Transcript and Audio Link	Notes	Agreement		Partnering			Communicating				Action				
		s	T A R	SUP S	SPA FOL	o/c	SIT	AWA	IDE I	LAN E	MP SP	NXT P/	A CLO		Key
0:00 See you it will Fern How would you like to use the time today then		4			4	4								E	stablishing the Agreement
1:07 now it's different about the shape of your life that's making it a bit tough			4		4 4.5	4					4			S	Identify the Subject
2:18 yeah with the changes that are on the horizon What do you want your hab			4		4.5 4.5	4					4			Т	Top of Mind, Transformation
3:52 you wanna flexible baseline that doesn't feel pain at all every every every v	Reflection T - Question A		5 4		4 4.5	4					4			Α	Areas to Address
6:14 why don't you?			4		4.5 4.5	5								R	Measurable Result
8:32 between the planning get into real having flexible habits and this idea of			4		5 4.5	3.5				4	4				Partnering with the Client
10:45 what do we need by the end of our conversation to help you feel set for s	Missing more of the Who/Heart		3.5		5 4.5	4				3.5	4			SUP	Support
11:53 What did you say to yourself to challenge the I don't have enough time th					5 4.5	4		4			4			SPA	Spaciousness
14:22 what is it take to slow down and hear yourself recognizing the benefits of					5 4.5	4			4		4			FOL	Following
16:49 as you're talking this through what are you recognizing might help you g	Checking in on learning based on shift				4.5 5	3.5	4				4			C	communicating as a Coach
18:24 Yeah, what's the connection between poking the buttons and the I don't					4 5	4					4			o/c	Open and Concise
20:12 what do you want us to do is the the scenario of giving yourself permission	Direction check				4.5 5	4					4			SIT	Client's Situation
22:57 bold take the place					5 5	4.5	3.5	3.5						AWA	Client's Awareness
24:16 what do you feel you're gonna need to tell yourself to to make sure whate					5 4.5	4	4	4	4	4	4			IDE	Client's Identity
25:54 got this and so you kind of slow down there. Maybe just thinking that					5 4.5	4					4 4			LAN	Client's Language
27:31 so what's behind the self doubt and					5 4	4.5					4			ЕМР	Demonstrating Empathy
29:37 see, feel the momentum. You generally have the sense of a plan it sound					5 4.5	3.5					4	4		SP	Statements with Partnership
32:31 you have you mentioned the distractions before here can see in the room					5 4.5	4					4	4		Sup	porting Action and Planning
32:47 What do you need to remember when the excuses and distractions show					5 4.5	4					4		4	NXT	Next Steps
33:59 What are you learning about this flexible baseline as you've talked everyt					4.5 4	4					4	4		P/A	Planning and Accountability
36:02 what needs to be what else needs to be part of the plan to maybe maint						4	4.5	4.5	4.5	4.5	4.5		4	CLO	Partnering to Close
36:51 How could you have time perhaps be similar to the daily green tea?					4.5 4	4							4		
38:24 What else should we do with our conversation then fern?					4										
38:48 I was struggling not to Overleaf focused on poking holes in everything. E				4							4				
39:13 You did a lot of thinking. I felt like I just watched you think for a lot of time				4							4				
39:50 Yeah. I could just see that you were, you're doing some heavy lifting in yo															
40:02 well he's okay if I keep the recording on this one															
		4.0	4.3 4.0 3.5	4.0	4.6 4.5	4.0	4.0	4.0	4.1	4.0	4.0 4.0	4.0 4.	0 4.0		