or our next meaningful steps. What does being vague buy us? As long as we're being vague, we don't need to commit. It takes courage, to tell the truth, to get specific, and to promise to take action. So the next time you hear (or think) yourself being vague, take a deep breath and ask yourself, "What would it look like if I got specific in this conversation? What promise am I willing to make? And what action am I willing to take?" And then thank monkey for this opportunity to get clear.

### Monkey Mind Symptoms

Fragmentation  
Being Paranoid  
Scarcity Thoughts  
Either/or Thinking  
Qualifying Statements  
Complaining/Petulance  
Being a Victim or Martyr  
Taking Things Personally  
Talking of The Past or Future as if it is the Present



Excuses  
Defensive  
Deflection  
Solidifying  
Bargaining  
Resignation  
Comparison  
Being Vague  
Justification  
Impulsiveness  
Rationalization



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