

YOUR COACHING MATTERS



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

Monkey Mind Symptom #2

Scarcity thoughts

"I don't have enough _____ (time, money, energy, creativity, patience, stamina, motivation, smarts, etc.) to accomplish this _____ (goal, dream, plan, the authentic action I promised my coach)." Sound familiar? These are examples of the monkey mind symptom of scarcity thoughts. Scarcity can also show up as not starting a project because we don't know how to complete it perfectly enough because there's a scarcity of certainty around how it will look when we're done. Notice the preponderance of "not enough" inherent in scarcity thinking. What if we became willing to be enough, and to see that we have enough, to reach our goals and dreams? Maya Angelou taught us, "You alone are enough. You have nothing to prove to anybody." We don't have to prove that we are enough, or that we have enough. So the next time monkey starts whispering scarcity thoughts in your ear, whisper back, "I am enough and I have enough." And thank monkey for encouraging you to see this truth of who you are.

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



ace ACADEMY OF
COACHING
EXCELLENCE
Licensed Seminar Leader