

**“Success is doing what you said you would do, consistently, with clarity, focus, ease and grace.”**

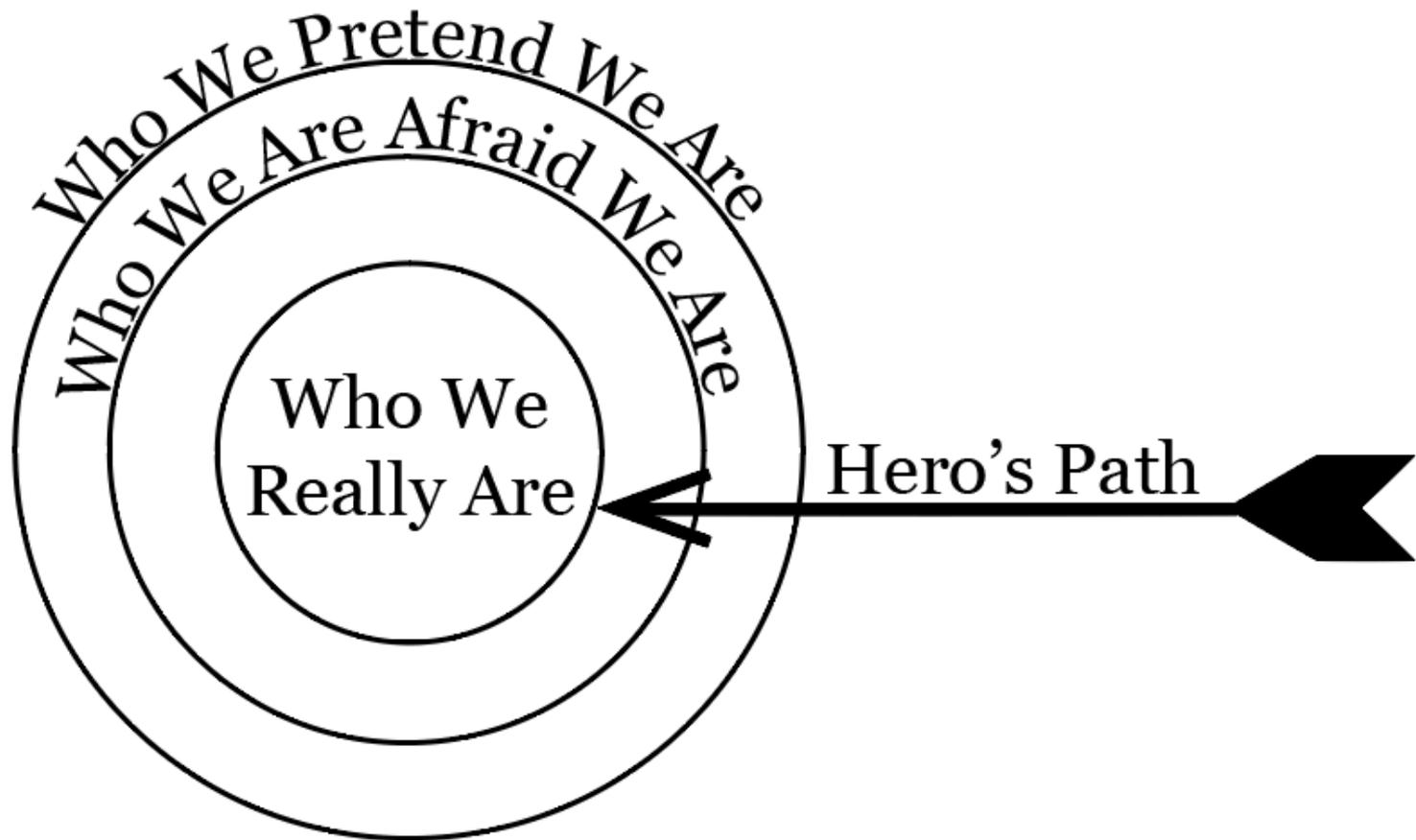
**– Maria Nemeth**



**SUCCESS**



# Who We Really Are



# Standards of Integrity

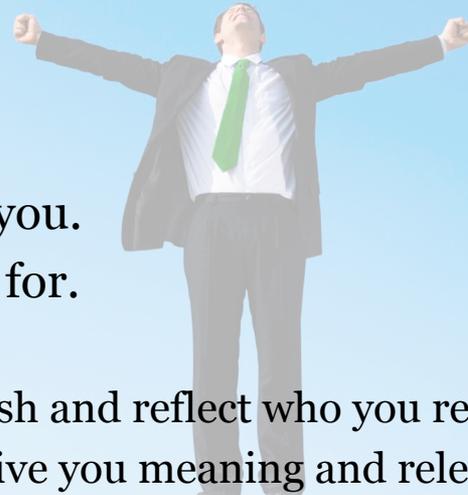
## What Does That Mean?

**“Standard” has two meanings:**

- 1) Something of value.
- 2) A type of flag or banner that you fly in front of you.  
It’s what you “stand” for.

Standards of Integrity are the core values that you cherish and reflect who you really are. They are the basic desirable qualities you possess that give you meaning and relevance. You don’t have to invent them because they already exist within you!

When you act in accordance with these qualities, you feel a sense of well-being. You experience satisfaction and fulfillment. Integrity means to be “whole.” Therefore, when your actions reflect your Standards of Integrity, you have a sense of wholeness. You know that “all is well.”



