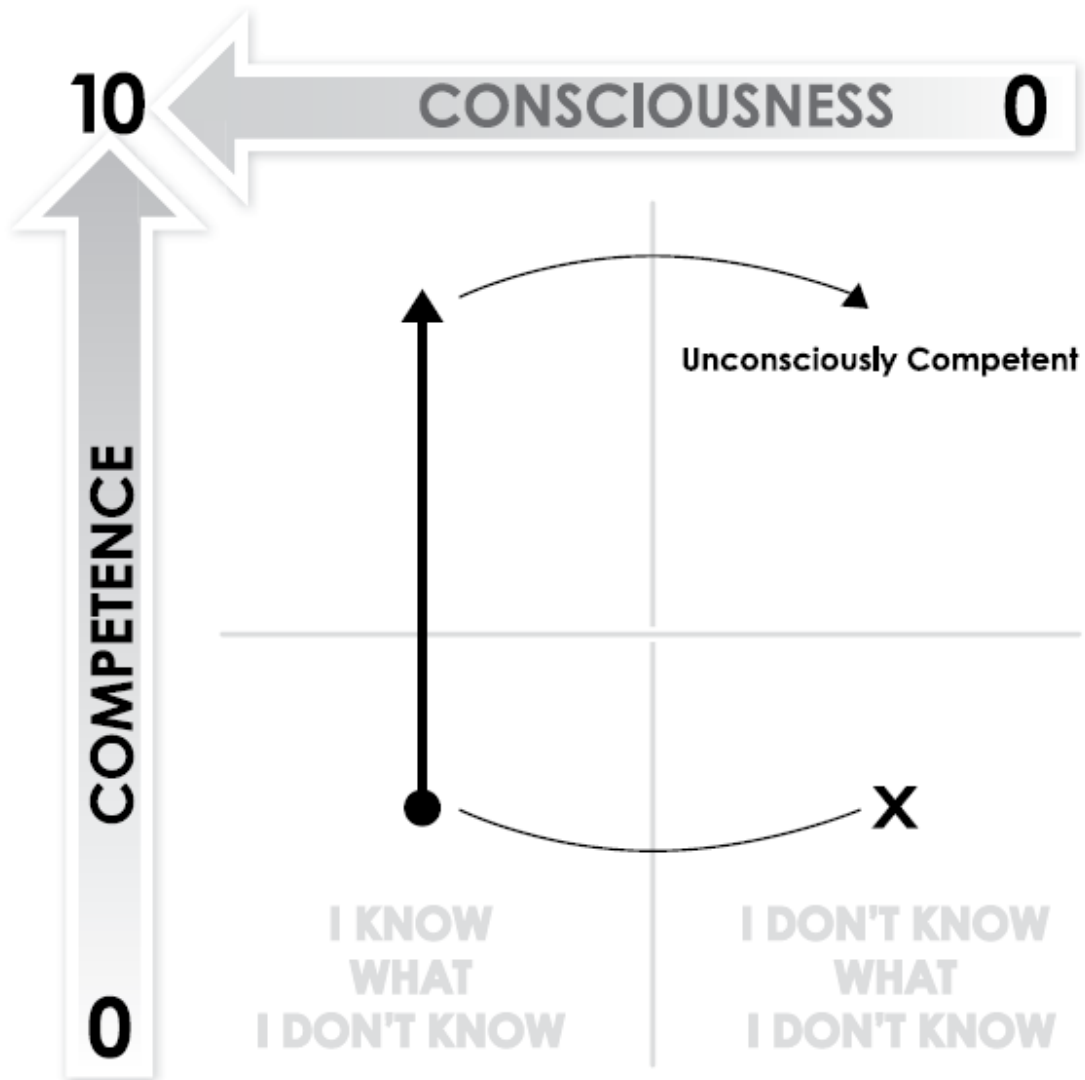


# Conscious Competence



Name three times that you have made the effort to learn something complex: a musical instrument, technology, a language, something new....

1.

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2.

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3.

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Now, look at someone else's outcomes (again, in the arenas of health/money/love/ spirit/ etc.) *and describe* a conscious competence curve that you believe someone else should have, that you would encourage them to have. (*By positioning this so that you are in the position to coach someone else, are you generous or critical in how you view a learning curve?*)

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Now, look at your outcomes again. Are you generous with you? Over-critical? In the crucial areas that you want, do you take the time to work through *your* conscious competence curve? Why or why not?

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(By answering these questions honestly, most of you will see that this crucial area is one that you don't have the patience to allow yourself the time to learn and grow complex tasks... this *is* one of your biggest obstacles to growth!)

Based on your growing power from this coaching system, what is the most difficult thing you are committing to transform? Plot a conscious competence curve for this action.

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