

# ***THE DISRUPTIVE COACH***



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

### **CORE TENETS**

- Everything is action; action is how energy moves.
- With awareness, intention and attention, your actions can serve you to take care of what you care about.
- The Energy of your being is the context of your doing.
- Not all doing demands effort.
- Clarity doesn't always come before action – often it comes *from* action.

### **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.
4. Come with something/a project that you'd like to make progress on in the next 90 days. (be sure to think of something)