

The 15 Frameworks

Changing or adjusting the frameworks you use to look at things can help to find new solutions and directions.

- 1. It's all solvable, or it's not.**

When you have come to embrace this framework, the worry and panic has no way to grip your thoughts or actions. Comfort and confidence are by-products of the framework that it's all solvable, or it's not
- 2. Risk is always reducible.**

The ability to deal with risk is key to continued success. Risk can be mitigated and reserves developed so that any failure has fewer consequences. You can find ways to substantially reduce the risk of what you are undertaking.
- 3. There's usually a better way.**

No matter what the strategy or approach the client is thinking of, there is usually a better way. That's a powerful place to come from because it stimulates creative thinking. If one looks, and is encouraged to think beyond the traditional ways of solving a problem or accomplishing an outcome, a new, better, easier, faster, less expensive and less risky way is usually available.
- 4. Success is a by-product.**

Going after success directly can definitely work but that's like pushing string. It's usually a lot easier to live the life you want and develop/follow your passion and let success find you.
- 5. Emotions are our teachers. . .**

if you wish to learn from them. Emotions are barometers, our teachers, our mirrors of what is left to learn.
- 6. Delay is increasingly expensive.**

The windows of opportunities open more often, yet shut more quickly than ever before. The consumer has come to expect immediate service, delivery and problem resolution; a highly responsive competitor can make its mark in mere months, not years. The notion of delay is fading quickly as a viable option in life and business.
- 7. Inklings are higher intelligence.**

The definition of an inkling is a subtle sense of something, even with no evidence to back it up. An inkling is even quieter than intuition and even more powerful. Inklings are at the gateway of truth and as we sensitize ourselves to feel at this level, we get access to inklings and have the courage to act on them, vs. waiting for them to become intuition or fact.
- 8. The answer is somewhere.**

Does the client have the answer? Or does the coach? How about a book? How about the ethers? The point here is that it doesn't really matter where the answer is, but that there is an answer somewhere and it's up to the coach and client to find out where it is. This also stimulates the creative/collaborative relationship between coach and client, instead of forcing either party to come up with the answer.
- 9. Self-confidence can be arranged.**

You don't need to rely on yourself to feel confident. You can arrange ample support structures and encouragement, and design situations that will feed you the confidence you need because you've earned it.
- 10. Memes and genes are evolving at different rates.**

We know what genes are. Memes are EXACTLY the same type of thing; except that memes refer to ideas, messages and opinions that are shared (replicated) and modified (mutated). And, given memes can replicate 1000's of time faster than genes can, our bodies are pressured/stressed by changing ideas before our cells have a chance to adapt and keep up.
- 11. Work is for joy.**

What good is owning a business if it doesn't bring you pleasure? What good is having a job that doesn't bring you joy? When you come from this place, you'll be having a much more enjoyable relationship with your business or work, even if it means that you have to make substantial changes in order for this to occur. So, rather than be consumed by a business or job, have it actually be a source of joy.
- 12. Problems are immediate opportunities.**

Got a problem? There is likely an immediate opportunity for you in that problem; either a chance to grow/evolve, or a chance to learn something, resolve something, use as a spring board, and even as a profit center/business.
- 13. People are doing their very, very best, even when they clearly are not.**

When you look at life this way, compassion, empathy and respect are the norm.
- 14. Awareness is unifying.**

What unifies humans? What helps us transcend the petty reactions and historical conflicts? Awareness, meaning the dawning/understanding of truths greater than the one we currently know. Not just information/knowledge, but truths. As we all increase awareness, we see the commonality/connections among all of us; that can lead to harmony.
- 15. Life is about us and it's not personal.**

And yet it can feel so personal.