



WHY ME?

HOW TO IDENTIFY PATTERNS OF EVENTS AND BEHAVIOURS
TO EMPOWER YOU TO MOVE AWAY FROM PAIN AND
TOWARDS PLEASURE.

OFFERING THE TOOLS TO BECOME A STAR.

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WHAT ARE YOU DOING? AWARENESS/ PATTERNS

Are you aware of what you are doing? Our beliefs, our feelings, our thoughts and our language are determined through levels of perception. Being aware of these levels of perception and how we are living through them can empower us to live as a higher level of awareness and experience.

Level 1 – identity:

I am a victim, I am a survivor, I am a smoker, I am a mother, I am a worker, I am a warrior

Level 2 – belief:

it is false hope not to accept the inevitable, isn't it?

Level 3 – capability:

I am incapable of maintaining a healthy lifestyle

Level 4 – specific behaviour:

I smoke, I overeat, I stress, I enjoy life

Level 5 – environment:

the cancer is attacking me, I have no control over my life, my partner doesn't love me anymore, my boss undervalues me

Employing “sleight of mouth” is about transforming negative patterns of feelings, thoughts and language to positive patterns of feelings, thoughts and language.

By looking at the cause and effect, the evidence which causes the beliefs, it is possible to change interpretation of reality and to “build a belief bridge” that helps overcome any limiting beliefs that prevents an individual enjoying life.

Another strategy to strengthen the sense of control in an individual's life is through framing experiences in terms of constructive outcomes rather than destructive problems. Outcomes can be perceived as adding value in life's journey whilst problems are usually deemed as needing to be resolved, which is often not the case mainly as they are not actual problems more perceived problems.

HOW DO YOU DO WHAT YOU DO? STRATEGIES

Each and every act we do is a strategy. We have a strategy for getting up in the morning, for feeding ourselves, for keeping ourselves warm or cool relative to our environment, for enhancing our lives, for achieving what we want to achieve each day, week, month and over our lifetime.

The complexity in the strategies we employ is that the majority are employed subconsciously. We have learnt them as we have grown up. We have remembered them in a specific moment in our lives and that subsequently employed them in a generic fashion. Occasionally we have been sufficiently consciously aware to tailor our approach to situational circumstances.

By adopting an approach referred to as "behavioural flexibility", we can adopt a more agile approach to life. If what you are doing isn't working, then do something else. If doing something else is more successful but not fully achieving what you want to achieve then tweak your strategy continuously until you to achieve your goal.

Adopting an open approach to life through the lens of "there is no such thing as failure only feedback", offers a more valuable understanding. If success is not instantaneously achieved, that does not mean failure. It merely suggests discovery of what not to do. By noting this and then pursuing an alternative path by doing something else, through continuous learning and evaluation, ultimately a successful path will be found.

Success in life is not a result of what you do but the response to what you do. Having clarity with regard to what you want to achieve can offer greater clarity in what you do and how you do it. Adopting a calm approach to the flow of life can offer the greatest opportunity to fulfil personal potential.

WHY DO YOU DO WHAT YOU DO? MEMORIES

We do what we do drawing on our memories of past experience. However these memories are often not fully formed and are the result of our brains interpretation of the reality we perceived at the time the memory was formed.

Memories are formed of what is said and what is done. With regard to what is said, one person communicates to another person. Whilst it may be assumed that there is mutual understanding of what has been communicated, one person may have a differing "map of the world" to the other. This can lead to misinterpretation of what, if any, response is required resulting from what has been communicated. For example, an instruction may be communicated without a timeframe, explanation of it's priority or how it fits into the "bigger picture".

Focusing on the response to the communication and seeking feedback on what response is likely to arise from that communication can increase the effectiveness of it by determining the degree of connection between what has been said and what has been heard. Moreover tailoring communication to action can result in a more efficient and effective approach and minimise misunderstanding.

Understanding how memories are formed and having an awareness that everyone has a different lived experience can enhance a more open approach to understanding why we do what we do. Through acknowledgement that our experience is not the same as everyone else's enables us to understand that everyone lives in their own reality based on their memories.

