

Renewing the Mind - Progress Not Perfection

Progress Not Perfection

In module one, we saw in Romans 12:2 that transformation is **progressive.** It is important to understand the goal is progress and not perfection. Often clients want total transformation immediately.

> *"… be **transformed** and **progressively changed** [as you mature spiritually] **by the renewing of your mind …**" ~Romans 12:2 AMP*

Paul shares a wise approach,

***"I do not consider that I have made it my own yet; but one thing I do: forgetting what lies behind** and **reaching forward to what lies ahead, I press on** toward the goal to win the [heavenly] prize of the upward call of God in Christ Jesus. All of us who are **mature** [pursuing spiritual perfection] **should have this attitude**." – Phil 3:13 AMP*

It is important to help the client understand their past does NOT equal their future. The past is gone and cannot be changed. Help your client receive the lessons from the past and move on. Keep the focus on the NOW (the only place change and miracles occur).

Tool #1 Focus on Client "wins"

One of the ways to keep the clients mind on the progress is to begin each coaching call with the client sharing their "wins". Ask them to write and send you their wins for the previous week Review this in the first few minutes of each call. Celebrate with them and congratulate them for the progress they have made. As this becomes a habit the client will begin taking notice of wins as they occur. This is helpful in balancing the thought many clients have that they are not progressing or moving quickly enough.

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Tool #2: What we focus on Expands

It is important for the client to understand and become aware of the power of focus. It is customary to put our attention and focus on what we DO NOT desire and what is WRONG instead of what we DO desire and what is RIGHT.

What we focus on expands.

1. What has been my focus?
2. What do I desire?
3. What would I love?

What is Coaching Success?

- Client understands the transformation journey is progressive.
- Client acknowledges their wins and keeps a balanced approach to progress.
- Client continues to practice using the tools to renew the mind.
- Client is experiencing a more balanced view of themselves.

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