

Coaching Trinity
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Cultivate awareness,
regulation, and connection

Aligned Coach Method™

Mastering the Coaching Trinity

Mind, Body, Spirit

True effectiveness and impact come from more than just skills or techniques.

The most powerful coaches are those who are deeply connected to themselves—maintaining a harmonious balance between their mind, body, and spirit.

The Holy Trinity—The Coaching Trinity

1. Thoughts, conditioning, beliefs (mind),
2. Nervous system regulation (body),
3. Divine connection or higher self (spirit).

The **mind** includes both your conscious beliefs, conditioning, and subconscious patterns—those stories and narratives that influence how you perceive yourself and the world around you. Recognizing these internal stories helps you understand what might be limiting or supporting your growth.

The **body** represents your energetic foundation—specifically, your nervous system. When it is well-regulated, you feel grounded, calm, and present. When dysregulated, it can lead to overwhelm, reactivity, and fatigue, making it harder to show up fully and authentically.

The **spirit** is the divine aspect within you—the source of clarity, purpose, and authentic connection to universal wisdom. When you align with this part, your coaching becomes more intuitive, compassionate, and transformative.

Mastering the Coaching Trinity

Mind, Body, Spirit

Living and coaching from this integrated space involves consciously cultivating awareness of each of these three aspects and maintaining their balance. When all three are aligned, energy flows naturally, reactions become more conscious, and you stand in your fullest, most authentic power—ready to support others effectively.

However, life will bring challenges—stress, triggers, overwhelm—that can throw this balance off. Developing a mindful relationship with your coaching trinity allows you to navigate those challenges smoothly, restoring alignment and maintaining your energy, presence, and purpose.

This process is about strengthening your internal foundation so that your presence radiates authenticity, compassion, and clarity—helping to support transformation within yourself and your clients.

This worksheet provides a clear, step-by-step process rooted in this framework, guiding you toward a deeper connection with your whole self. The goal is to stay anchored in your highest self, regulate energetic states, and recognize limiting stories—creating a resilient, vibrant, and compassionate coaching presence.

AWARENESS OF MIND

STEP 1: Recognize Your Internal Stories & Conditioning

Identify the conscious and subconscious narratives shaping your perceptions and reactions.

The Process

- Find a quiet moment, breathe deeply, and relax your mind.
- Ask yourself: What stories or beliefs am I telling myself about my worth, abilities, or limitations?
- Write down these stories—such as “I’m not enough,” “I can’t succeed,” or “I’m unworthy.”
- Trace where these beliefs originated—childhood, past experiences, societal conditioning.
- Notice how these stories influence your thoughts, emotions, and reactions.

Insights

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AWARENESS OF MIND

STEP 2: Detect Triggered Subconscious Patterns

Become aware of how subconscious narratives activate under stress or in coaching.

The Process

- Pay attention to moments of emotional reactivity—doubt, frustration, fear.
- Ask: What story or belief is this reaction revealing?
- Write down these triggers and explore how they shape your responses.
- Reflect on how these patterns may limit your effectiveness or presence.

Insights

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AWARENESS OF MIND

STEP 3: Challenge and Reframe Your Inner Stories

Notice which stories are not serving your growth and actively reframe them.

The Process

- Gently question: Is this story true?
- What higher, empowering truth can I choose instead?
- Write down these triggers and explore how they shape your responses.
- Write a new, supportive narrative—aligned with your higher self—and repeat it as a mantra.

Insights

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Regulating and Connecting with the Body (Nervous System)

STEP 1: Tune Into Your Nervous System for Regulation

Recognize signs of dysregulation and activate practices to restore calm.

The Process

- Routinely check in with your physical body—notice tension, tension, fatigue, or hyperarousal.
- When dysregulated, immediately pause and breathe deeply—visualize grounding or utilize quick physical movements like shaking or stretching.
- Use physical touch or self-soothing gestures, such as rub your arms or place your hand on your heart, to calm your nervous system.
- Regularly incorporate grounding practices: walk in nature, deep breathing, or body awareness exercises.

Insights

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Regulating and Connecting with the Body (Nervous System)

STEP 2: Embody a State of Calm & Presence

Strengthen your energetic stability to hold space for others.

The Process

- Connect with your body through gentle movement, shaking, or tactile grounding—ensuring your nervous system remains regulated.
- Use visualization: imagine roots anchoring you to the earth, creating safety.
- Cultivate a sense of safe energy inside your body before approaching coaching sessions.

Insights

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Connecting with the Spirit (Higher Self & Divine Awareness)

STEP 1: Cultivate Connection with Your Higher Self

Maintain a conscious, elevated divine connection for inner guidance.

The Process

- Dedicate time daily for meditation or prayer to connect with your higher self or divine guidance.
- Ask: What is the highest truth or purpose I can serve today?
- Pay attention to insights, signs, and feelings of divine connection.
- Periodically say to yourself, "I am in full and complete connection with my Higher Self now.". Feel the shift.

Insights

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Connecting with the Spirit (Higher Self & Divine Awareness)

STEP 2: Operate from Your Divine Sovereignty

Consciously choose to lead from the energetic space of your higher self, free from egoic fear or limitation.

The Process

- Before coaching or any interaction, take a moment to set a clear intention to show up from your highest, most authentic self.
- Visualize yourself as a radiant, empowered divine being—grounded in love, wisdom, and sovereignty. Imagine your higher self guiding your every action and thought during the session.
- Connect with your higher self through a brief meditation or visualization. Picture a golden or white light anchoring within your heart or crown chakra, expanding outward to fill your entire energetic field.
- As the session begins, continually bring your awareness back to this space. If doubts or ego-driven thoughts arise, acknowledge them gently and intentionally shift your focus back to your higher guidance.
- Trust that your higher self is present, guiding your words, actions, and presence, allowing you to lead with compassion, clarity, and confidence.

Insights

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