

## Peer Activity Report 10-20-2017

Karen White

Grow Model: Goal, Reality, Options, and Wrap-up.

As we started this stage of the course practicing the art of coaching it comes easy because I have been coached by others all my life. Working with Mrs. White we made assessments of each other and it turns out that we are dealing with a lot of the same realities of forwarding progress. Additionally, the questions were asked such as what would you like to realize in coaching? Karen stated that getting a greater balance in her life on many levels such as knowing when to say no. Moreover, mastering her time coupled with working to get healthier. This would benefit her tremendously in her journey spiritually, mentally, emotionally, physically, and economically.

Indeed, we spoke about her spiritual life and what major things are happening in her lifecycle right now? In fact, as we communicated she stated that having more openness in sharing her true thoughts with the people she is dealing with on a day to day bases was very important to her and the relationship she has with her loved ones. At the same time, understanding how important listening is in this partnership is one of the most important part being an effective to make sure the right questions will be asked. Karen's openness and honesty will only help this relationship become a true reality of forwarding progress, in all that she is changing in her drive of growth and development for a more abundant life.

Next, we connected about attitudes and abilities that impact how one sees the potential for the future but that might be squelched or frustrated in the present. This question leads straight to her present living environment that was needing to be changed and it is in the works. As a

result, the next question came to be about her routines, habits, and ways of doing things that might need to be changed? At this point, the question of what was her passion, vision, and mission in life was about? Karen has a big heart and like myself struggles with saying no to an assignment in ministry this is a big obstacle in achieving the balance she is needing to operate at her Pinnacle point. she is an intercessor praying for others I raised the question who is praying for you or who is covering you in ministry?

In summary, we transferred about personal mission statement that would lead her views and values. In fact, she may want to change somethings. These question that is being asked call for contemplated thought which calls for a corresponding reaction that leads to the vertical promotion of one's lifestyle. All in all, if we continue to do what we have always done there is no potential for growth. Most of the time growth comes from pain, embarrassment and thinking outside of the box in how we operate daily. Karen and I concluded that this change will come more effortlessly if we would be honest with ourselves and humble and present a new plan unto the Lord.