



## **Principle #6 *The Principle of Action***

### **Everything is Action**

#### **CORE TENETS**

- Human beings come with the capacity for action.
- With awareness your actions can serve you to take care of what you care about.
- You don't need to wait to get 'clear' about what action to take; rather taking small steps can generate clarity.
- The possibility exists that your actions don't require effort.

#### **Fieldwork**

1. Ponder: Begin noticing where you are 'efforting' and where you may be making it harder than it needs to be (even in your coaching).
2. View prep videos online and prepare for our next discussion: Final Integration.
3. Be sure to complete and submit your reflection form, as usual.