

Coaching & Conversation Worksheet

February 28, 2021

"When was the last time you did something for the first time?" -Seth Godin

Most of us want to keep experiencing "firsts" in our lives. We want to keep growing, and we want our lives to feel dynamic, exhilarating.

We humans can stay busy pursuing "external firsts" – a first visit to some country, a first time to reach a particular financial milestone, a first run of a race at some speed, and so on. Sometimes these external firsts are important for our journeys. But "internal firsts" are at least – if not more – important: the stretch into a new perception, that moment of finding a new depth of courage, of telling a truth for the first time, or receiving a new idea from the muse. Inner firsts are ever available to us – as long as we are present and available to them.

Spiritual life and personal growth work allow us to experience "firsts" every day, even every hour – if we have the energy and capacity for it!

One thing I know for sure: if we do our inner work, our seemingly ordinary daily lives are the greatest adventure and most fascinating curriculum for learning that we could hope for.

15 Ways to Have a "First" Every Day (or Hour) of Your Life

1. Set aside what you think you know about the person or situation in front of you. See what happens differently.
2. Listen only to find out what is true for the other person. Listen so closely you can repeat back what they are saying.
3. Be curious. Ask curious questions.
4. Be courageously honest.
5. Work through your fears aloud or on paper.
6. Work through your antagonisms aloud or on paper.
7. Articulate what you are grateful for.
8. Learn something new from someone else.
9. Act as if some new idea, belief, or concept is true (even if you aren't sure yet) and see what happens.
10. Enter the creative process--write, paint, dance, or create in whatever form calls to you.
11. Pray/ask for help from a force larger than you.

12. Ask for new kinds of help, or ask for help in a new way.
13. Follow your **inner mentor's** guidance.
14. Get accountability or community where you have been acting solo.
15. Ask more earnestly or passionately to be of service.

You can do the journaling questions below on your own, or use the video recording of the session with Tara that accompanies them, which can be found [HERE](#).

Journaling Questions

1. What are some external "firsts" I have sought?

Which were actually fulfilling? Which were not? Any interesting patterns around that?

2. What is one meaningful internal "first" I have had in my life?

What helped that to come about?

3. What is one situation in my life right now that could likely benefit from me setting aside everything I think I know, and listening more deeply, and asking curious questions?
4. Call to mind another challenging situation in your life. What would be a good “act as if” belief to adopt for this situation?
5. Is there some domain where I might benefit from asking for a new kind of help?
6. What other practices from the list here would I like to explore?

Stay in touch! For more resources to support your wellbeing like this one, sign up [HERE](#).