Ultimately, there is a difference between who we are and what we do. Our identity relates to our personality and our behaviour is the result of a complex mix of We do what we do drawing on our memories of past experience. However these memories are often not fully formed and are the result of our brains interpretation of the reality we perceived at the time the memory was formed.

WHO ARE YOU? VALUES / WHAT SERVES?

Our values are what we hold true to ourselves and what matters most to us. We all have values through which we live our lives. These values influence where we live, what we do, with whom we spend time, how we live our lives and why we feel, think and live the way we do.

It is through our values that we define our identity and express who we are. Some people value achievement, some creativity, some caring for others and some travel.

Some values are resourceful and others are less resourceful. Some values are based on our life experiences and some drawn from our childhood.

Our values influence how we feel, how we think and how we live. To fulfil our potential, we should always ensure we are living aligned to our values and ensure that all that we say and do is congruent to them.

Peruse the table below and identify those values you feel most connect with you.

Achievement	Excellence	Perfection
Adventurousness	Excitement	Positivity
Altruism	Exploration	Practicality
Ambition	Fairness	Prudence
Balance	Focus	Reliability
Belonging	Freedom	Resourcefulness
Calmness	Fun	Results-oriented
Challenge	Generosity	Security
Community	Grace	Self-actualization
Compassion	Growth	Selflessness
Contentment	Happiness	Sensitivity
Contribution	Honesty	Service
Cooperation	Honor	Simplicity
Creativity	Humility	Spontaneity
Curiosity	Independence	Stability
Decisiveness	Ingenuity	Strategic
Dependability	Inner Harmony	Strength
Diligence	Intuition	Success
Discipline	Joy	Teamwork
Diversity	Justice	Thoroughness
Elegance	Leadership	Thoughtfulness
Empathy	Legacy	Tolerance
Enjoyment	Loyalty	Trustworthiness
Enthusiasm	Making a difference	Unity
Equality	Openness	Vitality

ACHIEVING FULFILLING OUTCOMES

Knowing the outcome you want to achieve is paramount. Have you ever asked yourself, or been asked by others, what do you want to achieve in your life? Many have lived a life without ever having been asked, or contemplated, what they want to achieve in life. What outcomes do you want to achieve? Do you want to live each day experiencing pain and enjoying pleasure? Does that help you focus better?

Without having clear outcomes, goals or direction, life can lose meaning. Without clarity, life can become a process of wandering aimlessly. By determining an outcome, you can begin to focus your energy on achieving that outcome and feel the reward as you sense the progress you make towards its accomplishment.

Imagine yourself sitting on a veranda at a time of your choosing, when you are entering your final chapter in life. You are looking out across the vista, whether it be out to the sea or out across the countryside or the bush. You have a glass of wine in your hand or a bottle of your favourite beer. And you are in your favourite chair, relaxing with a smile on your face and a sense of accomplishment at what you have achieved. What do you see in your mind's eye? What do you hear yourself telling yourself? What do you feel in your heart? What is your gut instinct telling you?

By connecting with what warms your heart and connects deeply with your gut, you can develop clarity in determining the path forward. Understanding what makes us tick, what values we uphold, what drives our passions and what motivates us to achieve can guide us to form our path forward and help provide focus on what matters most to us. It offers insight into what adds value, where we focus our energies and with whom we engage with as we journey forward.

INTRIGUED TO EXPLORE MORE?

Make your life great – Richard Bandler

Ancient principles for success – Daniel One

Psychology of success: NLP techniques to master life and take control like the 1% - Olivia Bennett

The making of the mind – Ronald T Kellogg

Embrace the struggle – Zig Ziglar

Survival of the Nicest – Stefan Klein

The magic of thinking big – David J Schwartz

The Sourcebook of Magic – L Michael Hall, PhD

We are our brains – Dick Schwab

Brain Change:how harnessing your brain's power – David DiSalvo

Focus: the hidden driver of excellence – Daniel Goleman

The Plastic Mind – Sharon Begley

Success: The Best of Napoleon Hill

What works: success in stressful times – Hamish McRae

Make your brain work – Amy Brann

Why we lie – Dorothy Rowe

Way of the peaceful warrior – Dan Millman

As a man thinketh – James Allen