# Life's Intentions

## What Does That Mean?

An underlying direction, aim, or purpose that comes from deep within you and is the living spirit behind your goals and dreams. It is a longing to be known for something that you contribute to life.

### **Examples:**

- **To Be Financially Successful**
- **To Be An Adventurer**
- **To Be A Creator Of Beauty**
- **To Be A Loving Partner**

Your Life's Intentions give a clear, pure focus to energy. Our Life's Intentions rouse us forward on our journey, calling us to grow and develop. As you work with these powerful tools, you will begin to notice where in your life you are aligned with your Standards of Integrity and Life's Intentions and where there is a gap. This awareness will enable you to close the gap and formulate goals that will bring your dreams into physical reality and that express your authentic self.

# Coherence & Incoherence

When we get an Action and Result (outcome) that reflects a Life's Intention or Standard of Integrity, then our actions and outcomes are aligned with who we've come here to be. That is called Coherence. When we are in coherence, we experience:

- ✓ **Harmony**
- ✓ **Meaning**
- ✓ **Satisfaction**
- ✓ **Fulfillment**



# Coherence & Incoherence

**Who we are inside coincides with how we show up on the outside. In the moment of coherence we see possibility and promise and know all is well.**

If there's a break (our results are not in alignment with our Life's Intention or Standard of Integrity) we call that Incoherence and experience:

- ✓ **Frustration – feeling disappointment**
- ✓ **Resignation- letting go, giving up and quitting**
- ✓ **Cynicism - suspicion, distrust, scorn and contempt**

Those traits seem to follow the sequence in order. At the bottom level, cynicism often results in you working against your goals and visions and figuring out how to make a project not happen. Not what we are looking for!

It often doesn't take much to correct incoherence if we catch it before it gets to cynicism. The trouble comes when we wait so long that we slide through the sequence without catching it.



# Coherence & Incoherence

## Notice The Fact That You Do Care

That you experience incoherence as a result of what you do, speaks to the truth of who you really are.



Maria Nemeth PhD says

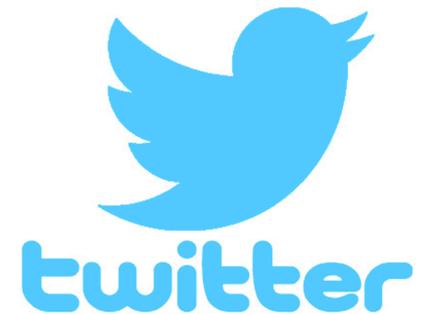
**“Maintain coherence by bringing everyday actions into alignment with what is most important to you.”**



# Is your social media presence coherent or incoherent?

**Is it a reflection of who you are and your values?**

**Are you getting the results you want, or are you frustrated?**



Maria Nemeth PhD says...

**“Maintain coherence by bringing everyday actions into alignment with what is most important to you.”**

# The Coaching Model

Coaching Helps You Bring Your Dreams Into Reality!

The Coaching Model helps to get you beyond the mental chatter that is giving you reasons to stop moving toward your dreams and having what you want in life.

Learning this model for use in your business is part of developing a new skill you can use in all areas of your life.

## LOOK

-Direct attention toward

## SEE

-The miracle of seeing what was there all the time occurs

## TELL THE TRUTH

-What happened in physical reality

Period.

No thoughts

No feelings

No opinions

Take Authentic Action

# Step 1# Look

## Shifting Your Attention

When you **look** at something, you direct your attention toward it, focusing your energy upon it. Looking at something is simple but not always easy. It requires practice because we get interference from Monkey Mind.

For example: If you were asked to look at how you spend money and you start to turn your attention toward the question, you may hear Monkey Mind saying:

*“I really don’t need to do this.*

*I am really ok with money, I just run short once in awhile.”*

At that point, are you willing to keep your attention focused on looking at how you spend money—no matter how uncomfortable it seems?

If so, you are on the road to success.

## Step 2# See: Be Curious About What is There

To **see** means to notice, examine, or discern. The act of seeing can give focus to the thoughts and actions that have been there all along but that may have been outside of your awareness. For instance, once you look at how you spend money you may see that you buy a coffee and snack every morning without really thinking if you want it. You may see you are often short and worry about paying



for necessities. Or, you may see that you have money left over —enough to put away savings. Whenever you are asked to “see”, Monkey Mind will start its chatter and you will need persistence and energy to continue to “see.”

**Are you willing to see? If so, we continue!**

# Step 3# Tell The Truth

## What Did/Did Not Happen In Physical Reality

**Truth** means the accurate facts or reality of a situation. The truth is what actually happened in physical reality. The truth is measurable and objective and without thoughts, feelings, judgments, or emotions getting in the way.

- “I contacted 20 people today during lead generation and follow up time.”
- “I exercised for 30 minutes.”
- “I put \$150 into my vacation account.”



These Are Statements About What Is True In A Situation.

# Step 4# Take Authentic Action

## A Meaningful Next Step

Authentic action moves you forward; it is purposeful action that moves you toward realizing your goals and dreams.

**Authentic Action Is  
Simple And Obvious.**

An authentic action for someone with a toothache is to call the dentist; for someone going back to school it may be to complete an admission application. For you, it may be knocking on 50 doors.



# Questions?

