



# Sacred Depths Certification

## Equalizing the Playing Field Worksheet

Here are some exercises and assignments to help you deepen the work we did on the Energetics of a Powerful Coaching Relationship (and all relationships!):

### 1. Fully Knowing and Believing that Your Clients are Whole and Complete

- Pick a particular client or person in your life that you know you need to step into this belief with even more.
- Start with the prompt “[Insert person’s name] is whole and complete exactly as they are.” Write for 5 minutes defending that statement – no stopping, no editing, just keep writing.
- You can do this journaling exercise just once, or multiple times throughout the week (or month) to keep it top of mind and energy.

### 2. Fully Knowing & Believing that YOU are Whole & Complete

- Journaling Question #1:  
*What did you parents, family, teachers and culture teach you (or not teach you) about being whole & complete exactly as you are?*
- Journaling Question #2:  
*Start with the prompt “I am whole and complete exactly as I am.” Write for 5 minutes defending that statement – no stopping, no editing, just keep writing.*
- I recommend doing this journaling exercise at least a couple of times over the next week or two.

### 3. You Don’t Need to Be Anything but Yourself for Your Clients & Coaching Sessions

- Even when we intellectually “know” this Truth, because of our programming and patterning, we can forget it pretty easily when we are with clients, or on sales calls, or marketing.
- To go deeper into this principle, journal on the following questions:
  - > *When you show up for clients (or imagine doing so), who are you “trying” to be (instead of simply being who you are)?*
  - > *Why? Where did you learn you “need” to be those things?*
  - > *Instead of trying to be someone or something you’re not, which of your innate qualities and learned wisdom do you want to bring fully present when you’re with clients? Why?*
  - >

#### **4. To Keep the Playing Field Equal, Don't Take Over-Responsibility for Your Clients**

- Where are the places you've been taking over-responsibility for your clients (or for people in your professional or personal life)?
- Why are you taking over-responsibility in those areas? (In other words, what beliefs are yourself or others are you holding that activate you to take over-responsibility?)
- What would aligned responsibility look like in these areas?

#### **5. If You Are Working With Clients, Do A Client Inventory Around Energetics**

- For each client, write out the beliefs or fears that you have about that client or about you in relationship to that client.